

# Duties and Responsibilities of Examiners and Coaches

By Charles R. Robinson, Chairman, USJA Board of Examiners

**F**or many years, the USJA has tried to maintain promotion standards which insure that qualified members attain their appropriate level of promotion.

Those of you who are Examiners have signed a statement agreeing to maintain those standards.

Over the years it is unfortunate that some Examiners and Coaches have wavered from the established standards. This cannot be permitted if proper standards are to be maintained. Not only do invalid promotion requests slow down the review process, but they also will breed hard feelings if ineligible members were to be promoted.

Why is it felt that high standards are important? Very simply, it is because for many years no other organization in American judo has offered published promotion criteria. Our standards have long been fully accepted internationally, and in years past when presented to the Kodokan, they were used as the means of issuing Kodokan menkyos to those who desired them.

Many American judoka have come to expect batsugun promotions for every rank. Not everyone qualifies for minimum time in grade promotions. It is unfortunate, but due to the actions of a few Examiners who disregard our standards, their Examiner status has been temporarily revoked. This is a drastic measure, but the high standards of the USJA must be maintained.

Remember that all Coaches can recommend students for promotion, but

when the signature of an Examiner is required one must be in evidence and the examination must have been performed. Please don't degrade your standards and those of the USJA. If you have not already started to view the 65 throws of the Kodokan in your club and learn 6 to 8 escapes from the major holding techniques, then start now. Also, become familiar with as many chokes and arm bars as possible. Don't neglect the necessary kata. The soon-to-be new promotion requirements will require a much broader scope of judo than ever, anywhere, any time.

An Examiner has the duty to perform the examination of members who are recommended for promotion. The Examiner is responsible for observing the performance of all required techniques and to evaluate the performance of each technique. The examination must follow the outlines of the USJA Senior or Junior promotion handbooks, including the written sections as well as the techniques.

*Continued on page 5*

## I N S I D E

Message from the President .....	2
From the Executive Director .....	3
Play at Your Own Risk .....	4
Profile of a Judo Leader .....	5
The National Awards Program .....	6
Profile of a Judo Leader .....	7
Dressed for the Job .....	8
About Coach Certification .....	8
NEW IJF Rules .....	10
U.S. Invitational Results .....	10
Hyundai World Championships .....	13
Drink Up! .....	17
Contribution of Judo To Education .....	17

# USJA COACH

DECEMBER  
1997

# Message from the President

Greetings:

This is the customary time for everyone to reflect on the many blessings that have been bestowed upon us as well as the turmoil we have overcome during the past year. Our Association has been fortunate in many ways in 1997, and I would like to share some of them with you.



Jesse L. Jones

The USJA has proven that it is healthy in numbers and steadily continues to grow; our records reflected a total membership at the end of December of approximately 24,000. This represents an average 1,500 member growth per year since the current administration took office.

Our computer system - which was a total nightmare - is finally "user friendly" due to the expertise of Bud Williams, our Systems Administrator.

We have published five texts during the year, thanks to dedicated editors Greg Fernandez, Rick Celotto, Ben Bergwerf, and many other contributors and consulting editors. These publications are: the new ILLUSTRATED JUDO TECHNIQUES; the revised CODE OF BUSHIDO; the revised REFEREE'S EXPECTED BEHAVIORS; the new SENIOR HANDBOOK; and a revision of the JUJITSU MANUAL.

Due to energy- saving programs, staff reduction, other cost-cutting measures and, of course ,contributions from our

members, revenue has been adequate to maintain routine operations.

The National Office operates well within the parameters of the approved budget, and I am pleased to report that our members are responding to, and are willing to assist in our

many programs to enhance future growth - the Stewardship Program, the Winners Circle, Life Membership, Certifications, and catalog item purchases. The success of these programs has encouraged us to formulate and present an aggressive budget for 1998. This budget, will include debt reduction, the fulfillment of legal fee obligations, the renovation of the USJA National Training Center, and ongoing research and development.

We are fortunate that Elaine Meyer has volunteered to be Program Director of the National Training Center. With lots of hard work in a short period of time, Elaine has scheduled a variety of daily and evening classes. The classes are active and are growing in size, and she promises to make 1998 a monumental year for National Training Center activities.

Headquarters Staff and other club leaders are in the process of establishing a USJA Junior and Senior elite list of competitors for international events. Initially, names will be taken from place winners of Junior and Senior national events; names of other outstanding competitors may be submitted by Coaches. Once this elite list

is established, it will be required that competitors be consistent, active place winners to remain on the list.

Now is the time to display the quality of competitors trained by our Coaches - competitors who can represent our country in international competition. Programs are in place to generate funds to finance their travel.

Certifications will be stressed in 1998, with emphasis placed on coaching certification. Every Black Belt should seek to be certified at one of the various coaching levels.

Liability has become an increasing concern throughout the Judo community and for our insurance carriers. We have several Senior and Master Coaches available to conduct appropriate seminars for our Coaches which will assist and further enlighten them regarding this critical area of liability.

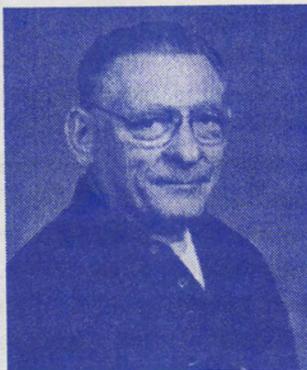
Rank examiner certifications will also be in focus. These certifications will insure that applicants for promotion will have met all requirements prior to submitting their requests for promotion to the National Office for approval. While this certification program is already in effect, its importance will be heavily emphasized. These certification programs will be available for weekend clinics and summer camps in all areas of the country. Coaches can contact the National Office to schedule one of our representatives to conduct an event.

*(continued on page 4)*

# From the Executive Director

Dear Friends:

Here we are embarking on a New Year. Along with this issue go my personal good wishes to all of you for a healthy, happy and prosperous 1998! I would like to take this opportunity to share with you some of last year's good travel experiences and mention some of the people I was



Edward N. Szejter

able to meet during the year's camp and clinic schedule. Please forgive me if your name doesn't appear in this message - it's simply because I encountered such a large number of people.

March found me at Pat Szejter's dojo in Matthews, N. C. with about 50 attendees from North Carolina, Virginia and South Carolina, including Phil Rasmussen, Mike Muender, Mike O'Grady, Debbie and

Dana Rucker, Carl Moore, Gary Beecham, Sophie and Mikkie Iaukea, Gus Carper, Cardo Urso from Quantico, VA, Jimmy Riggs and a large group, Ron Crabtree, Ronnie Armstrong, Darian Stokes and his club from Carrboro.

Charleston, SC is always a stop in March. It's

good to meet Tom Reiff and Dr. Ronald Charles. Some of the club leaders attending were Doug Keffer, Robert Mynatt, Pat Szejter, Alan Hill, and Gus Carper from Virginia.

Then to a clinic in Canon City, a 50 mile drive from Colorado Springs. Don and Shirley Bendell have a very nice dojo there frequented by many students.

members of Mike's club in attendance, including Mike Heilman, Shawnee Fross, Pete Lacroix, Aaron Appelbaum, Tony Bardaji, James Di Georgia, Mark Gilliston, Larry Hoaks, Dr. Steve Locke, Dennis Quinlan, Pat Shelow, Scott Silverman, Hans Vogt, and many more.

At the Senior Nationals in Ft. Lauderdale I had the pleasure of seeing many old friends, meeting new friends, and enjoying great competition.

In May I attended the 25th anniversary of the AmCan Challenge enjoying the good competition of the Canadians, Americans and players from other countries. There was a banquet honoring the 1964 Olympians. I'm not sure of the number in attendance, but many were honored with a plaque. The original organizer of the AmCan, Melvin Ginter, delivered a great speech; camaraderie was in evidence everywhere.

The last week of May I traveled to Grants Pass, OR, to be with my old friend Lee Frakes, at a well attended clinic. Then on to Medford, OR, with Jim Linn, who is building enrollment and his school. Great going, Jim. Last stop was in Corvallis, where Bob Van Patten, Tom Coon, and Kevin McClellan extended me a great welcome. Bob and his partner did a great job demonstrating kime-no-kata.

