



American Judo

A Journal of the United States Judo Association

Summer 2008



*"So when your eulogy is
being read*

*With your life's action to
rehash*

*Would you be proud of the
things they say*

*About how you spent your
dash?"*

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Summer 2008

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Portion of 'The Dash', a poem by Linda Ellis and manipulated photograph of the late Brett Wood-Taylor. Story on page 4



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In Memoriam Brett Wood-Taylor 1951 - 2008

*"So when your eulogy is being read
With your life's action to rehash
Would you be proud of the things they say
About how you spent your dash?"*



The DASH by Linda Ellis was written in 1996. This poem has been a comfort to many folks over the years and I would like to give my interpretation of what this means to me. The dash or hyphen is used to connect words or syllables together. But in life, the dash represents the alpha and omega of one's life, the beginning and end, the mark on a tombstone signifying birth and death. So what does this DASH mean? What does it mean in the continuum of one's life – the time spent on this earth? What meaning, what importance, what value can we give this dash?

At birth, there is but innocence. A new hope for a full and useful life. A mother's hope for a healthy, happy child, a father's hope for a successful career, a grandparent's hope for a new generation.

As we grow, our dash turns to education, careers, spouses, our own children. We are a measure of our accumulations of houses and cars, of activities and stuff. It is a measure of our so-called wealth or could be a measure of one's self-indulgence.

As we pass the twilight of our years, we think less and less of those material things and think of our own mortality. We know we will not live forever and that our dash will soon be a dying flame in some distant memory.

But at the end of the day, we have to know that the dash is not a history book of material wealth because you can not take it with you. We hope that our dash has meaning and is meaningful to those we have touched, to those we have loved, to those who love us.

In that, Brett Wood-Taylor's dash has been long and fruitful. A dash that has stretched the continent from California to New York, from Florida to Washington, finally ending up in Fond du Lac Wisconsin. He has touched hundreds and perhaps thousands of people, especially in his Judo career, as a competitor, as a coach, as a referee and most importantly as the Head Instructor of Welcome Mat Judo Club in Fond du Lac. The legacy he leaves, one can only hope to achieve a tenth of that accomplishment. In that, Brett has been wildly successful.

His unselfishness, his dedication to Judo and to his family, his generosity to those in greater need than himself is legend. His incomparable Santa's laugh, driving all night to get ladder boards to Southern Illinois, his focus to attend meetings in Houston to make Judo better in the United States in spite of his illness, belies his fierce dedication and loyalty to the sport that taught him to be a man. In this regard, he was more than a little crazy. Crazy in a nice way, but crazy nonetheless.

Brett's life cannot be summed up simply that he was a good man. Brett's life was complicated. You could consider him a philosopher for the wisdom he imparted to his many students. He was a teacher of the physical person as well as a teacher of the spirit and mind. He was a wonderful companion to his wife, Margaret and a loving father to 5 kids, Terra, Genne, Chelsea, Brittany, and Brandon. He was a friend you could count on. His word was golden and if he promised something, consider it done. Generous to a fault, much of his income was spent on Judo, his club and students and on gifts to friends. It is just fortunate that Margaret was working all that time. Otherwise, I think they would have been in the poor house.

Brett's life has been cut short much too soon. He was only 57, not even three score. But his legacy will follow him in the type of judoka's we all become because we knew him, because of his wisdom, his loyalty and his friendship. If he taught us anything, it is that loyalty is a virtue that cannot be entrusted to just anyone. It must be earned and it must be sought. It must be embedded in your core and you must wear it always. It cannot be bought or sold. It cannot be abused or ill-treated. For in the end, loyalty defines your character, your honesty, your soul. Brett Wood-Taylor has shown his loyalty to all who have been privileged know him.

So at the end of his DASH, I say GOODBYE. Goodbye seems so final, and perhaps it is. And while it is a traditional parting phrase, it means "GOD BE WITH YE". So, Brett, God be with ye, my friend. Goodbye and safe travel.

In friendship and love, your friend always,
Kei Narimatsu



The DASH - by Linda Ellis

*I read of a man who stood to speak
At the funeral of a friend.
He referred to the dates on her tombstone
From the beginning to the end.*

*He noted that first came the date of her birth
And spoke of the following date with tears,
But he said what mattered most of all
Was the dash between those years.*

*For that dash represents all the time
That she spent alive on earth
And now only those who loved her
Know what that little line is worth.*

*For it matters not how much we own,
The cars, the house, the cash,
What matters is how we live and love
And how we spend our dash.*

*So think about this long and hard;
Are there things you'd like to change?
For you never know how much time is left
That can still be rearranged.*

*If we could just slow down enough
To consider what's true and real
And always try to understand
The way other people feel.*

*And be less quick to anger
And show appreciation more
And love the people in our lives
Like we've never loved before.*

*If we treat each other with respect
And more often wear a smile,
Remembering that this special dash
Might only last awhile.*

*So when your eulogy is being read
With your life's action to rehash
Would you be proud of the things they say
About how you spent your dash?*

© 1996 Linda Ellis



In A Nutshell:

Brett Wood-Taylor was born Jan. 27, 1951 in Australia. His Dad moved back to Vancouver, BC, the ancestral home of his tribe, the Nootka, when he was very young. Brett spent summers with his Grandparents who were part of the tribe. He joined a Judo Club at the age of 5 (52 years in Judo).

Brett's family moved to LA at the age of 13. As a typical Southern CA boy he learned to body surf and played water polo, but his first love was always Judo. He trained under Hayward Nishioka. At the age of 16, began to pay back Judo by becoming the head instructor at the Santa Monica Boys Club.

Brett traveled to Japan to train at the Kodokan. Attended UCLA. Joined the army and served in Vietnam (served under fire but is something he never talks about). Moved to WI in 1980, was named alternate to the 1980 Olympic Team (the Olympics that the US Boycotted). Brett has two children from his first marriage (Terra and Genne) and three children from his second marriage to Margaret, Brendan, Chelsea, and Brittany .

Changed his participation in Judo from competing to Refereeing (PJU C), Coaching (A-level), and Administrator (president of WI Judo). Promoted to 7th degree February 2008. Also holds 6th degree in Jujitsu.

Mark Frankel

Welcome Mat Judo Club

The following comments were written in February 2007 on the occasion of a tribute to Brett Wood-Taylor and originally published in the USJA Judo News

The Spirit Of Judo

By Mark Frankel, Welcome Mat Judo

A few months ago, I met a businessman who had recently moved into the Green Bay area.

During our conversation, it came up that he had been a Judo competitor 'back in the days' and held the rank of Nidan. I invited him to come visit our Dojo if he ever had the interest to become active again.

He smiled and teasingly replied that he wasn't aware that Wisconsin was such a Judo powerhouse. "Good tai sabaki" I thought to myself, as he deftly evaded my invitation. As I returned his smile, I let him know that we certainly do our best. The meeting ended and we went our separate ways. The conversation has continued to replay several times in my head.

Perhaps Wisconsin is not considered one of the strongest states for Judo by the usual measures. We do not have the biggest clubs or the most elite players on the national rosters. However, the spirit of Judo is alive and well here in our state.

