

# Fear of Failure

by Dr. Chris Dewey, Coach, Starkville Martial Arts Academy

**O**ne of the great traps in martial arts training facing most of us sooner or later, and which has direct impact on how we live our daily lives, is the fear of failing.

Somewhere in our development most of us learn that failure bruises the ego and causes a loss of self-esteem. We can easily feel that if we fail at enough things enough times, then it is better to stay in a comfort zone where we know we can succeed, rather than extend ourselves into a new area and risk failure.

But, consider this: we *fail* our way to success. Success doesn't come by getting things right every single time. Success comes from getting up one more time than you are knocked down. Success comes from having a goal and persisting in the attainment of that goal through any obstacles that may crop up along the way.

Looking back, we will see success. Along the way, we may become aware of the process, but if ever we become complacent with having reached a goal, and do not set new goals, we have settled into that comfort zone again and should ask ourselves why.

Part of the problem is that some of us set unrealistic goals and therefore set ourselves up for failure, which then becomes a self-fulfilling prophesy. It is not so much trying to be perfect, it is rather about striving for excellence. We cannot be perfect; perfection is a destination. Striving for excellence is a journey, a series of goals and steps involving incremental improvement. Consequently, we will improve by making mistakes and learning from them. It's OK to fail; it's not OK to fail and quit. It's OK to fail, to learn and to move on, using the knowledge we have gained from our failures to draw us close to our goals.

Sometimes when we teach, it is easy to jump in and tell a student (or our children) how to do it right, but in some ways we are doing that person a disservice. Ultimately, the best approach is to let someone work at

a problem (martial arts technique) until they have reached as far as they can without help, and then offer suggestions as to how to get closer to the goal (successful execution of the technique). Doing the work for the student

or giving them all the answers, detracts from their chances to create something for themselves and devalues the self-actualizing process. The things we work for always have greater value than the things that come to us without effort. By allowing our students and children to figure things out for themselves and provide a positive nudge when needed, we are removing the fear of failure because over time, the student/child learns to rely on the process of problem-solving by learning from the mistakes they make.

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USA JUDO

APRIL  
1998

# Message from the President

Greetings:

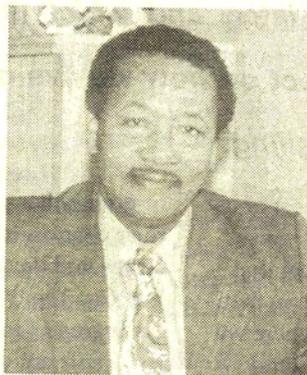
The National competition period has arrived, presenting renewed dreams for our seasoned competitors as well as for new hopefuls.

Enthusiasm appears to be at its peak beginning with the U.S. Senior Nationals through the International Invitational.

Participation at all levels is at its highest from the period of April through October. My concern is—why not the remaining five months of the year (November through March)? A few of our elite competitors do take advantage of that time and attend special training at camps and compete in international tournaments.

I must commend one elite athlete, Jimmy Pedro, who through his dedication and determination has made this so-called slack period a time in which to train and compete against some of the world's best competitors. In January 1998, Jimmy won the Shoriki Cup in Japan, a feat no other American has ever accomplished. In February 1998, he won a Gold Medal in the Touroi de Paris competition, a Gold Medal in the Austrian Open, and a Bronze Medal in the World Masters competition in Germany. So, during this two-month period, the United States was represented by a top-caliber competitor, and he certainly did well. I'm sure there are other elite players willing to make the sacrifices Jimmy has, in order to make it happen.

The entire judo community can share in the blame that we do not have enough players of that caliber. We're asking our competitors to acquire the skills to be World Class competitors without adequate funds to support their dreams—our



Jesse L. Jones

dreams. If we're going to ask our competitors to place their lives on hold so they can train to win the Olympics, it is the responsibility of judo leaders to generate the funds to make it happen. This is not the responsibility of any one organization—it should be shared by all.

It was good to hear an announcement during the meeting in Colorado Springs that Mr. Yosh Uchida and Mr. Frank Fullerton have made generous donations to the USJI in support of its operations. These gentlemen should be commended and given an award for their financial assistance to support the training program. This gift was taken too lightly—funds are extremely hard to acquire for a sport that is not as popular as many other sports to the citizens of the United States.

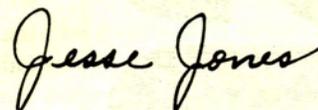
Fund raising can and is being done at the club level to support grass roots competitors. Those coaches and parents must also be commended for their efforts. These funds are just as important because competitors such as Jimmy Pedro, Brian Olson, Hilary Wolf and Jason Morris don't just simply appear; they are developed from a club level and are nurtured, trained and filtered into a system that is without funds to continue their training. They are being set up to fail . . . and we have the audacity to blame them when they don't place in the Olympic Games.

No one has all the remedies, but together, the major organizations can devise more productive ways to meet the financial demands of a system that will work. Meanwhile, the USJA will continue with the various fund raising programs necessary to renovate the National

Training Center and build our development fund. These two major projects will provide space for elite training on an ongoing basis and will enable us to provide financial assistance to international-level competitors. This will require the help of our many coaches in identifying and selecting those players that have the potential and willingness to make the pledge to participate in this program. We've learned valuable lessons from our past. Let's start by supporting the USJA Junior National Championships as never before. There is no acceptable reason why this event cannot be the largest event in the United States.

Finally, I ask our USJA leaders to be strong in their support of their national representatives. Don't be misled by conspirators who persuade others to cause disruption for personal power and financial gain. The worst kind of enemy in any organization is the internal conspirator who is continuously making false statements regarding the administration. Recognize, beware of, and avoid such individuals. Don't be misled. Judge the administration by the documented progress it has made. You have an excellent Board of Directors, all of whom will be completing their terms in the fall of 1999. Be prepared to perform, accept responsibility and serve as many have done.

Sincerely,



Jesse L. Jones

# From the **Executive Director**

Dear Friends:

The enthusiasm generated by the **USJA National Team Championships** is heartening. To date, USJA Coaches in twenty-three states have agreed to support this exciting program. Listed below are the names and telephone numbers of all the coaches invited to support and take part in these Team Championships; the asterisks signify those who have agreed to participate (to-date).

We are now looking forward to responses from other states. However, teams from 23 states will make for a very large tournament, and enthusiasm is run-



*Edward N. Szejter*

ning high. To repeat, although the USJA is the sponsor of these Team Championships, USJI and USJF members are encouraged to participate on a team, or as an entire team. Several states are planning to be represented by two teams. The site has been designated as Boca Raton, Florida, which is

between Ft. Lauderdale and Palm Beach, convenient to both airports. Tournament flyers will be mailed in June and will include all necessary information.