From there to Massachusetts, where John Wooten brought together a very nice group from area clubs at the host club of Charlie Bridgham of Foxboro. His club is in an old, one-roomed schoolhouse dating way back. It was great seeing so many good friends again.

On to Dallas, TX in April where Charlie Laney was the host; he, his wife and his daughter were very gracious, and I thank them for their kind hospitality. Other Coaches attending were Manmohan Chima, Jim Webb, Ace Sugigara, and Bert Becerra who brought a large group.

At the end of April, prior to the Senior Nationals, we conducted a clinic at Mike Szejter's club in Boca Raton, FL with a great many Coaches and

- Chris MacDonald**, Top Seeded U.S. Athlete
- Bonnie Korte**, Past National Champion and Kata Champion
- Kathryn Buys**, Past National Kata Champion
- Pete Lacroix**, Past National Champion, Former NJI coach
- Todd Brehe**, U. S. Champion, World Team Member
- Elaine Meyer**, Former NJI Team Captain, Past National Champion
- Greg Fernandez**, Ten-time National Kata Champion
- Charlie Robinson**, USJA Coaching Staff, Chairman, Board of Examiners
- Ed Griffin**, National Masters Champion
- Barbara Gessner**, Self-defense and JuJitsu Expert
- Louis Perriello**, Aikido Expert
- Ed Szejter**, USJA Executive Director
- Jim Colgan**, Past National Champion and International Referee
- Ronald Hansen**, USJA Promotion Board Chairman, Past National Champion
- Gus Carper**, National Coaching Staff
- Mike Szejter**, National Coaching Staff
- Virgil Bowles**, National Referee and Kata Instructor
- Dr. Chris Dewey**, National Coaching Staff and Kata Instructor
- Sid Kelly**, National Coaching Staff, Former British Champion
- Charles Cavrlich**, Shichidan, Competitive Judo, Jujitsu, Sombo, Taekwondo.
- Dr. Ronald A. Charles**, Rokudan, "65" Throws of Judo, Kata Instruction, Coach Certification, Kata Judge Certification.

(continued on page 9)

## Message from the Courts: Play at Your Own Risk

An August 1997 article by George Flynn of the HOUSTON CHRONICLE was sent to our attention and we believe it important enough to bring excerpts of it to the attention of our Coaches, as similar circumstances might easily apply to the practice of judo:

Legal ripples from a 6-year-old water skiing accident make it clear that leisure sports are becoming the stuff of litigation. "It is fair to say there has been more sports litigation in general," said attorney Matt Mitten. "I suppose it is a sign of our litigious society. The potential for getting hurt is there . . . and when someone is hurt, they sometimes look for someone else to sue."

Mitten, a professor of tort and sports law at South Texas College of Law, said appellate court opinions appear to generally be raising the standards for successful suits in recreational and amateur sports. In recent years, rulings on

suits involving all sorts of summertime fun water skiing, sandlot softball, golf, para sailing and more - are recognizing the inherent risks involved in such recreation.

His comments came after a 14th Court of Appeals ruling recently refused to reinstate a water skier's lawsuit against the skipper of the boat pulling him. State District Judge Tony Lindsay found insufficient evidence last year that the skipper was liable for the skier's injuries.

"The appellate decision basically states what we know - that accidents can happen in leisure sports, and that they are not always the fault of somebody, said Edward Wallison, the attorney for the boat skipper. "Water skiing is a voluntary thing ... nobody forces you to do it," Wallison said. "There are instances where you can do everything right and still get hurt."

Earlier in the year, the Texas Supreme Court used a somewhat similar standard in evaluating the San Antonio suit by a sandlot softball catcher. In a particularly jarring collision, the catcher was barreled over by another player attempting to score. Texas Supreme Court justices noted "the public is concerned that fear of litigation would alter the nature of the game with every injury sustained on the playing field." The court noted that participants in competitive sports assume basic risks that should not be the subject of lawsuits. Attorney Matt Mitten said that legal action would be justifiable if the injury was the result of actions so excessive that they could not be reasonably expected or foreseen. It would be justifiable to slide hard at a second base to break up a double play, but not to punch another player, for example. Wallison, the attorney for the skipper of the boat in the water skiing

*(continued on page 6)*

### Message From The President

*(continued from page 2)*

The USJA Supply Division is currently evaluating the price and quality of several suppliers of blue judogi, both solid blue (both sides) and reversible (blue one side, white the other). Our goal is to have these items available for members by February 1, 1998. This item has been approved by the International Judo Federation, and enforcement of the use of blue gi may be in effect in the very near future. We want our members to be aware of and prepared for this proposed change.

I wish to thank all of our Coaches and members for their continued support throughout the year. All of you have made the USJA prosper and continue to be

the leaders in many areas of development. Thanks must also go to the few people at the National office who have the responsibility of scheduling and monitoring all of these very active programs. Our Office Staff also continues to willingly and pleasantly provide the many services available to our members.

Finally, I wish to restate my philosophy that negative attitudes on the part of any organization can only disrupt progress. In this new year, I ask that all USJA members continue to display a positive attitude and cooperate with other national Judo organizations for the enhancement of Judo.

Your allegiance to the USJA is an asset that will enhance our ability to accomplish all of our goals and varied programs.

My sincere wishes to our Judo membership for all good things in the coming year.

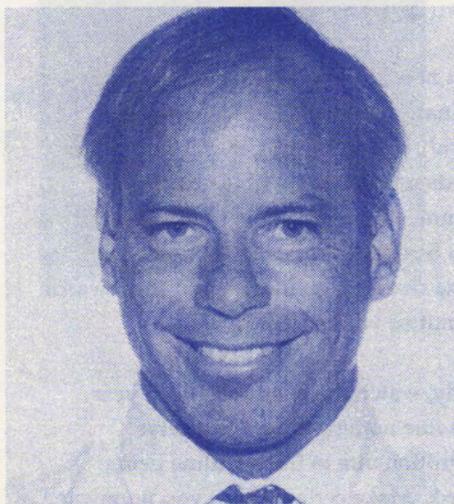
Sincerely,

Jesse L. Jones

**USJACOACH**



# Profile of a Judo Leader



**Neil Ohlenkamp**  
**Head Coach, Encino Judo Club**  
 5591 Summerfield Street  
 Camarillo, CA 93012  
 (805) 987-8783

Neil Ohlenkamp began his judo training in Los Angeles in 1968, earning his first two dan ranks through successful competition. He has been teaching judo regularly for 25 years and now holds a 5th Degree Black Belt rank.

After graduating from college with a degree in Child Development, Mr. Ohlenkamp continued his coaching education, eventually earning the highest certification possible as a USJA Master Coach. He helped found a national judo program for blind athletes and coached U. S. judo teams at Paralympic Games and World Championships where visually impaired U. S. athletes distinguished themselves by earning medals, including a gold medal, in tough international competition.

As head instructor of the Encino Judo Club, Mr. Ohlenkamp leads a team of instructors who have taught thousands of students at various locations in Southern California. About 150 students currently attend classes each week. Club members include national champions, world-class coaches, and certified referees. In addition to ongoing classes, the Encino Judo Club hosts judo tournaments, special clinics, demonstrations and certification courses offering a full range of opportunities for both beginning and advanced students.

Mr. Ohlenkamp says, "I still get as much satisfaction from seeing a new student learn a meaningful lesson in my class as I do from training elite athletes. I just keep learning about judo every day and I feel compelled to share the things I have gained from my practice."