So where would you expect to find this spirit? In places like Madison and Milwaukee certainly, but also in places with names you have never heard of, like Neenah, Racine, Steven's Point, Slinger, Sheboygan, Kenosha, Muskego, Grafton, and... Fond du Lac. In this quiet town of approximately 42,000 people, where, in an unassuming room on the second floor of the old Riverside Gym, we find the home of the Welcome Mat Dojo and Sensei Brett Wood-Taylor.

It is difficult to clearly explain Brett's accomplishments in Judo. No one seems to know the full extent of what he has done except for him, and he is not talking. Here is a little history of what is known about the beginning of Brett's Judo career. Brett has always wanted to do Judo. One day, as a little boy living in Vancouver, BC, he passed a Dojo. He wanted to join but was told he had to wait until he turned five years old. The day after his fifth birthday, he was there working out and has never left the sport that he loves. As of January 28, 2007, he has been a practitioner of Judo for 51 years.



Brett's family later moved to Los Angeles, CA and again he sought out Judo. At the age of 13, he traveled ten miles by bicycle to find a man named Hayward Nishioka, already a national champion, to ask if he could train under him. Hayward took Brett under his tutelage and helped develop him into a National and International player

When Brett was 16, he had already developed his sense of duty and Judo mainstay of "paying back". Brett took over coaching duties for the Santa Monica Boys and Girls Club Judo Team. It was at this same time that he also started his refereeing career. Over the next couple of years, Brett also went to Japan to train on a several occasions. He competed at the World College Games as well as at a number of International tournaments, including the World Games. However, try as we may, it is very difficult to coax Brett into telling you how he did. He is always happy to talk about Judo, just not himself.

Brett moved to Wisconsin around 1980, and has given his time and energy to making Judo in Wisconsin and the Midwest the best it can be. He organized and trained most of the current National referees in the Wisconsin as well as surrounding states. He has conducted clinics in both competitive Judo and Kata. When the Kodokan Kata Tour was in the United States, along with major US cities such as New York, Chicago, San Francisco, etc., where else did they stop? Why the little town of Fond du Lac of course!

In the early 1980's, Brett sustained a back injury at work that ended his competitive career. However, he immediately turned his drive and love of Judo into refereeing and coaching. As a referee, Brett has officially moved up to an IJF "C" level. His skill has allowed him to referee in the final medal matches of several international tournaments where there are supposed be only "A" level individuals presiding. He currently holds the rank of Rokudan in Judo and in Jujitsu as well as being certified in at least four Kata. This past January he was re-elected as President of Wisconsin Judo, Inc.

Brett's Welcome Mat Judo Dojo runs more tournaments than any other club in the Midwest. At times, these tournaments involve hundreds of competitors. The children eagerly anticipate his Christmas tournament, the Santa's Shiai, every year. And yes, Santa shows up every year to hand out presents as well, in his red judogi (and black belt).

This is just a sampling of the things he has done in his Judo career. How then can we explain the thousands of small things; helping us learn new skills, overcome frustration, become better people, lending a hand wherever it is needed, giving of himself and his time whether you are a nationally ranked competitor or a child learning ukemi? All of this forged by Brett's deep feeling that he can never do enough to repay Judo for all that it has given to him.

Two years ago, Brett was diagnosed with liver and colon cancer. The typical person would despair at the news. However, Brett is not the typical person. He continues to beat the odds against this, his most challenging opponent. Despite multiple surgeries and the fatiguing side effects of medication and chemotherapy, he continues to spend his time and efforts to serve others and help them progress and grow in Judo.

So you see, the spirit of Judo is indeed alive and well here in Wisconsin and the Mid-West, and we continue to be blessed by such leaders who understand the meaning of "Mutual Benefit and Welfare". Sensei Wood-Taylor's enthusiasm and character are an inspiration to all those he comes in contact with. His accomplishments and dedication can easily speak for themselves; however there are many other voices of those whose lives he has touched, through his years of service, that we will never be aware of. Here are just a few whose thoughts and reflections on Brett I would like to share:

"It is rare to find amongst the ranks of judo a combination of dedication and intelligence, wrapped up in a sort of package of innocence with a never ending supply of good will towards ones fellow men whether they deserve it or not. That's Brett Wood-Taylor. If you've been around him you'll understand what I'm talking about. For the many set backs that he has faced he still has an abiding faith in the almighty and never asks in desperation "Why me?" What is considered courageous to some is merely an issue of duty to Brett. While some men boast and covet empty ranks and titles, I think I would trade them in for the good that this man has developed in his family, friends, students and community. In the sport of judo we hope to develop good character, and we do with many. With Brett I think it was there long before he came to judo. So I think just maybe, judo has some things to learn from Brett. I have." - Hayward Nishioka

"Sensei Brett Wood - Taylor remains the foundation of Wisconsin Judo. No one can remove this man from the roots he has in Wisconsin Judo history." - Tom Gustin, University of Wisconsin – Steven's Point Judo Club

"Steadfast in his support and love of judo and passion for quality refereeing, he has doled out many gentle criticisms and accolades while sitting mat-side behind the scoring table. What I remember most is his warmth and the good feeling of inclusion and engagement and how he made us all better, watching and commenting on the competition. I see him leaning forward in his folding chair watching the action and then turning to me in his excitement, looking full in my face and ... I guess I'll never forget him." - Richard Finley, Iowa State Judo



"At one of the first tournaments my daughter attended, even though there was no one in her division to play against, Sensei Wood-Taylor and his wife found her an opponent by going through several of their contacts at the tournament so she could participate. Brett was already very busy that day, but he went out of his way to help a new Judo player maintain her excitement about the sport." - Lee Behrens, University of Wisconsin – Stevenson Point Judo Club

"Without Brett Wood-Taylor, it is doubtful that the Gurnee Judo Club would have grown and become so successful. Brett has been a mentor to me. He has coached me on starting a judo program, helped to provide resources, and served as a general subject-matter-expert for me on judo in America. In particular, Brett has stood by me, side-by-side, in running five Gurnee Veteran Day's Tournaments.

He has helped organize those events and provided most of the operational equipment. Last summer, I became the President of Illinois Judo. Again, I turned to Brett for advice on best business practices, knowing that he is an expert. For instance, he has been instrumental in planning our first Illinois State Championships, February 18th, 2007...the first Illinois state championships in seven years.

But even more personal, despite fighting cancer, Brett has opted to spend his time supporting judo events that benefit others. Here is an example of just one day from last summer: He drove two girls down to our summer training camp (4 hour round trip); He negotiated a scholarship/no-fee arrangement for one of the girls, who is facing family issues; He went to the airport (2 hour round trip) to pick-up another participant in the camp, who he did not even know; and that night, after a full day, exhausted from the combination of travel and medication, he drove the girls back to their homes in Wisconsin. This is how he wants to spend the time that he has." - Tim Schultheis, Gurnee Judo Club

"Through it all, his faith in Judo and his faith in friends has never wavered. Through it all, his attitude, more than anything, has kept us all thinking that he can fight off any kind of disease, that his love of his family and his friends will somehow protect us from the awful reality that he is sick.