The new **USJA Senior Handbook** is being very well received throughout the country and we are gratified at hearing so

many favorable comments. The first 1,000 printing was sold out and another printing was undertaken. If you don't yet have your copy, order one now.

Our **Stewardship Program** (sponsoring renovation of the NTC building) has unfortunately slowed to a crawl. So far we have realized \$19,000 of the \$27,000 necessary to commence the renovations and improvements this summer. If there are some of you out there who have not donated to this program, I encourage you to do so now.

The **Summer Camp** season is nearly upon us. Enclosed with this publication is a packet listing all the camps and their particulars. Also, noted on each sheet you will find a notation that at least 20 students need to be registered for a camp by

*(continued on page 9)*

- |                    |                      |                |                    |                        |                |
|--------------------|----------------------|----------------|--------------------|------------------------|----------------|
| Alabama.....       | Randall B. Phillips  | — 205-887-8200 | Nebraska.....      | Dr. Michael C. Makoid  | — 402-280-2952 |
| *Alaska.....       | Steven N. Jimerfield | — 907-747-3635 | Nevada.....        | Jack M. Turrentine     | — 702-329-4533 |
| Arizona.....       | Tawni McBee          | — 520-832-7751 | New Hampshire..... | Chris Veziris          | — 603-625-8741 |
| Arkansas.....      | Ed Thibedeau         | — 501-372-5254 | New Jersey.....    | Joseph E. Walters      | — 609-390-3120 |
| *California.....   | Terry Kelly          | — 707-527-7457 | New Mexico.....    | Jesse A. Ballou        | — 505-242-6337 |
| *Colorado.....     | Chris M. Blanton     | — 970-224-9150 | *New York.....     | Marc B. Cohen          | — 516-546-2155 |
| *Connecticut.....  | Sid Kelly            | — 203-937-1922 | *N. Carolina.....  | Cecil D. Queen         | — 800-532-4631 |
| Delaware.....      | Alex Lapinsky        | — 302-678-3726 | N. Dakota.....     | Vernon A. Borgen       | — 701-293-9539 |
| *Florida.....      | Michael L. Szejter   | — 561-496-7000 | *Ohio.....         | Gary L. Monto          | — 419-693-3682 |
| *Georgia.....      | Lee Wheeler          | — 912-477-3067 | Oklahoma.....      | Dr. Luis V. Gorospe    | — 918-747-8100 |
| Hawaii.....        | Ray T. Imada         | — 808-247-0172 | *Oregon.....       | Bob Van Patten         | — 541-758-3867 |
| Idaho.....         | John B. Pyle         | — 208-634-2491 | *Pennsylvania..... | Charles J. Cavrigh     | — 717-761-2891 |
| *Illinois.....     | James J. Colgan      | — 847-439-3669 | Puerto Rico.....   | William S. McBroom     | — 809-890-0289 |
| Indiana.....       | Bud McCorkle         | — 765-778-4413 | Rhode Island.....  | Peter A. Contardo, Sr. | — 401-885-5171 |
| Iowa.....          | Dr. David F. Tomkins | — 319-264-8772 | *S. Carolina.....  | Thomas V. Reiff        | — 803-553-2454 |
| *Kansas.....       | Frank Barry          | — 913-758-3264 | S. Dakota.....     | Timothy J. Hurley      | — 605-627-5188 |
| *Kentucky.....     | Fred Barnett         | — 502-842-5988 | *Tennessee.....    | William P. Ryan        | — 931-645-7100 |
| Louisiana.....     | Theron Larroquette   | — 504-488-5924 | *Texas.....        | Jim Haynes             | — 713-879-0839 |
| Maine.....         | Alan S. Gardner      | — 207-443-2893 | Utah.....          | Harold D. Whittle      | — 801-656-1663 |
| Maryland.....      | Wayne Mandell        | — 410-255-1639 | Vermont.....       | David Quinlan          | — 802-879-2554 |
| Massachusetts..... | Ralph C. Beardslee   | — 508-669-5056 | Virginia.....      | George Nobles          | — 703-425-9022 |
| *Michigan.....     | James M. Peacock     | — 616-754-2384 | *Washington.....   | Gary P. Melton         | — 206-584-5165 |
| *Minnesota.....    | Dr. David Radunz     | — 612-450-7204 | W. Virginia.....   | David B. Wolfe         | — 304-457-3653 |
| *Mississippi.....  | Dr. Chris Dewey      | — 601-323-5522 | Wisconsin.....     | Mehdi Mohamadian       | — 414-231-2952 |
| *Missouri.....     | Randall L. More      | — 816-792-2530 | Wyoming.....       | Daniel B. Schlager     | — 307-734-8155 |
| *Montana.....      | Jeffrey R. Reynolds  | — 406-728-7311 |                    |                        |                |

# Thoughts on Randori (or the lack of it)

by Sid Kelly, 7th Dan Judo, 7th Dan Jujitsu

**A** widely held opinion in knowledgeable judo circles is that the most practical way to develop judo skills is by diligent and persistent randori (free practice).

Besides developing the most essential and elusive skill of throwing, the breaking of balance, *randori* will also develop the throwing skills of blending or fitting, the throwing action, and the grappling skills of immobilization, choking and arm locking, along with myriad skills that cannot be taught directly to the student. Some of these skills are speed, timing, coordination, repetitive exactness of movement, reaction, explosiveness, fighting spirit, determination, concentration, patience, power, coordinated strength, alertness, gripping, correct posture, balanced walking, physical fitness, stamina and endurance, agility, flexibility, leverage, maneuvering and setting up, following through, instinctive realization of throwing opportunities, defensive skills, realistic knowledge and experiences, pain tolerance, appreciation of the locking arm, the power arm, the power or driving leg, the active leg, the angle of attack, and the technique of falling in all its multitudinous forms. These skills will be learned either consciously or subconsciously during the constant and diligent practice of *randori*.

If this widely held opinion has any validity, as it surely has, why is it that these skills elude so many people who have been involved in judo for so many years? Can the simple answers be that they do not *randori* enough, or they do not *randori* correctly? When one reflects on all these skills needed to become profi-

cient in judo, it is clear that a lot of time has to be spent on the mat if success is to be hoped for. And as most people do not have the time or inclination to practice five or six times a week, then how the time is spent on the mat becomes of primary importance.