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## Duties and Responsibilities

*(continued from page 1)*

If you can perform a technique, so can someone else; maybe before you do. If you don't already practice the defenses and counters to the skills you are working on, it's not too late to start. Your judo knowledge and experience will rapidly expand as you investigate and exercise the skills that oppose the offensive techniques. Also, to add to your knowledge and abilities, practice your skills to both sides, using a variety of grips. Develop, as part of your offensive tactics, no-grip take-downs and throws. Explosive opening moves may totally destroy another player's game plan. Don't let it be a possibility that anyone

can predict what your offense will be. Think simplicity. Remember, one of the tenets of judo is maximum efficiency of mind and body. Always strive for the most effect combined with the least effort. If a skill can be performed in three steps instead of five, do it in three, and if it can be done in two instead of three, do it in two. Don't try to emulate anyone else. You are an individual and your techniques should be yours individually. Your physical structure will in many ways determine how you will perform certain techniques and maybe if you should perform them at all. Don't let this hinder your judo development let it be the catalyst which promotes the development of your individual skills.

One interesting way to create unique entry and off-balancing skills is to do your techniques without your partner wearing a jacket. This process of control of your partner (without the jacket) will teach you how to more effectively control another player. It will also teach you the mechanics of many judo techniques.

We are privileged to live in a time when judo is rapidly expanding in technical areas. Though many new and creative skills are being seen, one must never forget the fundamentals. Strive to be your best. In this exciting era grow in, and with, judo!

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**COACHES!** Please share this newsletter with your students. At this time, due to financial constraints, we are only mailing to our black belts, but we'd love to communicate with all of our members through you!



# The National Awards Program

by Dr. Ronald Allan Charles, Chairman, USJA National Awards Committee

Each year the USJA National Awards Committee selects and honors: the Outstanding Male and Female, Most Improved Male and Female, Life Member Contributor, Kata Practitioner, and Coach, from our Association. At the State level, one Outstanding Junior and Senior are chosen. Names of individuals for all but the State awards are inscribed on permanent plaques in the Hall of Fame in the National Training Center. Also, each National and State winner receives an award. Winners also receive cash vouchers, which can be applied with matching donations to their Life Memberships. This is the Awards Committee's way of showing how much the USJA appreciates its membership and the hard work that went into earning these awards. Names of all winners are announced in our publication.

The call for nominations for Outstanding Senior and Junior for calendar year 1997 will go out soon to each club Coach. We also plan to put the nomination form on the USJA web page for those with computer access. Contact the USJA for a nomination form if you do not receive one so as to not miss the deadline. If no judoka are nominated from your State, your State will not be represented! This is a good opportunity to recognize and reward your club's top players and we encourage your participation. In the early years of this program, **only the Coach of the largest USJA chartered club in each State had the opportunity to select Outstanding Competitors from his or her State.** In order to

democratize the process, the system was opened to recommendations from every club Coach. You, as a club Coach, now play a very important role in the selection process in that you have the opportunity to recommend one Outstanding Junior USJA Competitor and one Outstanding Senior USJA Competitor from your club or another club. Your recommendations will be compared on an objective basis with those submitted from Coaches of other clubs in your State using a point system which is explained on the nomination form. In the case of a tie, the Committee will make the selection.

In order that your recommendation be considered, you must complete the nomination form and meet the mailing deadline. You will be making your recommendation based upon judo activity for the full calendar year period. If someone you nominate is not now or was not a USJA member, he or she is still eligible for nomination if you include the membership application and fee with the nomination form.

Remember, if you do not recommend anyone from your club, you are depriving two of your competitors from even entering the competition. Last year, in a few States only one club sent in nominations. Even though such nominees may not have had many points, they had more than any others from their State. You may nominate **yourself.** Unless there is no other nominee from a State, the same outstanding judoka will not be chosen two years in a row.

Begin now to think of whom you might nominate; make certain that those two individuals are keeping their competition records up-to-date. Fill out the recommendation forms for both a Junior and a Senior. Just giving the form to a judoka does not guarantee that the Awards Committee will receive it.

Finally, watch the deadline. Each year, some fine nominees do not receive recognition due to the deadline being missed. Make certain those you nominate are current USJA members or that USJA membership is applied for along with the recommendations. Whether or not they are selected, those you nominate will be grateful to you for honoring them in this fashion.

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## Play At Your Own Risk

(continued from page 4)

incident, also noted that golfers accept an implied risk of being struck by an errant golf ball when they step onto a golf course. The exceptions are if a golfer intentionally tries to hit another golfer with a shot, or has such reckless regard that he aims at the clubhouse or other places where it is likely that another golfer would be hit by the shot.

Attorney Matt Mitten noted that more organized recreational events are resorting to having participants sign a legal waiver of liability as part of the entry process into events. "You are likely to see more and more of that in the future," he said.

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# Profile of a Judo Leader

## PROJECTED DATES OF THE JUNIOR NATIONALS AND JUNIOR OLYMPICS



**Elaine Meyer, 5th Dan  
National Training Center Coordinator  
Colorado Springs, Colorado**

Elaine Meyer began her Judo career in a self-defense class at the University of Illinois at Champaign-Urbana in 1975. At the same time, she also studied Judo at Chanute Air Force Base under the instruction of Mr. Ronald Yoshida. Her Judo rank history is as follows:

- SHODAN:  
1st Degree Black Belt - 1979, USJA
- NIDAN:  
2nd Degree Black Belt - 1981, USJA
- SANDAN:  
3rd Degree Black Belt - 1988, USJA
- YODAN:  
4th Degree Black Belt - 1991, USJA
- GODAN:  
5th Degree Black Belt - 1995, USJA

Elaine graduated from the University of Illinois in 1976 and held professional positions in the fields of education and private investigation for a period of

eight years. Then, in 1984, she was recruited to join the National Judo Team by Coach Phil Porter, at which time her competitive career began.

In 1984 Elaine moved to Colorado Springs to train at the National Judo Institute in preparation for international competition. In 1985 she won a Bronze Medal in the Canadian National Exhibition Championships and also spent 45 days training in Japan. She won Gold Medals in the National Ladder Tournament in 1986 and 1987, and placed third in the 1987 Olympic Festival and the 1988 U. S. Senior National Championships.

She served as Team Captain of the NJI Team from its creation in 1985 until her retirement from competition in 1990. Elaine also acted as Program Director for the Institute from 1986 to 1990, performing such functions as team management, accounting, video tape production and duplication, along with various other administrative duties.

Since 1985 Elaine has been conducting Judo clinics throughout the United States and since 1978 she has been involved in teaching Judo and Self-Defense to youths and adults. She has brought superior technical information and outstanding coaching methods to thousands of Judoists at seminars from New Hampshire to California. In addition to her knowledge, Elaine has incorporated the character she discovered through training and competition into her personal life, so that she may serve as a positive role model for others, both on and off the mat.

**1998**  
USJA  
July 3-4, Toledo, Ohio  
USJF  
July 11-12, Honolulu, Hawaii  
USJI  
July 26-28, Johnstown, Pennsylvania

**1999**  
USJA  
July 2-3, San Diego, California  
USJF  
July 10-11, Irvine, California  
USJI  
July 15-17, Ft. Lauderdale, Florida

**2000**  
USJA  
July 14-15, Charlotte, North Carolina  
USJF  
July 1-2, Oakland, California  
USJI  
July 7-8, Oakland, California

**2001**  
USJA  
July 6-7, Open to Bid  
USJF  
July 14-15, Unknown  
USJI  
Unknown

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### The USJA Supply Department has an Overstock of Matsuuru Judogis

size 3.5 unbleached  
We must sell this Overstock so we have priced each one at **\$20.00**

This is a limited time offer. First come first served while supplies last.  
Call The USJA Supply Dept.  
@ 633-7750 for more details

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## Dressed For the Job

by Charles R. Robinson, Chairman, USJA Board of Examiners

If you plan on vigorous practice, there are a couple of important things to remember the elimination of minor injuries and the fact that there is no IJF proper uniform code in the practice arena.

A neck which is raw from a gi burn caused by many throwing drills or extended periods of randori; bruised elbows or knees from escaping throws; or black and blue shins from incorrectly applied foot stops or sweeps, can all put a big block in your vigorous practice sessions.

No agency outside of your dojo has control over your practice uniform. If you are practicing turnouts from throws and are landing on elbows and knees, pad them. The same goes for sweeps and props. Shin guards can save you from many bad techniques.

When engaged in hard newaza, randori, or long throwing drills, a sweat shirt with hood will provide comfortable padding on the back of the neck. Wearing the hood up will help protect the ears when practicing escapes from osaekomi.