His love of USA Judo brought him to the Senior Nationals in Houston so that he could take part and voice his opinion for the future of USA Judo even though this was against the advice of his doctors, his family and his friends. He has driven 10 hours to help at a local tournament in Southern Illinois or Michigan or Indiana, refereed all day and in the middle of it all, went to the car to sleep for a few hours because his body was low on fuel. He has done so much for all of us. He has uplifted us. He has been there for us. His ATTITUDE about Judo, about life, about friends has driven him to us.

Brett Wood-Taylor is blessed. That is the way you would hear it from Brett if you were to ask him. His own family has lived with an extended family for so many years that it is hard to believe that they even know themselves let alone all of the folks that consider Brett family across the Judo world.

Brett has been an inspiration to me and I am sure many in Wisconsin, in Illinois, in the Midwest and throughout the country for his wonderfully upbeat attitude in good times and bad; for his knowledge of basic as well as advanced Judo techniques and philosophy; for the way he treats all folks kindly, with grace and understanding; for his humor - especially the black humor about his own mortality; for his relationships with a wonderfully supportive Margaret and kids: Genne, Terra, Brendan, Chelsea and Brittany.

Judo for Brett Wood-Taylor has been the CORE that keeps him going. If it were not for Judo, Brett would just be another JOE, working, raising a family, struggling to make ends meet - just like the rest of us. But because of Judo, his life is rich beyond money, full beyond supportive friends; busy beyond the normal teaching, refereeing, coaching, and training he does for his club and for judo clubs in California and all over the Midwest. Judo runs in his blood, through every nerve fiber of his body, in his conscious and unconscious mind. Simply put, he is happiest when on the mat and doing Judo.

"I have never met anyone from any field like Brett. He has such a pure spirit and dedication for the practice and promotion of his beloved sport of Judo. It has been Brett's drive and dedication to bring world-class people like Jimmy Pedro, Eiko Shepard and Sensei Abe with the Kodokan Kata clinicians to small club in Fond du Lac Wisconsin. There are very few people in this world that could have endured the physical set backs that Brett has over the past 15 years. It has been his strength, his indomitable spirit and love of Judo that has kept him going. It has been an honor and privilege to have studied under him for the past eleven years." – Steven Mattheeusse, Welcome Mat Dojo



*The robed warrior enters the square.
Beneath his simple cotton robes there is only skin, muscle and sinew.
No armor or pads to lighten his fall.*

*He carries no bat, stick, racket or weapon.
His arsenal consists only of training, timing and the courage to attack. And, he is
alone. No person to his side or back to help if he fails.*

*His mind is focused. There is no panic, just courage and intensity.
He waits for the moment when he wills his mind and body into the explosive
movement that will define the battle.*

*He feels the exhilaration of effort and performs flawlessly.
He perseveres under the attack of an adversary, yet through exhaustion, he
continues undaunted in his quest for mind and body*

*Courage is what defines him.
No moment of panic, merely the knowledge that he is capable.
No fear of defeat, no pursuit of material victory.*

*The end comes only when the warrior gains knowledge.
When the warrior gains respect.
When the warrior grants respect.*

In the end, there is no end; there is merely the process of self-perfection.

Sensei Marc Cohen



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Welcoming Remarks

Welcome to a new edition of *Commonwealth Orthopaedics*, presenting several real-life case histories about how some of our patients came to us, what orthopaedic conditions we diagnosed, and how our joint replacement surgeons helped them. These accounts include personal comments from patients about how their orthopaedic limitations had restricted their activities, sometimes even reducing their quality and enjoyment of life. Statements from orthopaedic surgeons at Commonwealth Orthopaedics who cared for these patients help explain the nature and diagnoses of different joint diseases affecting these patients.

These histories include quotations from the patients themselves about how they dealt with the pain and limited mobility their troublesome knees or hips brought about. Each account gives details of the diagnostic phase, the surgical procedure, and the medical outcome. You may find that the most interesting details about these joint replacement patients is told in their own words.

I hope you enjoy reading these accounts of what we do here at Commonwealth Orthopaedics.

Sincerely

William A. Hazel Jr., MD, President



On the cover:

James Bregman, shown here demonstrating the Tsurikomisoshi "Lifting Hip Throw," made history at the 1964 Summer Olympics in Tokyo by winning a bronze medal in judo. Unfortunately, one year later he "destroyed" his right knee training for the world championships. Despite surgery, the joint never functioned properly again. After years of debilitating pain at the age 65, James had a knee replacement by David Romness, MD. The results have been dramatic. "My knee has been wonderful ever since the surgery," he says. "Not only has the pain virtually disappeared, but I have the full range of motion I need to get back on the judo mat and teach."

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Advances in knee replacement

Variety of implants and procedures improve outcomes

A judo enthusiast since the age of 12, James Bregman was a proud member of the first American team to compete in judo at the 1964 Summer Olympics in Tokyo.

THE ARLINGTON NATIVE made history at the games by winning a bronze medal. One year later, Bregman “destroyed” his right knee training for the world championships and, despite surgery, the joint never functioned properly again. Although he continued to be deeply involved in judo — conducting seminars around the country, coaching children and adults, taking teams to international competitions, and serving as president of the U.S. Judo Association Board of Directors — he was unable to return to the mat.

Surgery restores mobility

After years of debilitating pain, Bregman consulted David Romness, MD, at Commonwealth Orthopaedics about knee replacement surgery. He received a mobile-bearing implant last year, at age the age of 65. The results have been dramatic. “My knee has been wonderful ever since the surgery,” Bregman says. “Not only has the pain virtually disappeared, but I have the full range of motion I need to get back on the judo mat and teach. I’m also playing a lot of tennis now and bike riding.”

Bregman says he owes it all to Dr. Romness and the Commonwealth team. “They are a very professional, highly competent practice



and did an outstanding job. I knew just what to expect before, during, and after surgery. I also knew the specific things I needed to do to rehabilitate myself and come back to full functionality. Everything happened just as they said it would.”

Knee problems such as Bregman’s are the most common reason patients visit orthopaedic surgeons. As the largest joint in the body, the knee is complex and particularly susceptible to osteoarthritis, fractures, and wear and tear injury. Commonwealth Orthopaedics is at the forefront, offering all of the latest treatments, procedures, and

products. One size does not fit all, however, and what is right for one patient may not be appropriate for another. For this reason, Commonwealth Orthopaedics’ total joint replacement surgeons carefully assess each patient to determine the best course of action.

For Carolyn Abshire of Alexandria, the answer was bilateral knee replacements. Suffering from debilitating and worsening osteoarthritis, this active grandmother opted to have both of her knees replaced at the same time. “I tried medicine and cortisone shots, and even had arthroscopies on each knee, but nothing much helped,” she says. “I was tired of the pain that limited my involvement with my family. And I liked the idea of having both knees replaced in a single operation.”

Abshire underwent simultaneous bilateral total knee replacement followed by several weeks of in-home rehabilitation therapy. She is now pain-free. “I can kneel, I can walk, I’m more agile than ever before,” she says. “My experience as a Commonwealth Orthopaedics patient has been a very happy one.”

Gender-specific implants

Advances in knee replacement are focusing more frequently on customization and the recent introduction of the Gender Specific Knee (GSK) — an implant designed specifically for women — is a prime example. According to the GSK’s manufacturer, the implant offers three distinct differences: a thinner profile so it feels less bulky than a traditional replacement; more natural knee movement; and a more precise fit contoured to the unique size and



Double knee surgeries are right for some

For patients such as Carolyn Abshire who suffer from severe arthritis pain in both knees, a simultaneous bilateral knee replacement could be the answer.