In this article we will only consider the question of not practicing enough. The question of practicing incorrectly is too lengthy for discussion here. Let us consider a 1½ hour class. If an inordinate amount of time is spent on exercising, breakfalling, *uchi-komi*, and teaching, and only twenty minutes or so is left for the most important exercise of all—*randori*—how are the skills listed above, which are necessary for developing true judo, going to be developed?

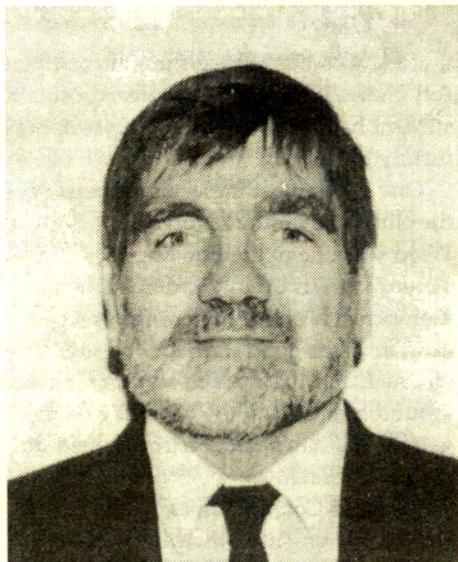
The subject of activity performance within a specific time period is far from new. In industry, manufacturing and production techniques are usually centered around time-and-motion study, which was developed into a science in the automobile industry during the early part of the century by E. W. Taylor. From the viewpoint of a teacher or coach, it boils down to what it is you really expect and hope the student will gain from attending one or a series of your classes. Putting aside such things as the philosophical attributes of enjoyment and personal growth, what is the actual subject matter or skill you hope the students will learn over a period of time from attending your classes? Is it proficiency at exercise? Is it expertise at breakfalling? Is it becoming a maestro at *uchi-komi*? Is it being able to flawlessly demonstrate numerous techniques with perfect form? If these are the

goals you have in mind for your students, fine. But if their judo is to really develop to its fullest potential, a large portion of class time must be spent *playing randori*.

Remember that success or failure are not cataclysmic. They are the sum total of daily disciplines (in this case usually weekly) over a long period of time. If a practice is missed here or there, or on a regular basis a coach fails to allow sufficient time to practice, it does not seem to matter . . . it is as insignificant as smoking one cigarette at a time. But the day of reckoning always comes. If *randori* is not regularly included in class, eventually the student will reflect on his or her ability, conclude there is no progress and leave the judo scene. All because over a period of time (s)he was denied time to practice. Ask yourself whether it is your students who are disinclined or think it unnecessary to practice, or whether you as the coach are denying your students the opportunity to develop their fullest potential by allowing insufficient time for practice. In either case, it is up to the coach to remedy the situation.

You are going to have to perspire a little; perhaps buckets. But like it or not, the core method for developing judo skills is not to be found in contesting, *kata* practice, *uchi-komi*, technique demonstration, attending clinics or camps, watching videos, reading books, exercising, breakfalling or weight training, however helpful these supplements are. It is to be found in the time tested method of *randori*. But even then, *randori* can only be truly beneficial when practiced correctly. In the opinion of the author, how this can be achieved is the subject of a much longer essay. **USJACOACH**

# Profile of a Judo Leader



**Ronald Egnor, Coach,  
New London Judo Club, CT**

Ron Egnor began his judo career at the suggestion of his Marine Drill Instructor who noticed his affinity for hand-to-hand combat. Training began under Tamake Sensei in Okinawa at Camp Hansen Marine Base. After almost two years of training six nights a week (when able), he received his Brown Belt and a slot on the Marine Far East Judo Team. Training then expanded to Sasebo Japan and at the "old" Kodokan.

Ron's teaching began as a hand-to-hand combat instructor for the Marines both overseas and at Camp Pendleton, California. After leaving the Corps he taught judo in several communities in upstate New York, before settling in Connecticut. Here, the judo world opened up with a small club that eventually grew to number one in size and still holds third spot nationwide.

He considers himself the chief instructor because New London Judo Club has several competition coaches headed by partner Sharon Hunt. With one person

teaching the "how and why" of the techniques and another "how to win with it," the results have been excellent.

The club, which averages 100 to 200 active *judoka* in its several locations, is a combination of beginners, recreational, and high level competitors. Having a *judoka's* entire family involved is a great asset. The club hosts several clinics each year on different judo topics and coordinates the judo portion of the Nutmeg State Games.

Mr. Egnor (Rokudan) is a Senior National Examiner, Certified Senior Coach, Kata Judge, and National Referee. He teaches referee certification skills in the club and also externally. New London Judo Club has nine certified referees, three national, four regional and two local referees (plus two that relocated). This helps when an in-house tournament sees 100 competitors. Ron feels that only when there are three certified referees on the mat can the contestants have a fair, safe and exciting battle.

Recently he spearheaded a fundraiser for a student who was hit by a car, and on Christmas Eve he presented the family with a \$5,400 check to help with medical costs.

## Quote 1:

"Never stop learning judo. The rules and techniques are always changing. In addition, learn about judo, yourself, and those you teach by being certified in everything you can. All of our instructors are certified coaches through A.C.E.P. or P.A.C.E., or both. They also are CPR/First Aid certified."

## Quote 2:

"Try to use 'we' and not 'I' when talking about your club." **USJACOACH**

## Fear of Failure (continued from page 1)

Finally, a story . . . I like stories. We all know that Thomas Edison invented the light bulb, but what we often forget is the number of attempts it took to get it right. Once, he was being interviewed by a newspaper reporter who asked why he hadn't given up after almost 5,000 failures. Edison's reply was that the reporter didn't understand the nature of life. Edison said he had not failed at all; rather, he had successfully identified 5,000 ways that would not work and was therefore 5,000 ways closer to success. It couldn't be any simpler. We either accept that failure is part of the process, and an integral element of the journey toward success, or we give up trying and say it's too hard and can't be done. You have my guarantee, however, that once you say it can't be done, someone will step up and show you that it can be done, simply because they had the perseverance to see it through. **USJACOACH**