Safety should be a major concern of all coaches. Minor injuries should never be allowed to interfere with practice or to become serious or permanent in nature.

Protect yourself at all times while practicing. Remember that during competition you must wear the prescribed uniform - pants (zupan), jacket (uwagi), sash or belt (obi), and a plain white t-shirt for females.

There are still many of us around who like hard workouts, but not pesky little injuries that can so easily be avoided.

USJACOACH

## About Coach Certification

by George R. Weers, Chairman, USJA Coach Certification Program

Frequently I receive calls regarding guidelines for USJA Coach Certification; I respond to a vast majority of the inquiries by advising the caller to contact the National Office to secure a copy of the appropriate level Certification Course. It must be frustrating to candidates to call me simply to have me tell them to call the National Office.

The responsibility for this frustration rests squarely on my shoulders. Long ago, I should have outlined the procedure for deciding which course to issue to Coach Certification candidates. Well, better late than never. Appended below are the simple guidelines that I use to ascertain which Coach Certification level to issue:

### COACH CERTIFICATION PROCEDURE:

- (1) All candidates must advance through the Coach Certification levels progressively, i.e: Level I before Level II, and so on.
- (2) Candidates who **have previously** certified at Level I or Level II should be issued the Certification Course at the next highest level.
- (3) It is recommended that candidates who have been previously tested at Level III should be re-certified at that level and issued a Level III Certification Course in order to stay current with changes which are occurring all the time.

Any candidates whose situations fall outside the above parameters should contact me at: 335 W. Olive St., Canton, IL 61520 - (W)(309)675-0767 or (H)(309)647-1179.

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*(continued from page 3)*

Then on to the Catawba College camp hosted by Dr. Carl Girelli, Chairman of the Coach Certification Committee. George Weers was on hand to conduct a course; Ed Griffin from Missouri showed up, together with Barb and Bill Gessner from New Jersey, Helen Scott and Jeff Miller from Louisiana, and Roger Rodolphe of Greensboro, NC was presented his Shichidan certificate. Andy Holt, a long time friend from North Carolina who coached a club for many years and who is blind, was presented his Rokudan rank. This was a great, well attended camp.

Then the Glass City Camp in Toledo, OH., that the Police Athletic League hosted at the retired policeman's building which is a great facility.

And as always, the trio of hosts Russ Burke, Gary Monto and Gene Fodor did an outstanding job. Henry L'Esperance attended from Michigan, along with several others and their families. And a new Black Belt from Okinawa showed up for a few days (forgive me, his name escapes me).

Fermin Garcia did an outstanding job as Director of the USJA Junior Nationals. Spokane is a great city and all the participants witnessed a July 4th fireworks extravaganza which lasted well over half an hour. It was great to see Coaches from around the country, and many new faces.

The Tomodachi Camp, held at the Sheraton Hotel in Florida was another huge success, with my son Michael hosting. His brother, Pat Szejter, brought a group down from North Carolina, and my daughter, Kathy Buys taught the katas.

Ed Griffin of Independence, MO, taught competitive skills and was assisted by Pete Lacroix (a former member of the NJI team). Mike Heilman taught the Referee course. Rick Riccardi taught classes on Jujitsu/Self-Defense; Mike Roysse, formerly of Kentucky and now a Floridian, taught the Examiner course and did a great job.

Camp Bushido here in Colorado Springs was attended by many regulars including Charlie Robinson, Terry Kelly and his group, and George Weers with some of his students. Our own Elaine Meyer demonstrated mat techniques. Gene Silverstrand came in from Nebraska, and Bill Sharp of Oklahoma City pre-registered very early to make sure of his attendance. Tom and Holly Kelly, a delightful couple from Wisconsin, who attend every year, and many more.

Prior to **Camp Bushido**, **Ben Bergwerf**, Chairman of our Jujitsu Division, conducted a camp at the NTC, with many attendees participating from various states.

Lou Perriello, Chairman of our Aikido Division, held a camp at the NTC, bringing Aikidoists from Florida, Massachusetts, California and Kentucky. This was the first multi-art Camp Bushido, and we hope the coming year will be even better. I was invited to Camp Greenkill in New York for the 25th Anniversary of the George Harris Camp, attended by approximately 300 people. The setting of that YMCA camp is breathtakingly beautiful and the accommodations were superb.

Many regulars attend each year and assist the Camp Directors, including George Pasiuk, Walter Ing and Joe Mazzariello. George Harris was still recuperating from back surgery and was unable to demonstrate any techniques but was on the mat for each session. Jim Bregman, 1964 Olympic Bronze Medalist, was in attendance and found himself teaching his famous uchimata; after a 20 year absence Jim enjoyed being on the mat again. His 12 year old son was there and enjoyed being taught Judo for the first time. Connie Halporn and Frank, her husband, were also there, with Connie taking many photographs for posterity. I enjoyed conversations with Marc Cohen and Paul Dominic. During randori time in the evening, a big Canadian came in for left hand goshi and rammed my thumb into my eye - wow, I thought I'd been blinded! Which reminds me, I mustn't forget Mike Berkowitz who is always ready to treat the ill and bandage the wounded.

*(continued on page 16)*

### USJA 1998 Camp Schedule

May 22- 25	Competitor Camp - Colorado Springs, CO George Weers 309-675-0767
June 17- 21	Carolina Judo Camp - Charlotte, NC Pat Szejter 704-847-2422
June 14- 20	N.W. Judo Camp - Grants Pass, OR Lee Frakes 541-582-3614
June 21- 27	Newaza Camp - TBA Sid Kelly 203-937-1922
July 12- 18	Tomadachi Camp - Boca Raton, FL Mike Szejter 561-496-7000
July 25, Aug 1	Camp Bushido - Colorado Springs, CO Ed Szejter 719-633-7750
TBA	Glass City Camp - Toledo OH Gary Monto 419-693-3682
TBA	Mississippi Camp - Starkville, MS Chris Dewey 601-323- 6394
Aug 16- 22	Bushido West - Clipper Mills, CA Chas Robinson 530-673-8244
Aug 23- 29	YMCA Camp - Greenkill, NY George Pasiuk 718-430-9385
Sept 4- 7	National Coach Training Camp - TBA George Weers 309-675-0767



# New International Judo Federation Rules and Weight Division Changes

by Dr. Martin L. Bregman, IJF Class "A" Referee

### Rule Changes:

1. Waki Gatame directly to the ground is now honsoku-make.
2. Kani Basame is now honsoku make.
3. Osaekomi time changes: Yuko -15 seconds      Waza-ari - 20 seconds      Ippon - 25 seconds
4. Blue uniforms are in as of 1/1/98; reversibles are okay as long as they are not so thick as to hamper the kumi kata of the opponent.
5. Sacrifices no longer require separation to be valid for scoring purposes.
6. Men's matches will probably drop to 4 minutes next year. The 1998 Junior World Competition will be a test case.
7. Standard gripping (one hand on either side of the jacket above the waist) is alright, but all other gripping will come under the 5-second and must attack rule.
8. Osaekomi must be made from the kesa or shiho positions (I have asked for clarification of this from James Kojima, IJF Head Referee, as it implies - at least to me - that Uki-katame will no longer be valid [the sitting-on pin out of sankaku]).
9. Bowing must be done from the waist and not by a nod of the head.
10. Judogis must be closed left over right.
11. Inverted or backward leg scissors will be called Toketa after 3 seconds are allowed for Tori to extricate his/her leg.
12. Throwing the opponent on the shoulder (top) will be awarded Koka.
13. Women may use white leotards instead of T-shirts.

Weight Division Changes as of January 1, 1998: Men: 60, 66, 73, 81, 90, 100, +100 kg      Women: 48, 52, 57, 63, 70, 78, +78 kg.  
Please share this information with anyone you know who may not receive the USJA COACH.