"For younger patients who are healthy, replacing both knees at the same time – in the same operative setting – has advantages," says Thomas Martinelli, MD. "The most obvious is, of course, one surgery versus two, with patients needing just a single treatment of anticoagulation drugs such as Coumadin or Lovenox. There's also the potential for quicker recovery, with less time in outpatient and home rehabilitation. Studies have found no difference in satisfaction rates, range of motion or late complications among patients who opt for bilateral replacements."

Motivation is also a key factor, according to Ben Kittredge, MD. "For the right person, who is properly motivated, electing to do both knees at the same time is a good idea," he explains. "So much depends on an individual's attitude and outlook. The ideal candidate has very strong personal reasons for doing this, and wants to return to work and activity as soon as possible." Dr. Kittredge cites the example of a golf-loving patient who opted to have both knees replaced in the winter, so he could be back on the links in the spring.

Although bilateral replacement candidates are typically younger, overall mental and physical health are more important than calendar age. "Just about any patient who has significant, painful arthritis in both knees and has tried all nonoperative measures such as medications, injections, and rehabilitation can be a candidate for bilateral knee replacement," Dr. Martinelli says. "At Commonwealth Orthopaedics, we've done successful simultaneous replacements in patients ranging from 45 to the upper 80s."

Dr. Martinelli adds that the best candidates have not lost the ability to walk due to deformity and



"I can kneel, I can walk, I'm more agile than ever before. My experience as a Commonwealth Orthopaedics patient has been a very happy one."

– Carolyn Abshire

are not significantly overweight. Preoperative activity levels are also considered, especially if patients must negotiate stairs or other obstacles during their home recovery.

The majority of Commonwealth Orthopaedics' bilateral surgeries are knee replacements, with

simultaneous hip replacements performed far less often due in part to the need to reposition patients in mid-surgery. Small joint replacements are frequently done in multiple fingers on the same hand, but bilateral hand, elbow, shoulder, and wrist replacements are exceedingly rare.

shape of women's knees, preventing potential damage to surrounding ligaments and tendons.

The average woman's femur, or thigh bone, is narrower at the end and attaches to the

tibia, or shinbone, at a slightly different angle than a man's because women have wider hips. Commonwealth's total joint replacement surgeons believe standard implants accommodate these differences perfectly well.

"Knee implants already come in all shapes and sizes and we pick the implant that best fits the individual patient, male or female," says Dean Bennett, MD. "Although the GSK is designed to be more anatomically consistent with the female anatomy, >>



Knee Replacement

there is no evidence that it produces better results than a properly sized, standard knee implant."

"Women are asking for this implant and we do offer it," says Dr. Romness. "Our job as surgeons is to discuss the pros and cons with patients before making any decision. We believe that as long as we have the right sized component and the procedure is done correctly, there is no difference in terms of outcome or long-term success. Multiple studies have shown no difference in outcome using GSKs."

Mark Hartley, MD, agrees that there is no study to date that proves better results with a GSK. However, he believes there is a plus side to products like the GSK, which have caused patients and doctors to recognize anatomic differences in all patients. "Doctors and manufacturers are focusing on the anatomic differences that can lead to potential problems in implant sizing that will lead to a greater variety of implants and more customization of the surgery for an individual patient," he says. "Ultimately, I believe this will make us look at customization for hip and shoulder implants in the future, as well."

Unicompartmental knee surgery

Although not new, partial knee replacement, or unicompartmental knee arthroplasty, is another option gaining popularity thanks to advances in surgical techniques and materials. Instead of removing all cartilage from the knee joint and inserting a metal and plastic implant, surgeons remove only the most damaged tissue and resurface the affected area, preserving the remainder of an otherwise healthy knee. Patients are typically younger, with severe arthritis confined to a single knee compartment, and who have tried all other conservative treatments, including medications, injections, strengthening exercises, rehabilitation, and weight loss.

Because it is minimally invasive surgery, partial knee replacement is far less traumatic than total knee replacement. Advantages include a smaller incision, less pain and bleeding, shorter hospitalization, and faster rehabilitation and recovery.

"This is a worthwhile option for the right patient – someone who has arthritis in just part of the knee, for example, and hasn't had success with nonsurgical treatments," Dr. Bennett says. "It allows us to take the bad and leave the good, removing far less bone and preserving more natural motion."

The procedure can also buy time for younger patients who may ultimately need total knee replacements later. "For those with localized knee pain, we may consider a partial knee replacement as a less invasive option that may or may not be a bridge procedure before a full replacement is necessary," Dr. Hartley says. "Many patients want a less invasive partial knee replacement if possible, but in my practice, only a small percentage of patients are candidates for this procedure. Patient selection is critical."

Mobile-bearing implant

The advancement that helped James Bregman is the rotating, or mobile-bearing, knee implant, which swings back and forth like a hinge and rotates in and out in a twisting motion, more closely replicating natural mechanics of the knee. The hope is that by acting more like a normal knee, the rotating replacement puts less stress on the implant and may last longer. This potentially benefits younger, active patients, at risk for wearing out a standard replacement during their lifetimes.

Dr. Romness, who performed Bregman's surgery, agrees. "With the rotating technology, the plastic moves with the knee as part of a controlled smooth surface, resulting in less wear and debris from the polyethylene," he says. "I think this is a good option for younger, active patients under 65, with excellent potential for long-term benefit. However, the life of any implant ultimately depends on a variety of factors, including the patient's age, weight, and activity level."

Commonwealth's surgeons stress the importance of carefully screening all patients who are considering a rotating platform or partial knee replacement. "But if the patient is a good candidate, this will result in a major improvement in quality of life," Dr. Bennett says. **CO**



Dean R. Bennett, MD, earned his medical degree at the University of Pittsburgh. He interned in General Surgery at Mercy Hospital in Pittsburgh and did his residency in Orthopaedic Surgery at the U. of Pittsburgh and the University of Glasgow. Dr. Bennett is board certified in Orthopaedic Surgery and a Fellow of the American Academy of Orthopaedic Surgeons.



Mark C. Hartley, MD, earned his medical degree from Georgetown University School of Medicine. He completed surgical internship and orthopaedic residency at Georgetown University Medical Center. Dr. Hartley was Chief of the Total Joint Replacement Service at Eisenhower Army Medical Center in Augusta, Georgia, and was a Major and Orthopaedic Surgeon with the 350th Evacuation Hospital in Saudi Arabia during Operation Desert Storm.



Ben W. Kittredge IV, MD, earned his medical degree and completed his residency in orthopaedic surgery at the University of Virginia. He performed his internship in general surgery at the Roanoke Memorial Hospital and completed fellowship training in sports medicine at Jefferson College and Pennsylvania Hospital. Dr. Kittredge is board certified in orthopaedic surgery and a Fellow of the American Academy of Orthopaedic Surgeons.