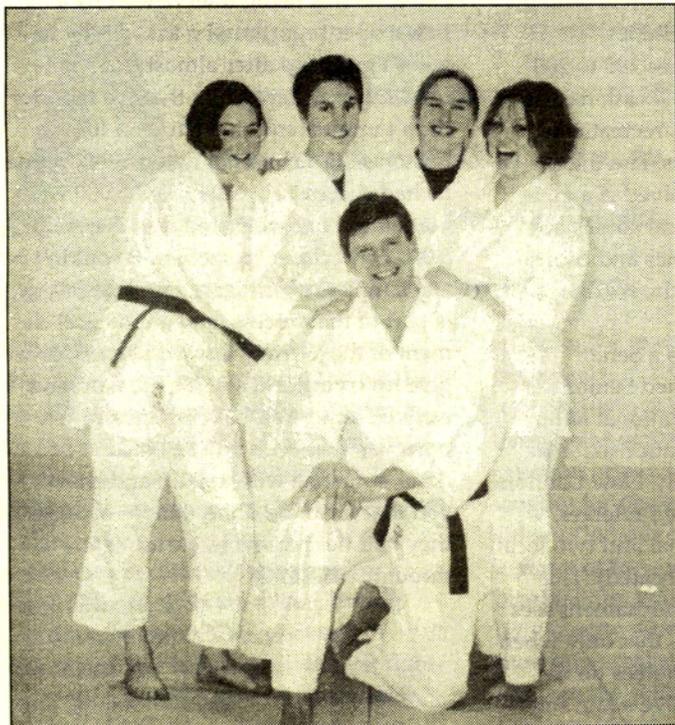
## ...from the Internet

### College News

Word has it that Doug Fortune, USJI National Referee, has been hired by Cumberland College in Kentucky on a full-time basis to revive and coach its judo program. He advises that any college-age *judoka* who might be interested in attending college, and competing, may apply. He also advises that judo is a varsity sport on the campus of Cumberland College, and scholarship money is available.

# Judo in Bowling Green, KY

Report and photos by John Robertson, Tokyo, Japan



Four foreign exchange students with Coach Fred Barnett

Although Fred Barnett and Clint Brizendine have been coaching the Bowling Green/Warren County Judo Club for the past three years, their judo history goes back much further. Both Fred and Clint are residents of Bowling Green and have lived there most of their lives. Brizendine took up judo in 1964 while attending Bowling Green High School; Barnett began judo as a sophomore at Warren Central High School in 1970. Little did either of them know that those first school club meetings would turn into a life-long passion for the sport.

After graduating from high school, Brizendine and Barnett attended Western Kentucky University and were members of the university's judo team. The college team consisted mainly of university faculty and students. As time went by, students and faculty members moved on.

Brizendine and Barnett stayed with the team as coaches, and continued to teach judo to an estimated 1,000 students over the next fifteen years.

In the summer of 1994, the decision was made to move the club to the Bowling Green/Warren County YMCA. Community interest in the sport had grown; Brizendine and Barnett wanted to involve a wide variety of students, both young and old, male and female, and the YMCA provided this environment.

The club's focus is on developing the body, mind and spirit of each student. This is accomplished by increasing discipline, self-confidence, conditioning and strength training as they learn to respect and trust team members, but most importantly, the club's coaches want them to have fun.

In the short time the club has existed, it has grown to be one of the largest USJA clubs in the state. Barnett was one of the field marshals for the judo competition at the 1996 Olympics. In 1997, the club hosted the Kentucky State Judo Championships. Shelia Bunch, who started in the sport two years ago with her son Chayce and daughter Tiffany, has competed in both National and International competition. Both Fred Barnett and Shelia have trained at the USJA Training Center, and the club's plan is to see that more of their students train

there. Coach Barnett feels that no one person knows it all, and the more exposure a student has, there is then a greater opportunity to learn.

One of the most important aspects of the club is its family involvement. Nathan Weed was one of the Bowling Green/Warren County Judo Club's first members. He started at the age of 4 and now, at 7, has good technique, is well disciplined, and has learned respect for those around him. Seeing the benefits his son gained, Nathan's dad, Nelson, joined the club a year later.

Josh and Conner Ramer, ages 5 and 9, started training after their father, Greg, became a member and realized the benefits his two sons would gain from judo. Tony Leezer, age 8, has been with the club for two years. His grandparents, Barbara and Larry Leezer, have helped with the club's growth. Both have learned to run score tables and have assisted at state and regional tournaments, along with other events participated in by the club.

Rebecca Smith was looking for something she could do with her daughter, so both joined the club two years ago. When she became the host family for a foreign exchange student, Smith soon had the student, Emma Danielsson of Sweden, attending classes. In turn, Danielsson recruited fellow foreign exchange students Corinne Baltzer of Switzerland and Angelica Ebeling and Digge Zetterberg, both of Sweden. Emma Danielsson, the first of the foreign exchange students to join the club, had previous experience in aikido which she studied in Sweden. Danielsson feels that judo is a great substitute for aikido, because of the similarity of the two sports. Emma does not like violence, but feels that since society is becoming more violent, it is important for today's women to learn self-defense.

*(continued on page 7)*



# New Senior Handbook

## Important Excerpt from the New USJA Senior Handbook

The new *USJA Senior Handbook* is now available. We encourage you to read it carefully and not miss important passages. The following excerpt entitled "Additional Factors for Consideration for Promotion," appearing on Pages 36 and 37, is important for all those seeking promotion:

"As stated previously, USJA members who have accumulated the required number of promotion points, and have sufficient time-in-grade, become eligible for promotion — pending examination and recommendation by their instructor. No student should expect or demand to be promoted merely because he or she has fulfilled the minimum requirements for any rank. These requirements are only a minimum.

Individual instructors must determine that students are fully qualified, and only then recommend promotions.

The instructor will judge each student as an individual person on individual merits, and will recommend promotion accordingly. The instructor may take into consideration the student's attitude, participation, behavior, cooperation, dedication, hygiene, and courtesy. The student should always be guided by the maxims expressed by Dr. Jigoro Kano, the founder of judo: (1) maximum efficiency and (2) mutual benefit and welfare. The ultimate goal of judo is the harmonious development and eventual perfection of human character and this should be evident in the student's progress in judo. The student should display good sportsmanship and be a credit to the sport.

For Black Belt promotions, the USJA National office and the USJA National Promotion Committee (for promotions to 4th dan and higher), will additionally consider the individual's maturity to assume the responsibilities of the rank being considered and the individual's overall contributions to judo, from the time he or she started judo as well as what was

achieved during the current time-in-grade period. For 4th dan and higher promotions, the USJA Promotion Board will look for signs of leadership and quality (as well as quantity) of specific achievements, and will additionally evaluate and compare the candidate's record with his or her contemporaries and the precedence that has been established by previous minimum time and normal promotions at the national level.

These factors will all be weighed with the promotion points earned, and they may be the final determining factors for promotion. This will be especially true for higher Black Belt promotions based exclusively or primarily on service points."