## U.S. Invitational Results: Colorado Springs, Colorado

held in Colorado Springs, Colorado on October 26, 1997

### Women's Divisions

#### Women's 45 kg

- |                           |               |
|---------------------------|---------------|
| 1. Evelyn Matias          | Puerto Rico   |
| 2. Ana Lucia Barbo Pachon | Columbia      |
| 3. Stephanie Kawasaki     | Canada        |
| 3. Yarelis Suero          | Dom. Republic |

#### Women's 56 kg

- |                  |               |
|------------------|---------------|
| 1. Natalie Barry | Great Britain |
| 2. Miki Nakajima | USA           |
| 3. Davina Minkin | USA           |
| 3. Jadranka Ivos | Australia     |

#### Women's 72 kg

- |                    |           |
|--------------------|-----------|
| 1. Min-Sun Cho     | Korea     |
| 2. Kathy Arlove    | Australia |
| 3. Kimberly Ribble | Canada    |
| 3. Min-Jung Je     | Korea     |

#### Women's 48 kg

- |                        |             |
|------------------------|-------------|
| 1. So-la Kim           | Korea       |
| 2. Rosy Bartkowski     | USA         |
| 3. Terrie Ann Fujikawa | USA         |
| 3. Monica Kurath       | Switzerland |

#### Women's 61 kg

- |                   |               |
|-------------------|---------------|
| 1. Sung Sook Jung | Korea         |
| 2. Celita Schutz  | USA           |
| 3. Ruth Eddy      | Great Britain |
| 3. Lara Sullivan  | Australia     |

#### Women's +72 kg

- |                          |         |
|--------------------------|---------|
| 1. Colleen Rosensteel    | USA     |
| 2. Leslie Smith-Dadswell | Canada  |
| 3. Jacynthe Maloney      | Canada  |
| 3. Carmen Chala Quilumba | Ecuador |

#### Women's 52kg

- |                     |           |
|---------------------|-----------|
| 1. Sook Hee hyun    | Korea     |
| 2. Rebecca Sullivan | Australia |
| 3. Hillary Wolf     | USA       |
| 3. Angela Raguz     | Australia |

#### Women's 66 kg

- |                     |               |
|---------------------|---------------|
| 1. Liliko Ogasawara | USA           |
| 2. Jung-Suk Lim     | Korea         |
| 3. D'Anyia Bierria  | USA           |
| 3. Dulce Pina       | Dom. Republic |

#### Women's Open

- |                     |           |
|---------------------|-----------|
| 1. Je Min Jung      | Korea     |
| 2. Cho Min Sun      | Korea     |
| 3. Stine Lastien    | Norway    |
| 3. Catharine Arlove | Australia |

(continued on page 11)

## The Problems Facing Regional State Development Directors

by Ivan Villegas, Shichidan, Northeastern Regional Director, Master Examiner

The duty of a Regional State Development Director (SDD) is to encourage input and ideas from our nearby SDDs on how we can further USJA membership and development in our surrounding areas. This is not a supervisory position, but rather an advisory role to help the SDDs enhance USJA growth in their area.

One of the problems I face in my state New York, is that there are 80 or more clubs registered with the USJA, but about 50 of them have less than 10 members, and are therefore not chartered clubs. In all likelihood this is the case in most states. We have to do everything we can to try to get every USJA club chartered.

Another problem that faces our entire organization is Coaches who are USJA Life Members and have only a few (or no) other members registered with the USJA. These individuals probably have dual memberships in other organizations to whom they give their time and energy, with little spent on developing the USJA. Often when the President, Executive Director, or a

high ranking judoka visits from the National Headquarters, there will be a show of support by certain Coaches in the form of student attendance at a clinic or Life Membership contributions, but the remainder of the year is devoted to other organizations. However, when it comes time for promotion they come back to the USJA because the other organizations hardly promote them, no matter how hard they have worked for them.

Personally, I believe dual membership to be wrong. A criteria for promotion in the USJA should be 100% dedication and involvement with the USJA, with nothing less acceptable.

Without a doubt, there are other problems that need to be addressed. The best way for Regional Development Directors to deal with them is to have an open, continuous dialogue with our State Development Directors, because the only way we can begin to solve problems is to first know that they exist.

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### U.S. Invitational

Results (continued from page 10)

#### Mens Divisions

##### Mens 56 kg

- |                   |               |
|-------------------|---------------|
| 1. Juan Jacinto   | Dom. Republic |
| 2. Gerardo Rojas  | Mexico        |
| 3. Arturo Galloza | Puerto Rico   |
| 3. Estevan Nuez   | Dom. Republic |

##### Mens 60 kg

- |                     |        |
|---------------------|--------|
| 1. Clifton Sunada   | USA    |
| 2. Justin Flores    | USA    |
| 3. Yong Gyun Park   | Korea  |
| 3. Cristobal Aburto | Mexico |

##### Mens 65 kg

- |                   |               |
|-------------------|---------------|
| 1. Simon Moss     | Great Britain |
| 2. Jake Flores    | USA           |
| 3. Joshua Resnick | USA           |
| 3. James Warren   | Great Britain |

##### Mens 71 kg

- |                    |               |
|--------------------|---------------|
| 1. Sergio Oliveira | Brazil        |
| 2. Marcio Varejao  | Brazil        |
| 3. Jean Paul Bell  | Great Britain |
| 3. Sun- Hun Lee    | Korea         |

##### Mens 78 kg

- |                     |        |
|---------------------|--------|
| 1. Todd Brehe       | USA    |
| 2. Taisuke Otsuji   | Japan  |
| 3. David Beaudin    | Canada |
| 3. Alexander Guedes | Brazil |

##### Mens 86 kg

- |                      |                |
|----------------------|----------------|
| 1. Peter Babjak      | Czech Republic |
| 2. Koichi Sannomiya  | Japan          |
| 3. Colin Morgan      | Canada         |
| 3. Vicbart Geraldino | Dom. Republic  |

##### Mens 95 kg

- |                     |           |
|---------------------|-----------|
| 1. Bill Thompson    | Canada    |
| 2. Katshiko Akiyama | Japan     |
| 3. Ato Hand         | USA       |
| 3. Martin Kelly     | Australia |

##### Mens +95 kg

- |                  |       |
|------------------|-------|
| 1. Naoto Yabu    | Japan |
| 2. Joseph Felton | USA   |
| 3. James Bacon   | USA   |
| 3. Kevin Szott   | USA   |

##### Mens Open

- |                      |           |
|----------------------|-----------|
| 1. Katsunori Akiyama | Japan     |
| 2. Daniel Kelley     | Australia |
| 3. Gavin Kelley      | Australia |
| 3. Querawaqa Nacmeli | Fiji      |

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Tradition Alive

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# Judo is Tough in a College Club

by Duc M. Dinh, Judo America, San Diego, CA

College clubs are competition oriented and it is not unusual to lose 90% of membership from day one. There can be 50+ new people at the beginning of a semester but by its end perhaps 5 remain. We can barely keep up with losses through graduation - our core members number in the teens and never peak past 20. Needless to say, it makes for terrible group dynamics.

We get occasional peaks in membership such as when a Korean University team visited us, but when the new members discovered there was no "flying round-house kick" and that they had to fall on a wrestling mat, they left. Judo was not fun any more. It's the same sad story I'm sure you've all heard before.

Let's face it. Judo is "rude". Being unceremoniously dumped onto your back, having the life choked out of you, or having an arm pulled out of its socket, is

not what everyone has in mind as fun. Yet, for some strange reason, judoka find this stimulating, exciting, and even relaxing. Judo's strength - the skills in which it allows you to manipulate others one of its greatest appeals, is sadly also its very weakness. It takes too long to learn these skills. Along the way you can get injured, discouraged, burned-out ... and thus decide to quit before you reach your personal high.

I don't intend to muddy the water of the "sport vs. classical" judo debate, but I feel we are leaving out another aspect of judo, the "recreational" player. These judoka need the most attention in order for them to stay with the program. They are not in it for the competition, history, martial art aspect; they do it for exercise, fun, and self-defense. But if we turn our competitors loose on them, they'll get frightened, injured, humiliated - the exact

opposite of their goals. If you let loose with your cultural, historic, philosophical teachings, then they get dulled, distracted and bored. Again, they leave.