Thomas A. Martinelli, MD, received his medical degree at Georgetown University School of Medicine in Washington, D.C., where he completed internship and residency at Georgetown University Medical Center. He is board certified in orthopaedic surgery and a Fellow of the American Academy of Orthopaedic Surgeons. Dr. Martinelli was chief of sports medicine at Bethesda Naval Hospital during 1994-1995 before joining Commonwealth Orthopaedics.



David W. Romness, MD, earned his medical degree from Eastern Virginia Medical School. He completed surgical and orthopaedic training at the Mayo Clinic. A general orthopaedist, Dr. Romness specializes in joint replacement procedures.

For full biographies, visit www.c-o-r.com.



First Ever Judo Class by Gayle Horowitz

This is a basic overview of our program. We are now completing our first season. My students range from 10-17 years.

The East-West School of International Studies, officially known as 25Q281 announced that, for the first time in New York City Public School history, it was creating the first and only Department of Education sanctioned competitive Judo Club. Judo, being one of only two Asian martial arts in the modern Olympic games, is a very competitive Olympic sport. The club is open to both male and female participants and filled up the first week of its operation.

Ms. Gayle Horowitz is teaching the classes. She is a licensed New York State Physical Education teacher as well as a second-degree black belt in Judo. Ms. Horowitz also has a background in various other martial arts and as such is eminently qualified to teach the curriculum.



The students with Ms. Schutz. Ms. Horowitz is in the top row on the left and Celita Schutz is the third from the left in the top row.



the class after the first round of promotions

Recently the students traveled to Brooklyn to attend a clinic taught by Olympian Celita Schutz to further their Judo experience. On April 3 the first round of students were promoted to their next belt.

The Judo club meets on Tuesdays at 3:00PM

For further information, please contact the school at 718-353-0009 or Ms. Horowitz directly at 917-325-0049



Green Belt Day in May by Bruce Inman

Boeing Satellite Judo Club celebrates "Green Belt Day in May". Who says engineers, managers, and accountants are not on the cutting edge of athletics! Six Boeing Satellite Judo club members in El Segundo, California, received their green belts in May. Boeing has a company sponsored Recreation Center and Judo is one of the sports practiced at the site. Under the guidance of club president, Joseph Buford and head coach, Bruce Inman, judo workouts are held every Monday 4:30–7:00pm and Wednesday noon–1:15pm.



*Pictured: standing (Left) Bruce Inman, Keith Watts, Joseph Buford, Clark Rueckert, Robert Horton, George Membrill
Kneeling (Left) Todd Grimsley, Peter Lon, Randy Campbell , (Not pictured Kevin Aznavuryan)*



Bernie Semel Referee Clinic

An excellent clinic, hosted by Goltz Judo Club was held on Saturday May 3, 2008 at the Alexander Hughes Community Center in Claremont, CA. It ran from 9:00AM to 4:00PM and featured Bernie Semel. He covered all the latest IJF rules including proposed changes.





Great American Workout by Marc Cohen

There was an unprecedented meeting of the some of Judo's best of the best last Saturday and Sunday in Rhode Island. Jim Pedro, Sr., Annmaria Rousey-Demars, Ronda Rousey, Kayla Harrison, Parnel Legros, Bill Montgomery, Joan Love and Serge Bouyssou were the clinicians. These outstanding coaches and players hosted and taught at the two day Great American Workout.

Over one hundred people attended the two-day event that was hosted by Mayo Quanchi Dojo in West Warwick, Rhode Island and coordinated by Joan Love. The event was a magnet for Judoka from New York City, Long Island, Massachusetts, Connecticut and Rhode Island. It was deemed such an unmitigated success that plans are already in process for a repeat of the same event for next year at the same place and time.

Plans are also being explored to hold a similar event in New York City or Long Island for November of this year, but those plans are strictly in the exploratory stage.







2007 USJA National Awards			
Outstanding Male Competitor			Kirk R. Hoffmann
Outstanding Female Competitor			Marti L. Malloy
Outstanding Male Masters Competitor			Dennis Scheib
Outstanding Female Masters Competitor			Destinee Tartuffe
Outstanding Life Member Contributor			Dr. James M. Lally
Outstanding Kata Competitor			Kerry Forster
Coach of the Year			Jimmy Pedro
2007 USJA State Awards			
State	Categories	Outstanding Competitors	Coaches of Outstanding Competitors
Alabama	Junior male	Tayvon Charles	Ernest R. Doss, Jr.
	Senior male	George Lemonakis	Ernest R. Doss, Jr.
Arkansas	Junior male	Brent Aaron Michael Kolen	Jarvis C. Kolen
	Junior female	Serenity Danielle Koler	Jarvis C. Kolen
	Senior male	Jarvis Cherron Kolen	Jarvis C. Kolen
California	Junior male	Chris Harriss	Rory Rebmann
	Junior female	Victoria Burke	Rory Rebmann
	Senior male	Nicholas Gohn	Rory Rebmann
	Senior female	Tara Clark	Rory Rebmann
	Masters male	Bradley Karmann	Gary Goltz
	Masters female	Tuoi Taylor	Gary Goltz
	Junior female kata team	Kendyl Post & Victoria Burke	Rory Rebmann
Connecticut	Junior male	Dakota Cox	Larry M. Bumpus
	Junior female	Mariah Drescher	Larry M. Bumpus
Florida	Junior male	Luis Almanza	William E. Andreas
	Junior female	Shea Favorite	William E. Andreas
	Masters male	Earl Wright	Dr. H. G. Robby Robinson
	Mixed kata	Shea Favorite	William E. Andreas
Georgia	Junior male	Derek Wojcik	David A. Wojcik
	Junior female	Breanna Wojcik	David A. Wojcik
	Senior male	Gavin Shank	David A. Wojcik
	Masters male	David A. Wojcik	David A. Wojcik

**2007 USJA State Awards (continued)**

State	Categories	Outstanding Competitors	Coaches of Outstanding Competitors
Indiana	Junior male	Tallon Boling	Richard E. Hahn
	Junior female	Kelsi Bostic	Vickie Daniels
	Senior male	Gabriel Brown	Bruce Bender
	Senior female	Crystal Puente	Bruce Bender
	Senior female kata team	Robyn Culley & Crystal Puente	Bruce Bender
Iowa	Junior female	Jasmine Bailey	Richard Finley
Kentucky	Junior male	Josh Elliot	Fred Barnett
	Junior female	Shelby Schlicht	Fred Barnett
	Senior male	Mike Elliott	Fred Barnett
Louisiana	Junior male	Blade Ducote	James Wall
	Junior female	Hailey Callahan	James Wall
	Senior male	Andrew Wilson	James Wall
	Masters male	Dan Jones	James Wall
	Senior male kata team	Andrew Wilson & John King	James Wall
Maryland	Junior male	Andrew A. Nichols	Marshall R. Coffmann
	Junior female	Sarah McElhaney	Marshall R. Coffmann
	Senior male	T. Preston Kirkham	Marshall R. Coffmann
Massachusetts	Junior female	Alyssa Quaintance	Robert Bridges
Michigan	Junior male	Alexzander Simmons	Howard Hannon
	Junior female	Jasmine Strickler	Robert Treat
	Senior male	Dusty Moran	Robert Treat
	Senior female	Theresa Salcedo	Howard Hannon
	Masters male	Richard Boehme	Robert Treat
Mississippi	Junior male	Daniel Miller	Scott Tucker
Missouri	Junior male	Andrew Dodd, III	Randy Pierce
	Senior male	Randy Pierce	Randy Pierce
	Masters male	Randy Pierce	Randy Pierce
Montana	Junior female	Rylee, J. Trude	Gregg R. Trude