## Rave Reviews

The following are excerpts from complimentary letters we have received about the new *USJA Senior Handbook* (see order form on page 15):

\*\*\*"I've read the new Senior Handbook from cover to cover. This should be in the libraries of all USJA members and also part of every instructor's reference and teaching source. It covers a great deal in 136 pages . . . All of judo, not only the USJA, can benefit from this publication." CHARLES J. CAVRICH, SHICHIDAN, Head Coach, Harrisburg Judokai, National Champion and USJA Coach of the Year.

\*\*\*"After reviewing the manual I must compliment you on your work. It is complete, educational, illustrative, and I applaud the shift away from the idea of judo as a sport only! With the addition of the line drawings for not only *nage waza*, but also all of the Kodokan *kata*, there is little need to require my students to purchase a copy of Kodokan Judo, by Jigoro Kano. With the new manual, my students will need to reference one book only — instead of two or three — when studying the principles and applications of judo. I must also com-

(continued on page 15)

## Judo in Bowling Green

(continued from page 6)

Corinne Baltzer had studied judo in Switzerland for 6½ years. When she learned there was a judo club in Bowling Green she joined right away. The practices at Bowling Green/Warren County Judo Club are not much different from the way things are done in Switzerland. At her home club they do warm-ups to music and the belt ranking system is a little different. Baltzer feels that Americans are more serious about competition, but she enjoys her friends and is happy she can continue her judo practice while in the United States.

Digge Zetterberg came to practice because she wanted some exercise. Her friend Emma was already in the club and convinced her that judo was a great way to exercise and have fun at the same time. Zetterberg felt uncomfortable at first because of the close body contact: in Sweden people maintain physical distance from each other much more than in the U.S. Everyone on the judo team made her feel comfortable, which made it easier for her to overcome her concern. She is now enjoying the class and her new friends.

Angelica Ebeling from Sweden wanted to learn more about America and meet new friends, so with encouragement from her friends Emma, Digge and Corinne, she joined the class. Ebeling feels the judo club has helped her build self-confidence, which in turns makes it easier for her to make friends.

Over the years Brizendine and Barnett have had the opportunity to coach students from all walks of life and from different parts of the world. Regardless of the different backgrounds of their students, both coaches have maintained the same philosophy. Keep it simple, keep it fun, and everyone learns. **USJACOACH**

# Judo Camp—What You Could be Missing

by Dr. Ronald Allan Charles, Rokudan in Judo and Jujitsu, Senior Coach, Samurai Judo Association

**I attended my first judo camp in 1986, at the USJA National Training Center in Colorado Springs, CO. This was the largest assemblage of judo skills I had witnessed since 1968–69 when I practically lived at the Kodokan Judo Institute in Japan. In all honesty I can say that I learned more in one week of judo camp in Colorado Springs than I did in a year in Japan.**

How is this possible? First of all, American training methods are different and, to my educator's mind, better. Besides using my native language (a big help to be sure) many instructors explained how the techniques worked, what specific body part generates power, to which direction push or pull should be applied for maximum efficiency, and so on.

I remember at the Kodokan once asking a world champion to teach me his *uchi-mata*. He grabbed me, threw me through the air, and smashed me to the *tatami*. I thanked him and again asked him to please teach me his *uchi-mata*. He grabbed me again, let me experience air time, and drove me through the mat. I realized that his teaching skills weren't equal to his competitive technique, and wisely bowed out with appropriate gratitude.

On the other hand, in one intensive week of learning from America's most respected coaches, skills can be honed and new ones learned. From the best teachers come the best students. When the best gather together on one mat, just

imagine the knowledge available.

Skills which I have learned at camp I have reinforced at others. As a direct result, over time I have become qualified to teach others and became certified through the coach program at my first camp, going on through this course at subsequent camps. Now I often conduct instructor and coach level certification courses at camps and

clinics. The same thing happened at *kata*. I learned new *kata* and became certified as an instructor. In addition to being able to certify others in four different *kata*, I can also certify *judoka* as Kata Judges. By going through the Examiner Certification course at every camp, in time I became a Master Examiner and now often teach the course. These accomplishments are all direct results of what I learned at judo camp.

There is sufficient time at camp to allow new learning to sink in; weekend clinics are too short for certification in refereeing and in some *kata* which take a lot of classroom/mat time and practice. Refereeing requires that a real or simulated *shiai* accompany the course for practical application. This is difficult to accomplish in a short time frame. A week allows for instruction, application, and evaluation.

One of the high points of judo camp is meeting old friends and making new ones. While this begins on the mat, social gatherings after evening workouts are a special part of camp. This is the time for old tales by judo dinosaurs, jokes, and

plans for the future of judo. There is informal discussion on problems at local and national levels, and enjoyable fellowship in a relaxed atmosphere free of sweat and the sound of mats being slapped.

The first camps held at the USJA National Training Center required considerable travel for most judoka. Subsequently, similar camps were arranged all over the continental United States so that now, with about 12 camps each summer, no one has to drive more than 500 miles to attend one.

If there's no camp near you and you can locate a suitable facility and are willing to host a camp, the USJA will provide the staff to make it a success. In any case, I urge you to make every effort to attend a camp this summer. Plan now and bring your students. **USJACOACH**

## On a Personal Note...

The USJA would like to extend our deepest sympathy to Reggie Heefner and his family for the loss of Doris Heefner, Reggie's mother.

# The Bow...

As some may be aware, legal actions have lately been brought against judo organizations in the United States and Canada in connection with the bow. We therefore feel it important to print this discussion of the bow in order to clarify the reasons behind it and to avoid misunderstandings.

Two bows are made simultaneously by each contestant: 1) at the edge of the red zone midway along the side of the entrance on to the contest area, representing an acknowledgment of the respect given to all of those giving their time (i.e. referee, judges, the timers, scorekeepers, organizers, medical staff, mat set-up and tear-down technicians and all others providing a venue for the event; and 2) at the colored stripe on their own side of the contest area, acknowledging their respect given to the opponent for allowing the *judoka* the opportunity to display his/her judo skills.

Jim Kojima, Referee Director of the International Judo Federation, advises that the IJF Referee Committee has issued an update on rule changes decided upon at their Congress held in Paris in October 1997.

*Tachi-Rei* between contestants (standing bow) is defined as "30 degrees from the waist."

Contestants are required to strictly adhere to the guidelines in the following bowing guide. Contestants who do not act in accordance with these guidelines must be requested to do so. Those who refuse should be reported to the IJF Sports Director or Tournament Director. At the discretion of the Directors, the athlete may be disqualified from further competition, and in the case of a medal contest, may be stripped of the medal and/or placement. At IJF events, the athlete will be disqualified from the competition, reported to the IJF Executive Committee for further action, and in the case of a

medal contest, will be stripped of the medal and/or placement.