I'm not suggesting that we commit judo blasphemy by eliminating competition or history. We have to strike a fine balance and meet the need of the recreational (rec) player. The rec players are the bread and butter of any commercial dojo. They pay the bills and volunteer to do the work.

The competitors may be the strength, the classical judoka may be the spirit, but the rec player is the backbone of a dojo. If their membership is high then good things result - good group dynamics, more revenue, more volunteers.

From this base some could easily develop into your competitors, your coaches, your referees, your true martial artists. The question to be answered is, how can we keep judo attractive for these rec players long enough so that they will embrace judo?

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## Sports Nutrition

### What Type of Fuel is Right for You?

by Randall L. More, Nutritionist

Consuming extra calories to provide energy ought to be one of the first concerns of an exerciser. As they are readily converted into body fuel, carbohydrates are the ideal form of these extra calories.

Most Americans consume an insufficient amount of complex carbohydrates, which are the healthy, starchy substance found in bread, cereal, grain, potatoes, pasta and legumes. Fruits and vegetables also provide carbohydrates. Sports-active people need to consume 50% to 70% of their calorie intake as carbohydrates. For the really active person, this may translate into eight

servings of bread, grains or cereal daily, and eight servings of fruits and vegetables daily.

Carbohydrates not used immediately as fuel are stored in the liver and muscles as glycogen. This starch-like substance is broken down as needed into glucose, the sugar that fuels the muscles during exercise.

Fat also provides fuel for exercise, especially during low-to-moderate intensity exercise, or activity lasting 60 to 90 minutes. However, this fat is drawn from fat stored in the body and cannot be used unless carbohydrates are also present.

A marathon runner hits the wall as muscle glycogen stores are depleted and less efficient fat stores must be used. Starchy foods are a healthier source of carbohydrates than sugary foods. They contain more vitamins, minerals and fiber, and are less likely to contain added fats. Starch, or complex carbohydrates, are also stored more effectively in the muscles for use during exercise than sugar.

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# 1997 Hyundai World Judo Championships Paris, France

**October 9 - 12, 1997**

**Men's 60kg**

- |                       |     |
|-----------------------|-----|
| 1. TADAHIRO Tamura    | JPN |
| 2. REVAZISHVILI Georg | GEO |
| 3. MIYATA Fulvio      | BRA |
| 3. TAYMANS Cedric     | BEL |
| 5. KANG MYONG Chang   | PRK |
| 5. DOUMA Yacine       | FRA |
| 7. DUNKLEY Samuel     | GBR |
| 7. OJEGUINE Nikolai   | RUS |

**Men's 65kg**

- |                        |     |
|------------------------|-----|
| 1. KIM Hyuk            | KOR |
| 2. BENBOUDAUD Larbi    | FRA |
| 3. VAZAGASHVILI George | GEO |
| 3. BIVOL Victor        | MDA |
| 5. HERNANDES Israil    | CUB |
| 5. DJAFAROV Magomed    | RUS |
| 7. GUIMARAES Henrique  | BRA |
| 7. MERIDJA Amar        | ALG |

**Men's 71kg**

- |                        |     |
|------------------------|-----|
| 1. NAKAMURA Kenzo      | JPN |
| 2. GAGLIANO Christophe | FRA |
| 3. BENTES Guilherme    | POR |
| 3. ZELENIJ Vsevolod    | LAT |
| 5. KORHONEN Jorma      | FIN |
| 5. BOLDBAATAR Khalium  | MGL |
| 7. VAN NOL Koen        | NED |
| 7. TCHIMITCHIOU Llia   | UKR |

**Men's 78kg**

- |                   |     |
|-------------------|-----|
| 1. CHO IN Chul    | KOR |
| 2. BOURAS Djamel  | FRA |
| 3. KWAK OK Chol   | PRK |
| 3. REITER Patrick | AUT |
| 5. YU Zhijan      | CHN |
| 5. RANDALL Graeme | GBR |
| 7. PASEYRO Alvaro | URU |
| 7. CANTO Flavio   | BRA |

**Men's 86kg**

- |                         |     |
|-------------------------|-----|
| 1. JEON KI Young        | KOR |
| 2. SPITTKA Marko        | GER |
| 3. OLSON Brian          | USA |
| 3. MONTI Michele        | ITA |
| 5. MERKEVICIUS Algimant | LTU |
| 5. MASHURENKO Rusian    | UKR |
| 7. FUJITA Hiroomi       | JPN |
| 7. MORGAN Keith         | CAN |

**Men's 95kg**

- |                      |     |
|----------------------|-----|
| 1. MASTULA Pawel     | POL |
| 2. MIGUEL Aurelio    | BRA |
| 3. LEMAIRE Ghislain  | FRA |
| 3. IVAN Radu         | ROM |
| 5. GUERSCHNER Daniel | GER |
| 5. NAKAMURA Yoshio   | JPN |
| 7. PANTIC Danu       | YUG |
| 7. ZEEVI Arik        | ISL |

**Men's +95kg**

- |                       |     |
|-----------------------|-----|
| 1. DOUILLET David     | FRA |
| 2. SHINOHARA Shinichi | JPN |
| 3. PAN Song           | CHN |
| 3. TMENOV Tamerian    | RUS |
| 5. TATAROGLU Selim    | TUR |
| 5. MIRAN Mahmoud      | IRI |
| 7. KUBACKI Rafal      | POL |
| 7. PEREZ Ernesto      | ESP |

**Men's OPEN**

- |                         |     |
|-------------------------|-----|
| 1. KUBACKI Rajal        | POL |
| 2. MAKISHI Yoshiha      | JPN |
| 3. VAN BARNEVELD Harry  | BEL |
| 3. VAN DER GEEST Dennis | NED |
| 5. KOSSOROTOV Sergey    | RUS |
| 5. PAN Song             | CHN |
| 7. SANCHEZ Vladimir     | CUB |
| 7. MIGUEL Aurelio       | BRA |

**Women's 48kg**

- |                     |     |
|---------------------|-----|
| 1. RYOKO Tamura     | JPN |
| 2. AMARILIS Savon   | CUB |
| 3. KURATH Monika    | SUI |
| 3. PAE DONG Suk     | PRK |
| 5. PINHEIRO Justine | POR |
| 5. MELOUX Sylvie    | FRA |
| 7. MOSKVINA tatiana | BLR |
| 7. HERON Joyce      | GBR |

**Women's 52kg**

- |                         |     |
|-------------------------|-----|
| 1. RESTOUX Marie-Claire | FRA |
| 2. KYE SUN Hui          | PRK |
| 3. HYUN SOOK Hee        | KOR |
| 3. FLAGOTHIER Nicole    | BEL |
| 5. BAILLARGEON Luce     | CAN |
| 5. SCHMUTZ Isabelle     | SUI |
| 7. VERDECIA Legna       | CUB |
| 7. TANG Lihong          | CHN |

**Women's 56kg**

- |                        |     |
|------------------------|-----|
| 1. FERNANDEZ Isabel    | ESP |
| 2. GONZALEZ Driulis    | CUB |
| 3. TATENO Chiyori      | JPN |
| 3. BATON Magali        | FRA |
| 5. ALLAN Deborah       | GBR |
| 5. LOMBA Marisabel     | BEL |
| 7. ZANGRANDO Daniella  | BRA |
| 7. ANDERSSON Permillia | SWE |

**Women's 61kg**

- |                         |     |
|-------------------------|-----|
| 1. VANDENHENDE Serverur | FRA |
| 2. VANDECAYEYE Gella    | BEL |
| 3. ALVAREZ Sara         | ESP |
| 3. JUNG SUNG Sook       | KOR |
| 5. BUCKINGHAM Michelle  | CAN |
| 5. SULLIVAN Lara        | AUS |
| 7. KLYMOVYCH Alla       | UKR |
| 7. KITAZUME Hiroko      | JPN |

(continued on page 14)

## How Important is the Popularity of Judo?

by Richard Scholl

As I read all the information available daily on the Internet, I wonder if it matters whether or not judo is a popular martial art.