**2007 USJA State Awards (continued)**

State	Categories	Outstanding Competitors	Coaches of Outstanding Competitors
Nevada	Senior male	Marlon Lotoc	John B. Weiner
	Senior female	Nicole Good	John B. Weiner.
	Masters male	John B. Weiner	John B. Weiner
New Hampshire	Junior male	Brendan Lenfest	Roger Lenfest
	Junior female	Gabrielle Ania Proksa	Robert Proksa
	Masters male	Kevin Fritschy	Roger Lenfest
New Mexico	Junior male	Julius T. Galles	Lorenzo Schipp
	Senior male	Gabriel Little	Lorenzo Schipp
	Masters male	Ethan Tsao	Lorenzo Schipp
New York	Junior male	Bradley Atkins	Charles Schweizer
	Junior female	Rene Gangarosa	John Farrar
	Senior male	Kevin Guinto	Charles Schweizer
	Senior female	Claire Chadderton	Charles Schweizer
	Senior male kata team	Jeff Giunta & Heiko Rommelmann, Jr.	Heiko Rommelmann, Jr.
	Mixed kata	Heiko Rommelmann, Jr.	Heiko Rommelmann, Jr.
North Carolina	Junior male	Austin M. Cook	Darien Stokes
	Junior female	Kyra Deeter	Jimmy Riggs
	Senior male	Aaron Allison	Jimmy Riggs
	Senior female	Paige Snowden	Jimmy Riggs
	Masters male	Jimmy Riggs	Jimmy Riggs
	Masters female	Melody Deeter	Jimmy Riggs
	Junior female kata	Paige Laugisch	Victor L. Reavis
	Senior male kata team	Barry Flynn & Christopher Eubanks	Victor L. Reavis
Ohio	Junior male	Anthony Kalani	Mark Hunter
	Junior female	Trinity Wobler	Mark Hunter
	Senior male	Justin Hunter	Mark Hunter
	Senior female	Rebecca Bradner	Mark Hunter
	Junior female kata team	Jessica Hunter & Hannah Radabaugh	Mark Hunter



2007 USJA State Awards (continued)

State	Categories	Outstanding Competitors	Coaches of Outstanding Competitors
Oklahoma	Junior male	Terrick Jackson	David Seidner
	Senior male	John Ben Seidner	David Seidner
South Carolina	Junior male	Zane Graham	Tom Reiff
	Junior female	Daniella Ramirez	Tom Reiff
	Senior male	Ryan Schilling	Dr. Ronald Allan Charles
	Masters male	Michael McClendon	Dr. Ronald Allan Charles
Tennessee	Junior male	Alex Teal	Fred Barnett
	Masters male	Fred Barnett	Fred Barnett
Texas	Junior male	Devin Sobay	Roy L. Hash
	Junior female	Samantha Raine Sifuentes	Ron Stokes
	Senior male	Griffin Phillips	Roy L. Hash
	Senior female	Mary Anderson	Roy L. Hash
	Masters male	Douglas Newcomer	Ron Stokes
	Masters female	Cid Silvano	Roy L. Hash
	Senior female kata	Suzanne Newcomer	Ron Stokes
Virginia	Junior male	James T. Lynn, Jr.	E. R. Spruiell

The Things Kids Say by Carl Hayes, Tallahassee YMCA Judo

Yesterday, during warm-up in my kids' class, we were doing shallow knee bends. We generally do fifty or sixty shallow knee bends, with the kids in a circle and each kid counting ten in turn.

Michael counted to ten first, in Japanese. Then I counted in French. Gian counted in Spanish, Sean counted in English, Celita counted in German. Then it was George's turn.

George is eight-and-a-half, a super-energetic little blond guy with a brilliant creative intellect but moderately deficient self-control for his age. George makes up his own numbers and counts with great gusto and an infectious grin. He started out, as he usually does, "Pizza! Chicken! Chocolate! Hamburgers!" I forget what he used for "five". This time, though, I interrupted. "George, that's great fun, and I like it, but I really do need you to learn to count in Japanese eventually."

George stared me straight in the eye. His grin got wider. His nose wrinkled up. His eyes danced, and he said, "Ichi! Ni! San! Shi! Go! Roku! Shichi! Hachi! Ku! Ju!"

Everyone knew I'd been had. I wonder how long he saved that up, knowing what I'd eventually say, waiting to ambush me. We all broke up. What a terrific kid!

I wouldn't trade George for half-a-dozen Junior Olympians.



Redneck Women by Ed Carol



Thirty years ago as a second-degree brown belt, I taught women's self-defense at the Salvation Army in Pleasant Grove, Texas. Thirty ladies signed up, and most completed the six-month course.

Sisters Judy and Trudy were my most dedicated students. Judy never missed class and always worked hard. Now, these were not the usual women who take self-defense classes. These were what some might call rednecks, women who'd been pushed around and hit more than a few times. They'd been abused so much by men that they didn't know they could fight back.

At the first class I lined them up and from behind, grabbed each of them. Responses included fainting, kissing me on the ear, and elbowing me in the ribs! For the duration of the instruction I had elbow-sized bruised on most of my body and swollen knees, elbows, wrists, and neck.

I'd have a student get me into a wristlock and say, "Put on some pressure, so I can feel that you have the idea."

Her response was, "You want me to hurt you!"

I'd reply, "No, I just want to feel that you have this right".

"You want me to hurt you!" And she would apply the wristlock so hard that I'd have to take a big fall to keep my wrist from being broken. They'd discovered that Jujitsu hurts and were eager to use it. They were used to being hurt themselves, not doing the hurting.

For the final class I'd planned to recognize their progress by awarding promotions. Judy and Trudy were looking forward to this and had planned to bring cake and cookies. When the big day arrived, Judy was absent. Trudy had no idea where she was.

Following a short workout, I awarded ranks and presented USJA certificates of promotion. As we prepared to dig into the cake, a large, blond-haired guy about 35-years-old wearing an overcoat entered the gym. Everyone became quiet.

I recognized him as Jack, someone whom four other police officers had assisted me in arresting and putting into jail five years earlier. This man was tough! He hollered at me, "Are you Judy's instructor?"

I said that I was.

Jack said, "There are just two reasons that I don't come out there and whip your butt!" "Do what you have to do," I said, discretely positioning myself to allow maneuvering space in case he did attack.

Then he shook off his overcoat revealing a cast on his right arm from fingers to shoulder. Grinning, he said, "First, the Doc says I can't do anything rough with this cast until it dries in a couple of days. And second, I bet you didn't teach her all you know!"

I relaxed at that point and told him that indeed I had taught her a fraction of what I know. I asked what had happened. Jack was 6'3" tall and weighed about 225 lbs. He was a truck-loader and hard drinker to boot. He told us that he'd come home that day pretty plastered and slapped around his wife, Judy, as he often did when drunk. Judy told him if he hit her again she'd hurt him.