## 9.1

The contestant should move forward to the centralized position on the edge of the contest area and bow; then the contestants move forward on to the contest area to their respective marks, and bow.

## 9.2

Before the first two contests of each tournament day, contestants must comply with the following:

**a.** Standing face to face behind their corresponding marks, at the direction of the referee the contestants should turn towards the *joseki*;

**b.** Upon the order of "*rei*," they must bow;

**c.** Under the direction of the referee to face each other, the contestants should turn and face each other again to follow 9.3 of these guidelines.

## 9.3

The two contestants, standing behind their corresponding marks and without requiring any orders, should bow simultaneously towards each other, take a step forward and stand in a natural standing position while waiting for the referee to order "*hajime*."

## 9.4

Once the contest is over and the referee has said "*soremade*," the contestants should stand in front of their corresponding marks to await the result. At this point, contestants should have their *judogi* in order.

## 9.5

The referee steps forward one step, indicates the result and steps back one step, following this announcement.

USJACOACH

## From the Executive Director

(continued from page 3)

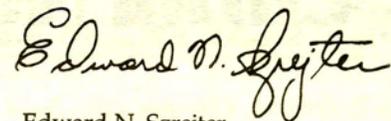
a certain deadline date, or that camp cannot take place. So *please* make your reservations on time and enjoy a happy camping season.

**Clinics** have been conducted at 14 clubs in different cities. A 23-day clinic trip commenced April 1, and then another is scheduled from May 12 through May 26. The April trip will take in East-Central USA, and the May trip will embrace the West and Northwest. If you would like a clinic scheduled in your club, please let me know.

Good news as to **USJA membership**—it continues to grow daily. It has climbed past 24,000 members and over 3,300 clubs. The top club is Vineland in New Jersey, with 409 members headed by Ray Marquez. See the USJA Status Report in this issue.

And finally, I remind you that the USJA is a service organization and we hope you agree that we are taking care of your needs. Our office staff cares about, and responds to, all telephone inquiries and correspondence. They try to answer, and in some cases, anticipate your needs. Please let them know how they are doing.

Sincerely,



Edward N. Szejter

## Aren't You Worth it?

by Dr. Chris Dewey, Coach, Starkville Martial Arts Academy

**M**ore and more we find ourselves living in a world of immediate gratification where emphasis is on a quick fix of the problem at hand. Rarely do we take the time to develop patience with ourselves or with those with whom we deal.

So this article has to do with commitment. Primarily, a commitment to self, the notion that we choose to have positive self-expectancy, committing ourselves to achieving goals. Commitment to oneself is about asking the question—"am I worth it?" It is about taking small steps toward our goals and having patience during the journey, and trusting in ourselves. Commitment is about

Academy, is fond of saying that T'ai Chi takes patience. It is not something to be learned in a few lessons—it takes commitment. This is true of anything we undertake. We are either committed to seeing it through or we are not. We must be prepared for hard work and some stumbling blocks, but also we must expect to achieve our goals. After all, aren't we worth it?

taking the time to improve ourselves. Ask yourself how you plan to commit to yourself in 1998? What can you improve upon within yourself? How can you increase your commitment to your family, your friends and your community?

William Henderson, T'ai Chi instructor at Starkville Martial Arts

At the Starkville Martial Arts Academy commitment is a two-way street. The more we sense that our members are committed to their own training, the more we will commit to them and undertake their journey with them. All we ask is that they commit to coming to class and give themselves the gift of self-improvement. We ask them to have patience, and see it through.

Robert Browning penned a neat line: "Why live, we on earth, if not to grow?"

So it doesn't matter where you are on the road at the moment: whether you are already a Black Belt or whether you are just starting out. There is always room to grow, and a firm resolve to persevere will pay untold dividends in your lives.

Martial arts isn't about rank, it's about learning to believe in yourself and learning that you are indeed worth it. Step by step, rank will come as an outward sign of your commitment to growth. **USJACOACH**

## Clinic Numbers

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

The current USJA Examiner Roster reflects the following numbers: of 794 Examiners, 429 (or 56%) are Sandan rank or lower; there are 159 Senior and 56 Master Examiners. Higher ranked examiners should be training lower level examiners to at least one level higher than their present level.

National Headquarters advises that exactly 200 coach, examiner and promotional clinics were sanctioned in 1997. That equals only one clinic per four examiners, or less than 1 for every Senior and Master Examiner.

If the corps of USJA Examiners is to fulfill its stated purpose, then there must be increased and continuous clinics, clinics for promotion examination, clinics for

upgrading examiners, clinics to upgrade coaches, and clinics to expand the knowledge of USJA members. If one sanctioned clinic was held for every examiner per year, it would generate sufficient revenue to support the operational costs of the program.

As examiners, we are to maintain promotion standards, insure that our associates are informed, validate competency, and share all the knowledge we can. Each of us comes from totally different life experiences and have some valuable judo knowledge to pass on to others. There is no such thing as a "minor technique." There are simply those that work and those that do not. Which leads to the fol-

lowing: there is not just one way to execute a technique, i.e. the way you perform, set it up and enter. Sometimes by changing a classic technique which is proving unsuccessful, it can be turned into a winning situation.

If USJA membership is to grow in stature and knowledge, coaches and examiners must conduct clinics on a regular basis. They are doing a great job teaching and coaching in their clubs, but everyone needs a change of pace once in a while and an occasional infusion of new knowledge and skill.

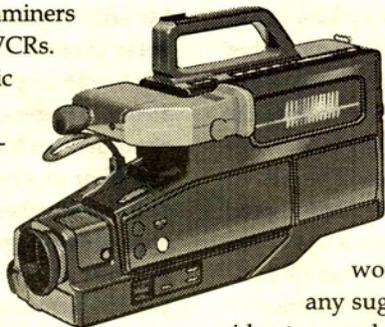
Perhaps some of you feel isolated; by bringing in someone from the "outside" you and your club members can get the feeling of being connected. Your club will also be exposed to and can take advantage of a different experience in judo.

**USJACOACH**

# There is a Way—Use Videos!

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

Many Coaches and Examiners have video cameras and VCRs. These wonderful electronic machines now a part of every day life can be valuable to all of us in judo, especially during the winter months when travel might be difficult. Trading new ideas with others or reviewing the demonstration of individual techniques are only a couple of ways to use this equipment, however.



Let's take the following hypothetical situation: someone new to your area is entering tournaments, and is winning with what seems to be an unstoppable technique. What to do? If you can't figure it out, make a tape, send it to two or three other coaches you think might help, and ask if they can come up with a solution. When they respond, put their ideas into

practice and see if they work for you and your students.