In many other arts there is a lack of the friendship and commitment needed to become a judoka. For instance, within the karate community there seems always to be disagreement as to who has the best style, and why a problem we don't have in judo. There is one style, one force: Kodokan judo. And while there might be a slight popularity problem, if it is our biggest problem it will eventually be overcome.

Many of my sempai have told me stories of the golden age of judo, the 60s and 70s, when judo was very popular and competition was fierce.

Ladies and gentlemen, we are bound by something thicker than water - judo. In my belief, the spirit of judo is stronger than in other martial arts, and as we did in the early days of judo, we will survive.

Judo may not be as pretty or as attractive as the other arts, but if we do everything we can to keep judo alive and well, it will survive.

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## Recent High Dan Promotions

In Paris on October 7, 1997 at the IJF Honor Award Ceremony, Anton Geesink was given a special award of recognition by Judo Bond Nederland and the European Judo Union for his contributions to the sport of judo in Europe and throughout the world.

In addition, Anton Geesink and Charles Palmer of Great Britain were awarded Honorary 10th Dan promotions by the International Judo Federation. This announcement was received by a standing ovation by the Congress.

The new honorary titles, in accordance with the newly amended IJF statutes were announced, with Charles Palmer of Great Britain as the IJF Honorary President.

A promotion to 10th Dan was given in France to M. Kawaishi, the founder of the French Judo Federation, as a post-mortem honor. A promotion to 9th Dan has been given in France only four times.

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*We Would Like To Wish You And Yours*

*Happy Holidays*

*And Thank You For Your Support  
Now And In The Coming Year.*

*Yours In Judo!!!  
The USJA National Staff*

## Hyundai World Judo Championships, Paris (continued)

from page 13)

### Women's 66kg

1. HOWEY Kate	GBR
2. VON REKOWSKI Anja	GER
3. PIERANTOZZI Emanuela	ITA
3. CHO MIN Sun	KOR
5. MARTIN Ursula	ESP
5. BEAURUELLE Isabelle	FRA
7. BOSCH Edith	NED
7. HENRIQUES Silvia	POR

### Women's 72kg

1. ANNO Noriko	JPN
2. LUNA Diadenis	CUB
3. SILVA Ednanci	BRA
3. WERBROUCK Ulla	BEL
5. ESSOMBE Estha	FRA
5. SCAPIN Ylenia	ITA
7. KIENHUIS Karin	NED
7. RICHTER Simonia	ROM

### Women's +72kg

1. CICOT Christine	FRA
2. NINOMIYA Miho	JPN
3. MAKSYMOW Beata	POL
3. SUN Fuming	CHN
5. BELTRAN Diana	CUB
5. ROGERS Michelle	GBR
7. OLIVIER Brigitte	BEL
7. KOEPPEN Sandra	GER

### Women's OPEN

1. BELTRAN Daina	CUB
2. BARRIENTOS Raquel	ESP
3. MINOMIYA Miho	JPN
3. YUAN Hua	CHN
5. LEBRUN Celine	FRA
5. HARTEVELD Francois	NED
7. LEE HYUN Keong	KOR
7. KOVACEVIC Mara	ESP

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# The Big "D" of Kata

by Gary Monto

Now that kata has been revived and is currently being held at many local tournaments and all of the National level tournaments, it's time to turn our attention to the big "D". That's right, details.

How often do you, as a judoka, practice kata at the end of a hard session? If you do, it's likely that you simply go through the motions, not really concentrating on all the little things that can and will make you a winning kata team maybe even National champions!

Kata teams have quickly become very good, and it is often by a very slight advantage that one team wins over another. It is because kata teams have become so good that the kata judge has had to look for small details, such as attitude or appreciation of the finer points of kata.

As a kata team you can improve your kata by paying attention to items such as the opening and closing, and the overall flow of your kata performance. Some judoka do not understand that kata judging starts as soon as you step on the mat and approach the center of the contest area. Whenever you practice kata, strive for perfection so that when you compete and the pressure is on, you will simply react as you would in

competition. Your kata performance is greatly affected by the flow; the flow is controlled by the way you execute each throw or motion of the kata.

Practice will help you avoid the jerky motions that made your kata look a little sloppy. This jerky motion will cost your team precious points in the final totals.

Kata is a very good way to learn all aspects of judo, so whenever you practice kata, give it the same effort you would give your competition throws.

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**The All New USJA  
Senior Handbook**

**is at the printers and is scheduled for a January 30, 1998 release date. The new Handbook is up-to-date and completely revised. It includes all 65 throws of Kodokan Judo as well as all seven Katas and new rank and promotion requirements. The Cost for these new handbooks will be \$25.00 plus S&H Plan on ordering one in February!!**



# The Reason for an Authoritative Standard for Judging Kata

by Joel E. Holloway, M.D., Shichidan, Chairman, USJA Kata Judging Committee

The USJA Kata Judging Committee has selected two reference books as the absolute standards for judging the three competition katas. "Judo Formal Techniques", by Otaki and Draeger for the Nage-no-kata and the Katame-no-kata and "Born for the Mat" by Fukuda for the Ju-no-kata.

The advantage of having an absolute standard over a "recognized reference" is considerable, for both judges and competitors. It allows competitors to know exactly what is expected of them in each kata. It allows judges to be precise and consistent in their evaluation.

This system does away with the personal reference idea of judging a kata. Ideas such as "this is the way I learned it", "I know the book says that but I want to see such and such", "the book is just a guide and what I believe is ...", and "all kata knowledge resides in me", are moot with this system. If you judge at a USJA event and your idea of what the kata should look like differs from the recognized USJA standard books you are wrong, not the competitor. If there is a dispute about the correct way to execute a technique, the book is available, clear and correct.

In many instances there will be more than one correct and acceptable way to demonstrate a technique. These also are spelled out in the standard books, which allows for variation and some individualization of the katas. A good example of this are the escapes uke attempts in the Katame-no-kata, and uke's decision to stay on the mat or to come up on the sacrifice throws that allow a choice in the Nage-no-kata.

We are fortunate to have these outstanding books to use as standards. We, the members of the Kata Judging Committee, encourage all of you to obtain and study them.

USJACOACH



**Message from Exec. Director**

*(continued from page 9)*

It was a pleasure to see fine technicians teaching classes, such as Sid Kelly, Jim Bregman, Mr. Matsumara, Paul Lim, Mr. Ogasawara, Harry Glackin, Austrian Olympian Lutz Lischka, Teimoc-Jonston-Ono and Jesse Goldstein. Rick Celotto ran the Referee seminar. Paul Dominic and I had many pleasant hours reminiscing. Penny Brusco from Buffalo, NY (the brains of the camp) kept all the staff informed. Other notable attendees included Poochie Jones, Sheridan Simmons, Bob Hinnegar, Bill Andreas, Dyann Zusi, Doug Sherman, Larry Lee, Dennis Griffin, Bob Gelb and Wisler Jacques. A special thank you goes to my chauffeur, Richard Kennedy, without whom I would never have arrived. The last night of camp a banquet was held with George Pasiuk as Master of Ceremonies.

During September I traveled to a clinic at Sandy Sanderson's club in New Britain, CT by invitation of Sid Kelly. Homer Wooster, Steve Cunningham, Linda Xiannakis, and Rick Celotto were in attendance with many other Black Belts.

During the first week of October, my son Mike joined me on a trip to New Mexico and Arizona. First stop was Dr. Ted Price's dojo in Santa Fe attended mostly by beginning students; we did a lot of basic work with integrated techniques.

The Albuquerque clinic fell through so we had a free day, then on to Buckeye, AZ, where Coach (and Police Chief) Harry

Bishop was a very gracious host. Edwin Eng, an Assistant Coach to Harry, owns a Mexican restaurant and put out a very nice spread for some of the attendees including Mike and myself. John Cook from Desert Judo was also in attendance.

Traveling north we stopped in Flagstaff, AZ for a great clinic with Don Richardson and his group. He and his wife (a former Marine to whom I must say "semper fi"), were very gracious hosts.