He'd laughed and taken a swing at her. He awoke upside down in the corner of the living room with a broken wrist, dislocated elbow, and seriously torn shoulder. The coffee pot was boiling over on the stove, and the front door was wide open. I asked Jack what he planned on doing to Judy if and when he found her.

"Mister, that Judy of mine is the toughest woman in Dallas County, maybe in all of Texas. I love her, and when I find her, I'm gonna kiss the ground she walks on!"

Jack stayed and had some cake, and Judy eventually showed up. I presented her certificate and told her what Jack had said. When they left, she made him walk behind her, though you could tell she wanted to fuss over him!

Ed Carol is a retired police officer. He holds yodan rank in judo and sandan rank in jujitsu, teaches both at his Ichi Ni San Judo and Jujitsu Club at the YMCA in Terrell, Texas.



Grassroots clinic with Dr. Zbigniew Piec

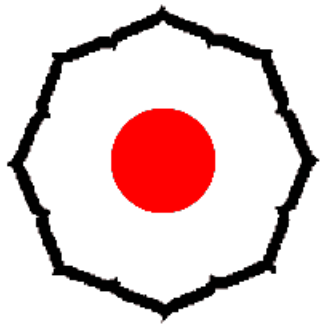


On Saturday, May 17th a Grassroots clinic was held with Dr. Piec, 5th Dan, at the Goltz Judo Club. Jin Iizumi, 7th Dan, was a special guest.

Dr. Zbigniew Piec, started judo at the age of 10 in Poland and studied with some of the most respected sensei in the world. He competed extensively in Europe and Japan on an international level. He is certified by the Polish Society of Physical Culture as a Judo instructor. After moving to the US in 1988, Zbig taught judo at MIT and Northeastern University while studying for his PhD in Engineering. He also was head instructor at the Shodokan Judo Club in Salem, Massachusetts. Upon completing his doctorate Zbig lived in Japan for 6 years where he trained at the Kodokan and Tsukuba University. Zbig then moved to San Diego, California in 2004 and is now instructing at Sensei Jin Iizumi's dojo. Zbig believes that if the fundamentals of judo are correctly understood, then performing its many techniques will be easy.







講道館 KODOKAN

Tips for Your Kodokan Visit

by Richard Riehle, NPS Judo Club, Naval Postgraduate School, Monterey, CA



Sooner or later, anyone deeply involved in Judo will want to visit the Mecca of Judo, the Kodokan. This article is intended to help you make that trip more enjoyable. The first thing you should know is that there is a Kodokan, Their URL is

<http://www.kodokan.org>.

On that site, you will find a lot of fundamental information about the schedule, fees, and lodging availability. In this article, you will find some additional information not included on the Kodokan home page.



Location

The Kodokan is located in a part of Tokyo called Bunkyo-ku. This is a lively part of town, in part because it is the site of the famous Tokyo Dome Sports complex and its associated retail/restaurant business. If you do a Google search on Bunkyo-ku in Tokyo and zoom in with Satellite View, you will see Tokyo Dome as the largest oval white object in the picture. Some Japanese call this the “Big Egg” because it looks like a large egg from the aerial view. The Kodokan is almost adjacent to the Tokyo Dome shopping area, with a small alleyway as a separation. More on that alleyway later. Here is a URL that can be helpful.

<http://maps.google.com/maps?hl=en&tab=wl>

At the Tokyo Dome complex you will be able to find both Japanese food and non-Japanese food. The international flavors vary from quality restaurants serving Chinese, Indian, Italian, and Hawaiian food to small fast-food shops such as Kentucky Fried Chicken. There is even a Bubba Gump which my Japanese friends enjoy when I take them to dinner. You can get Japanese style hot-dogs and hamburgers, or have breakfast at Denny’s. The nearby Tokyo Dome Hotel has some excellent restaurants serving food from Korea, China, and the United States. Finally, don’t forget the ubiquitous Starbucks on the second level of the complex.

Lodging

There are several excellent hotels near the Kodokan. The best of these is undoubtedly the Tokyo Dome Hotel. It is a bit pricey, but with advance reservations you can sometimes get a good nightly rate. This hotel has door-to-door shuttle service between Narita Airport and several other important locations. You can also book tours of Tokyo. The penthouse level restaurant is a spectacular view of the city. Even though it is expensive, it is a good value – better than many of hotels in the central Tokyo area.

The nearby Green Hotel is also a good value. It is not as upscale as Tokyo Dome, but a lot of people find it comfortable enough and more economical.

The best value, if you can get reservations, is the Kodokan dormitory. An open dormitory, where you get a bunk (upper or lower) with other visitors from all over the world is a great bargain. If you don’t mind using the communal showers and toilet facilities, you will appreciate the value. The pricing, as of this writing, is about 1800 Yen per night. That translates to roughly eighteen dollars. There are, of course, separate dormitories for men and women as well as separate showers and toilets.

There are also individual rooms. Some, the deluxe rooms, have showers. Some do not – you share the showers and as in the dormitory, but you have more privacy. If you visit with a spouse, you can reserve a family-style room. The top rate, per night, is a little less than sixty dollars.

There are some important restrictions related to Kodokan dormitory rooms. You must be back in the building by 11:00 PM. If you don’t get back to your room by midnight, there is a good chance you will be locked out until morning. This rarely happens, but it can occur if you are out on the town and forget the time.

As a resident of the dormitory, you can use the open kitchen to prepare your own food. This works out well for people with special dietary needs. A few years ago, I recall a group of visitors from India used the kitchen quite a lot to cook their own food. If you wish to do this, there are supermarkets nearby where you can purchase a variety of different kinds of food. I generally buy my food at the supermarket in the Tokyo Dome complex. I especially need to have my daily intake of fresh fruits and vegetables and you can buy those at several places near the Kodokan building.

Money

One yen is the close equivalent of one U.S. penny. Therefore, 100 Yen is about one-dollar, depending on the current exchange rate. If something costs 300 Yen simply lob off the last two zeros to see that it is actually about three dollars – sometimes more; sometimes less.

Japan is largely a cash-based society. An exception is that more and more stores are accepting purchases made with a specially designed cell-phone. In fact, many places throughout Japan you will find stores and shops that do not take credit cards.

The Kodokan does not take credit cards. You will need to pay cash for everything. When you register, you will need about 8000 Yen (\$80). There will be a couple of other small fees you will be required to pay, including a monthly or daily fee for you access to the training area. If you stay at the Kodokan dormitory, be prepared to pay cash.



If your credit/debit card is not issued by a Japanese bank, it will not work in most of the ATM's in Tokyo, and certainly not very many outside Tokyo. That's the bad news. The good news is that it will work at the ATM in the Tokyo Dome complex at the bowling alley near the Kodokan. It is a good idea to make sure your credit (or better yet, debit) card is usable at ATM's internationally. You will need a four-digit PIN number. Some banks will cash American Express Traveler's checks. Some will not. You may have to travel to downtown Tokyo to the American Express office to cash your checks. There is also an international ATM at Narita Airport and a few in central Tokyo. They are sometimes difficult to locate, especially if you do not read Japanese writing.