Another situation: someone describes or demonstrates a problem they are experiencing and asks "how would you handle this?" Put any suggestions you may have on

video tape and suggest the person tries them out.

Another use is to review the success or failure of your students. Many failures begin in club training periods and are manifested in competition. By taping practice periods, small erroneous parts of techniques can be detected and corrected, thus increasing the effectiveness of your student(s). By reviewing taped class sessions, we can also detect any flaws that we ourselves have made in the presentation of new material. With the use of

video tapes, clinics can be recorded, reviewed, and evaluated. And, when travel is prohibitive, an individual can be evaluated on tape in any number of skills. If you have developed a new drill series and want input on any technique you are working on, use videos. The use of high-quality video tapes is not essential for these purposes—recently I bought tapes of sufficient quality to transmit good information for less than a dollar each. However, it's always a good idea to retain a high quality master.

The video training series was started years ago by coaches who were willing to share their knowledge and experience. It was a good idea then and it is even better now. Video communication works—I make at least 30 video exchanges a year and I encourage you to experiment and see how valuable the concept of video exchange really is. **USJACOACH**

## Jim Pedro Takes Gold at Shoriki

The following information came to us through the Internet regarding Jim Pedro's Gold Medal win in January at the Shoriki Cup in Japan. The Shoriki Cup was aired live, but it seems the announced message that Pedro simply "took a Gold Medal" didn't do his performance justice. After the 73 kg final match between the United States and Russia, we are told that the reaction heard from the crowd and the words of the Japanese announcers did a much better job. It all basically translated into "THAT WAS ONE BEAUTIFUL TECHNIQUE!"

About one minute into the match, with Pedro behind on a penalty for holding two

hands on one side for too long, he went for one of those sode/seionage/one-handed/load-on-the-back pretty techniques that the Japanese team performed so well in the Atlanta Olympics. Pedro got the Russian fully loaded onto his back, the Russian went "head over heels flying," and as the Russian was coming down, Pedro went airborne . . . it was a great entry and throw, but somehow the Russian managed to turn on to his stomach in mid-air, thus avoiding any points.

Actually, the Russian did a good job turning out of the various techniques; Pedro was unable to score any points, but was continuously able to knock the Russian

down with an *ouchi*, a strong *kouchi*, two *sumi-gaeshi* type moves, a *haraigoshi*, *osotogari*, and the above-mentioned *seionage*.

**NEWS FLASH!** After the above article was made ready for print, we learned that Jim Pedro took the Gold Medal at the 1998 Paris International Judo Championship. Enroute to victory, he defeated France's own Gagliano and World Champion Nakamura from Japan. No other American has won the Paris International. Way to go, Jim!

# Coming to Grips!

by Mark Uemura, reprinted by kind permission of the Toraki Judo Times

**I have been privy to some of the extreme measures and tactics that competitors will go through with their judogi just to get that extra edge over their competitors.**

During the 1980s, National and International judo matches were decided, more often than not, by tactics rather than beautiful and decisive Ippon Judo. Grips and tailored judogis played a big role in what was evolving into a very tactical game. I should point out that even the great technicians were playing this tactical game. It wasn't as if they were breaking any rules or regulations at the time, but one did notice the fit of the judogis (especially the sleeves) was becoming increasingly tighter at high level competitions. In the late 1980s or so, the International Judo Federation (IJF) adopted regulations for the various aspects of the judogi and how it must fit. This was done in an attempt to standardize judo uniforms and level the playing field, so to speak. Leading up to this, competitors were tailoring their judogis to the point where the judogis gave very little room or left over material in order for their opponents to get a "proper judo grip."

I am happy that these judogi regulations are in place, but I often wonder how the IJF can properly and objectively enforce them. As an example, the sleeve length of a judogi must not be more than five centimeters back from the wrist bone when the judoka raises his arms straight out in front. However, it doesn't take a genius to figure out that the length from the wrist bone relative to the end of the sleeve can be shortened very easily. This

is done by keeping the shoulders back rather than jutting the shoulders forward with the arms fully outstretched. Competitors can effectively shorten their arm length by almost 13 cm (5") on each arm! In other

words, they can easily make an illegal judogi legal.

So what is all the fuss and why is this important? Well, all things being equal, grips are perhaps 50% of the battle. Without a proper grip, it is extremely difficult to throw your opponent with traditional judo. Hence, the evolution of unorthodox grips and throws. I should also point out that it is always easier to throw your opponent when he has only one hand gripping your judogi rather than two, and easier still when he has none.

One of the tricks from the international elite that I have seen work is the old "switch-er-oo." The competitor is called up to compete and goes to judogi control with a judogi that is not quite legal with his arms extended out in front of him. He is told to get another judogi because the one he is wearing is questionable. The competitor has anticipated this and out pops his second judogi. He puts it on in front of the person in charge and it passes. However, his back-up or second judogi is even shorter in the sleeve length than the first one by at least an inch on each sleeve! How do competitors get away with this?

There are two reasons why they get it away with it almost all the time. To begin with, on the first attempt, the judogi is borderline illegal with arms stretched out. However, on the second attempt with an even shorter judogi, the competitor bends

his arms slightly and shrugs his shoulders back, in effect shortening his arms by 4" to 5" with respect to the end of his judogi sleeve. The reason he does not shrug his shoulders on his first attempt is so that he can wear an even shorter judogi for competition. Furthermore, the person in charge of judogi control is fooled psychologically by the whole process. He sees the competitor put on another judogi and it probably would never cross his mind that the competitor would have the audacity to put on an even shorter one. This kind of trick is done all the time in high level international competition.

One very well-known judoka had five special custom judogis made for him to compete with at the 1984 Olympic Games. Each judogi was identical except in collar thickness. Apparently, during the competition his opponents did complain about his judogis but nothing was done about it until after the competition. Unfortunately for them, his thickest judogis disappeared after the finals, never to be seen again. The collar thickness is but another one of the unresolved issues that the IJF is looking at. So far, IJF regulations only stipulate that a judogi must allow for a "proper judo grip." We all know what is meant by this slightly ambiguous phrase but elite competitors will usually tread this very thin line.

Another interesting story came up during a discussion I had with Mr. Jim Kojima of the IJF, about judogi manufacturers adding chemicals in the finishing process that makes their judogis slippery and hard to hold especially when dampened by sweat. I don't know if this is true or not but perhaps the IJF is unaware of a fabric softener sold in North America called "Bounce." I know a person who discovered that five sheets of "Bounce" in the dryer does wonders to his judogi.