In November I traveled to New Jersey, with the first stop at Cayetano Amato's club in Ridgefield Park. David Kraus and Cayetano had a group of 35 people awaiting me because of my late arrival. Regional State Development Director Ivan Villegas had them all warmed up and ready to go. The eagerness of the students made the instruction all the more enjoyable.

The next day I traveled to Vineland Judo Club, the first club in the country to top 400 members. Coach Ray Marquez always makes me feel as if I've come home again. Among his students, Ray has many New Jersey State Troopers and other law enforcement officers in his program. At the invitation of former Olympian Jesse Goldstein, I headed east to Toms River, NJ to another great facility, where Richard Quigley is Coach; unfortunately on that evening Richard was down with the flu. John Cook and several other of the club's Black Belts were in attendance. I enjoyed many interesting conversations

before and after class, and am looking forward to being invited back for another visit.

From there to Matthews, NC (a favorite place - my son Pat has his dojo there), which is a suburb of Charlotte. Besides seeing Pat, I had the opportunity to meet with Dick Troy, an old friend; Mike O'Grady, who is studying to be a minister; Mike Muender, a recently ordained minister, and his family (all in Judo); Alan Hill and Alan Smith, the Moore family, the Rucker family, Nobuyuki Tokumaru, Phil Rasmussen, Gary and Lynn Beecham, and many others.

From there, on to my annual trek to Cecil Queen's club in Cherokee, NC, on the Cherokee Indian Reservation. If you've never attended a clinic there, I highly recommend that you make a point of it. It's really a one day mini-camp split up into competitive techniques, Referee seminar, and a kata clinic. I refer to it as my annual trek because it was in the early 1980's when Cecil first invited me.

As you can see, it was a great year. I look forward to a similar fine camp and clinic schedule for 1998 and the opportunity to visit with you. Please call me and schedule a clinic in your area.

Again, my very best wishes for a great 1998!

Sincerely,  
Edward N. Szejter



*Uchi Mata  
(inner thigh  
throw) by  
Bill Nauta  
Copyright,  
1990, USJA  
Inc.*



# Drink Up!

by Randall L. More, Nutritionist, 3rd Dan Judo and Jujitsu Coach of Sakura Kai, Glenaire, MO

Generous amounts of fluid are necessary to ensure healthy, safe activity and optimal athletic performance. Adequate body fluid enables excess heat to be drawn from hard-working muscles in the form of perspiration.

When an individual becomes dehydrated, the heart rate increases, blood flow to the skin is diminished and body temperature rises to a dangerous level; performance declines and physical work requires more effort. On a hot day, a vigorous exerciser can lose as much as three quarts of perspiration which is equal to 6 pounds of body weight lost during a one-hour workout. This fluid must be replaced to guard against dehydration and resulting impaired performance. The replacement

of perspiration loss entails replenishing fluids in amounts greater than thirst alone will indicate. It can entail fluid replenishment over a 24-hour period to again return the body to its completely hydrated condition.

Here are some guidelines for fluid intake:

1. Drink 8 to 20 ounces of fluid about 10 to 20 minutes before exercising.
2. Drink 8 ounces of fluid every 20 to 30 minutes while exercising during prolonged or intense training or activity.
3. Drink water and fruit juice after exercising to replace carbohydrates, minerals, and fluid.
4. Plain water is best before and during exercise. Avoid beverages that are more than 2.5% sugar, which slows absorption. Soft drinks, fruit juice and many sports drinks are over 2.5% sugar.
5. Cool (not cold) fluids are best as they enter the digestive tract more quickly than warm fluids.
6. Monitor your weight before and after exercise to make sure you have replaced perspiration loss. One pound lost is equal to one pint of perspiration.

USJACOACH

# The Contribution of Judo to Education

By Jigoro Kano

The object of this lecture is to explain to you in a general way what judo is. In our feudal times, there were many military exercises such as fencing, archery, the use of spears, etc. Among them was one called Jujitsu which was a composite exercise, consisting principally of the ways of fighting without weapons; using, however, occasionally daggers, swords and other weapons.

The kinds of attack were chiefly throwing, hitting, choking, holding the opponent down and bending or twisting the opponent's arms or legs in such a way as to cause pain or fracture. The use of swords and daggers was also taught. We had also multitudinous ways of

defending ourselves against such attacks. Such exercise, in its primitive form, existed even in our mythological age. However, systematic instruction, as an art, dates back from about three hundred and fifty years ago.

In my younger days I studied this art with three eminent masters of the time. The great benefit I derived from the study of it led me to make up my mind to go on with the subject more seriously, and in 1882 I started a school of my own and called it Kodokan. Kodokan literally means *a school for studying the way*, the meaning of the *way* being the concept of life itself. I named the subject I teach Judo instead of Jujitsu. In the first place I will explain to you the meaning of these words. Ju means gentle or to give way, Jutsu, an art or practice, and Do, way

or principle, so that jujutsu means an art or practice of gentleness or of giving way in order to ultimately gain the victory; while judo means the way or principle of the same.

Besides the acquisition of useful knowledge, we must endeavor to improve our intellectual powers, such as memory, attention, observation, judgment, reasoning, imagination, etc. But this we should not do in a haphazard manner, but in accordance with psychological laws, so that the relation

(continued on page 18)



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**Coaches, this is your newsletter! We gladly accept your thoughts and input. Feel free to contact us at the National Headquarters.**

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## USJA Status

Thanks to our Systems Administrator, Bud Williams, each day we receive a USJA Status Report. At a glance, we can compare figures, study the demographics, and view the whole picture of the health and growth of your association. Below is a sample of some of the information contained in the report from December 17, 1997

Total Member Count: 23,948  
 Annual Memberships Expiring at the End of the Month: 318  
 Senior Male Members: 15,060  
 Senior Female Members: 2,824  
 Junior Males: 4,727  
 Junior Females: 1,337  
 Total Club Count: 3,322  
 USJA Clubs: 1,412

Top 25 Clubs	Member Count
Vineland Judo Club	402
Tremont Judo Club	392
USJA National Training Center	330
New London Judo Club	323
Omaha Taekwondo Judo Center	297
Jundokai Judo & Jujitsu Club	283
Ohio Judan Judo Club	279
Samurai Judo Association	266
Epizoundes Martial Arts	181
Tomodachi Judo Club	180
Cahill's Judo Club	176
Yellowhill Judo Club	170
Harrisburg Judokai	169
Tarheel Judo School	161
Starkville Martial Arts Academy	159
Virgil's Judo Club	155
Unidos Judo Clubs	152
Carolinas American Judo Association	151
Goltz Judo Club	145
Roanoke Judo Club	144
Fayetteville-Ft. Bragg Judo Club	144
Desert Judo Club	143
Yukon Kuskokwim Judo Club	137
Martin County Judo Club	123
Charleston Martial Arts	120

The information in our USJA database is very important to our ability to administer to the needs of our membership. As Bud keeps telling us, "G.I.G.O. garbage in, garbage out." Please help us to maintain the integrity of our information by keeping us up-to-date, in writing, of any changes or modifications to your individual or club status.

## Little Champs



Tournament in Waynesville, NC 10/04/97  
 Front Row: (L-R) John Musolino, Emily Musolino  
 Second Row: (L-R) Eric Porter, Darian Stokes, Agnes Davis, J.T. Davis  
 Back Row: Tafik Avery Muhammad

### Contribution of Judo

(continued from page 17)

of those powers, one with the other, shall be well harmonized. It is only by faithfully following the principle of maximum efficiency - that is Judo - that we can achieve the object of rationally increasing our knowledge and intellectual power.

Can this principle be applied to other fields of human activity? Yes, the same principle can be applied to the improvement of the human body, making it strong, healthy and useful, and so constitutes physical education. It can also be applied to the improvement of intellectual and moral power, and in this way constitutes mental and moral education. It can, at the same time, be applied to the improvement of diet, clothing, housing, social intercourse, and methods of business, thus constituting the study and training in living. I gave this all-pervading principle the name "Judo." So Judo, in a fuller sense, is a study and method in training of mind and body as in the regulation of life and affairs. **USJACOACH**