Food

I already mentioned the option of preparing your own. I like to take one or two large jars of peanut butter. When I remember it, I also like to take a can of Ovaltine. You can buy Ovaltine in the Japanese supermarkets, but it is not quite the same as what we get in the United States.

Down the alley that runs along-side the Kodokan is my favorite noodleshop. I usually take my breakfast there – as do a lot of Japanese businessmen on their way to work. The zaru-soba is excellent. Ask for a piece of shrimp (ebi) tempura on top of it. Or maybe a quail egg. If you prefer American-style breakfast, there is a MacDonald's just across the street from the noodle shop. Even better than the MacDonald's, and right next to it, is a little French-style bakery that has scrumptious morning pastries.

There are many convenience stores, including 7/11. Don't count on getting a Hershey bar at any of them. Instead, try the Meiji Chocolate Bar. Not too sweet, but pleasant. Snickers are abundant, sprouting naturally on the famous Japanese Snicker tree that grows in the nearby forests. Near the Suidobashi Station, there is another MacDonald's, but I prefer the Curry-Rice shops in that neighborhood.

Getting Around

It does get cold in winter, so take warm clothes. Summer is the rainy season, so take an umbrella. It is always a good idea to check out the weather forecast before departure. A sturdy pair of walking shoes is a must. Ideally, these will easy to slip-on and slip-off so you can easily enter and leave places that require you to remove your shoes.

If you are in good condition, and most Judoka are, you can walk to some really interesting places from the Kodokan. It is a straight shot of a couple miles to the Palace gardens. You can visit the Tokyo University campus on foot. Get a map of Tokyo with Romanji names for the various places, and you can do your own walking tour of Tokyo. It is a great adventure to simply stroll around the city on foot. It is even more fun if you have a companion who is similarly inclined.

The Kodokan is situated on several public transportation lines. You can get help finding them from the folks in the International Department at Kodokan. Suidobashi station is located just across the street from Tokyo Dome Hotel. It is short walk from the Kodokan and opens up a large range of options for traveling beyond where you might go on foot. Just above the MacDonald's mentioned earlier is the Tokyo Metro. This will take you to Shinjuku and many other important sites in Tokyo area. The city is not difficult to navigate, if you have a good map.

Finally, I like Tokyo because, having visited many cities on this planet, it is one of the safest I can think of. One evening, many years ago, unable to shake my jet-lag, I went for a walk near my hotel. I made a wrong turn or two and discovered that I had lost my way. At a short distance from when I made this discovery, I spotted a group of men sitting under a train trestle drinking beer and roasting skewers of teriyaki on long sticks. I walked over to them and explained my circumstances. Not only did they offer me directions, but they also invited me to join them for a beer and some teriyaki. In any other city I would have had trepidations about such an encounter. In Tokyo, I was treated exactly as I expected. This is not to suggest there is no crime. Over the past ten years there has been an increase in tourist crime, but not the extent of a city such as Madrid or Rome where pickpockets have orchestrated their trade to a high art.

To use the train, you will need tickets. At every station there is an attendant who can provide guidance. Most of them speak enough English to help you get to where you want to go.



Language

It is helpful to have some of the language. Words such as arigato, onegaishimasu, sumimasen, ohayo, etc. will help you sometimes break the ice. I recommend the dialogues in a book called Japanese for Busy People. Memorize the dialogues and learn the written language as shown in that book. A pocket-size dictionary is handy to keep with you. Sometimes you might just need some word you don't already know. Even though I have some skill with the Japanese language, I always carry a dictionary with me.

Lots of shopkeepers and others already speak a little bit of English. When speaking to them, use simple words and simple grammar. Speak slowly and carefully. The downside of this is returning home and speaking to your spouse or friends in the same way. My wife always has to upbraid me for speaking to her as I did to native Japanese, "Richard. I do speak English!"

From Narita to Kodokan

First take the train from Narita Airport to Ueno Station. This will cost about \$30. Then, take a cab to the Kodokan. This is another six dollars. Do not tip the cab driver. Sometimes the cabbie does not know where the Kodokan is. No problem. Tell him to drive to Tokyo Dome Center (not Tokyo Dome hotel). Then, as he drives along that street, watch for the Kodokan symbol on the top of a building and tell him to stop there. You should have the exact address with you to help him know which building. If you are staying at the Tokyo Dome Hotel, just use the Narita Shuttle. Sometimes I like to stay my first two and last two nights at Tokyo Dome Hotel.

Another useful suggestion is to rent a cell phone at Narita Airport for a reasonable rate. I always get a phone so I can stay in touch with friends in Japan and sometimes use it to call home. One of the rental places at Narita is Pupuru. Their URL is <http://www.pupuru.com/foreign/en/dandr.html>.

The Kodokan



There are two buildings, each about eight stories high. The training halls and dormitories are in the building closest to Tokyo Dome. To the right of that building is Kodokan administration and other offices. You will need to register in the office building on the first floor at the International Department. Everyone in the International Department speaks excellent English. If this is your first trip, ask whether someone from International Department will be at the training that evening, and request some assistance learning the protocols and rules governing behavior, etc.



You can get a locker for your things on an as-available basis. The entry to the training halls is on the Fourth Floor. Take the elevator or the stairway to that level. Remove your shoes before entering the check-in area. There is a shoe rack you can use.

I always bow slightly as I enter that area. Not everyone does. After getting your registration confirmed at the desk, you will climb the stairs, barefoot, to the Seventh Floor training hall. Once there, you enter with a standing rei in the direction of Professor Kano's chair at the opposite end of from the entry-way. To your right will be mostly younger competition-type Judoka who are eager to engage in randori. To the left are the older, high-dan Judoka. They also enjoy randori. To be accurate, there is often a mix of both groups on the left or the right of the entrance.

Training Time

The main dojo is on the Seventh Floor. Training begins in the early evening, around 6/6:30 PM, sometimes depending on the day of the week. Saturday hours are different. There is no training on Sunday, but there is often a shiai you can watch from the Eighth Floor observation area.

If you are a female, you might want to train in the Women's Dojo on the Sixth Floor. Some especially tough international women like to take on the men on the Seventh Floor. A few even engage those men in ne-waza just as they would the women. This latter point is uncommon, but it does occur.



Don't be shy about asking other Judoka to do randori. You only have a few hours in the evening to train and when you are sitting on the benches, you are not learning anything. The more different people you engage in randori, the more you will get from your experience at the Kodokan. You can take a notebook and camera with you to the training area. Make notes about the people who you have enjoyed working with. Get their email addresses or other mailing information. Take a photograph with you and them together. When you get those photos developed, send a copy to the person in the photo.

Gifts

You will want to take some gifts with you. Nothing ostentatious. Simple things that are unique to your geographical area or even to your dojo. Be sure to wrap them so they make a good impression when presented. I sometimes take a few boxes of See's candies, one of which I give to the folks in the International Department. T-shirts from your dojo's annual tournament can make nice gifts, too. Even a patch from your dojo can be a simple gift that means a lot to the receiver. There are some protocols about giving and receiving gifts. They are too complicated for me to describe here. Find a book somewhere on being polite in Japanese to get an understanding of this issue.

Museum and Library

Be sure to visit the library and Museum when you have some time. It is a wonderful experience to see the old documents, Kano's original Judogi, and many more historical artifacts from the early days of Judo.