*(continued on page 15)*

## About Jujitsu

by Ben Bergwerf, USJA Jujitsu Committee

A great jujitsu sensei once said "jujitsu is judo with an attitude." He was not that far wrong! It is interesting to see how a skilled judoka will use his judo training to quickly understand how a judo technique can be adapted to become a self-defense situation. Conversely, the jujitsuka will use his experience from contest judo to substitute (necessary for safety's sake) for the choreographed defense actions in jujitsu.

Most of us agree that jujitsu, if not the grandfather, certainly is one of the ancestors of the martial arts. We can show that almost all the traditional judo techniques have their roots in this ancient art, and it is fairly easy to see where the traditional judo techniques originated in jujitsu.

Conversely, it can be seen how a certain jujitsu technique has been "cleaned up" to become a safe sport judo technique. It is much harder to determine which of the specific jujitsu ryu techniques was the original model for that judo technique. There are so many different versions of a

specific jujitsu technique, so many ways to arrive at a similar end-result, that without Professor Jigoro Kano's notes it would be difficult to say, for example, that ippon seoi nage came from this or another specific ryu's shoulder throw technique.

When viewing jujitsu actions against a specific attack, we notice that almost all jujitsuka have their own preferred defense, which can differ greatly from that of the next jujitsuka. The reason for this is not because his or her defense is better, but that the defense suits the individual jujitsuka far more than the alternative. The untrained jujitsuka will say "yes, that seems O.K., but now watch my technique, which is so much better!" The well-trained jujitsuka will not make such an uninformed remark, but will instead respect the other jujitsuka's ability in his chosen technique.

Although all jujitsu ryu built their techniques on the same basic principles of balance, leverage, rotation, pressure points, and kick and punch actions, etc., it is no

surprise that feudal Japan had so many different ryu, each with its own specialties and peculiarities. There are almost as many ways to "skin a cat" as there are sensei in jujitsu. There are also a great many directions in jujitsu. Some jujitsuka work in jujitsu exclusively for the sake of the "art", while at the other end of the scale others concentrate on the pragmatic "hard" part of jujitsu. "Art" or "hard", the important thing for the jujitsuka is to become proficient in a specific technique and then practice at great length to make this technique his own, be able to execute that technique reflectively, and have the technique as his subconscious reaction when needed.

The USJA Jujitsu Division is home to the full spectrum of these jujitsu styles. They all have a common bond through the new USJA Jujitsu Manual, and the principles depicted therein. **USJACOACH**

## USJA Announces New National Team Championship

To enhance and further the sport of judo in our country, we recently proposed a USJA National Team Championship. To this end, we asked fifty coaches around the country if they would be interested in a U. S. Team Championship. To date affirmative response has been received from the following 22 states: Alaska, California, Colorado, Connecticut, Florida, Georgia, Illinois, Kansas, Kentucky, Michigan, Minnesota, Mississippi, Missouri, Montana, New York, North Carolina, Ohio, Oregon, Pennsylvania, South Carolina, Tennessee, and Washington; we expect to hear from more coaches as the tournament date

approaches.

We asked Pete Lacroix, former NJI Team Coach, to serve as the Tournament Director, and are pleased to report that he agreed to take on the assignment. Pete, with the help of Mike Szejter, will conduct the USJA National Team Championship in Palm Beach, Florida, November 14-15, 1998. We expect this to be a premier U. S. annual event; bids are being accepted for 1999 and consecutive years.

Each team (there will be male and female teams) will consist of seven members, culled from top competitors in each state; weight divisions currently used by the International

Judo Federation (IJF) will be adhered to; and to qualify it is required that all team members be registered with the USJA, USJF or USJI.

This is the first announcement of what is expected to be an exciting annual event. More information will be forthcoming at a later date, but in the meantime, if your state was not mentioned in the first paragraph and you wish to put together a team to compete in November '98, please communicate with Ed Szejter, USJA Executive Director.

# Principles & Etiquette of Aikido

by Louis E. Perriello, Chairman, USJA Aikido Division, 7th Dan USJA Aikido, 5th Dan Aikikai

**A**ikido is much more than a physical contest between two opponents or the means to impose one's will or inflict damage upon another.

We learn that aikido is essentially an avenue through which we can achieve spiritual serenity, mental tranquility and deep self-confidence through personal development, and train the body, mind and spirit. What is offered by a dojo, is not a "package course," but a general program for lifelong progress. While factors such as age, physical condition, and natural ability influence the learning of aikido movements, one may learn aikido's principles from any starting point. An open attitude, and diligence in practice, all affect one's progress.

The position of Sensei is one of honor. Your Sensei is not just teaching techniques, but is handing down the teachings of the Founder. He should be treated with proper respect at all times. Senior students (both

in rank and in age) should also be dealt with respectfully and modestly. Never attempt to prove that you can be better than a senior student.

Aikido is founded on a philosophy of harmony. There should

never be any fighting or competition in the training area. Nor is it appropriate to use training time to display one's strength or flaunt one's ego; always train in the spirit of cooperation and with modesty. In every class there are people of each sex, different age groups, and physical ability. While the idea is to always train as vigorously as possible, the physical ability and training goals of each partner must always be taken into consideration.

Knowledge in aikido is gained through constant and repetitive practice and not through talking. As a result, talking on the mat should be kept to a minimum.

*Never* stand around idly during a training session. One should always be practicing, or if waiting for your turn, sit in *seiza*

watching other partners. If you change partners or join others because of your late arrival, perform a standing bow to your old and new partner. If the instructor teaches you and your partner individually, while the instructor is working with your partner, kneel on the mat. Those students in the immediate area should stop and kneel, paying attention to the explanation being given. After the individual explanation is finished, you should then bow to the Sensei and continue the practice.

Testing procedures are part of the training experience; wherever possible, all students should attend and observe tests. Testing sessions have their own special forms and etiquette. It is advisable to observe at least one testing session before attempting your first test, and senior students should be consulted for assistance in preparing for tests.

More information about USJA Aikido, including testing requirements, is available on the web at:

<http://www.northeastaikikai.com>

**USJACOACH**

# Americans Win at World Masters

Tom Layon won the Gold Medal in the Freestyle Fighting ("Shiai") Tournament on January 24, 1998 at the World Masters Judo Championships in Ottawa. Competing against an international field in the 66 kg division, he won the Gold Medal match with an armlock for a submission from his opponent. Dr. Robert Okada earned a Silver Medal in the 60 kg division. David Baker, Tulsa, OK, fought his way to a Silver Medal in the 100 kg division despite a

severely injured ankle. All three fighters represented the United States at the Championships and were accompanied by Coach Frank Yoon of Yoon's Judo School of Tulsa, OK.

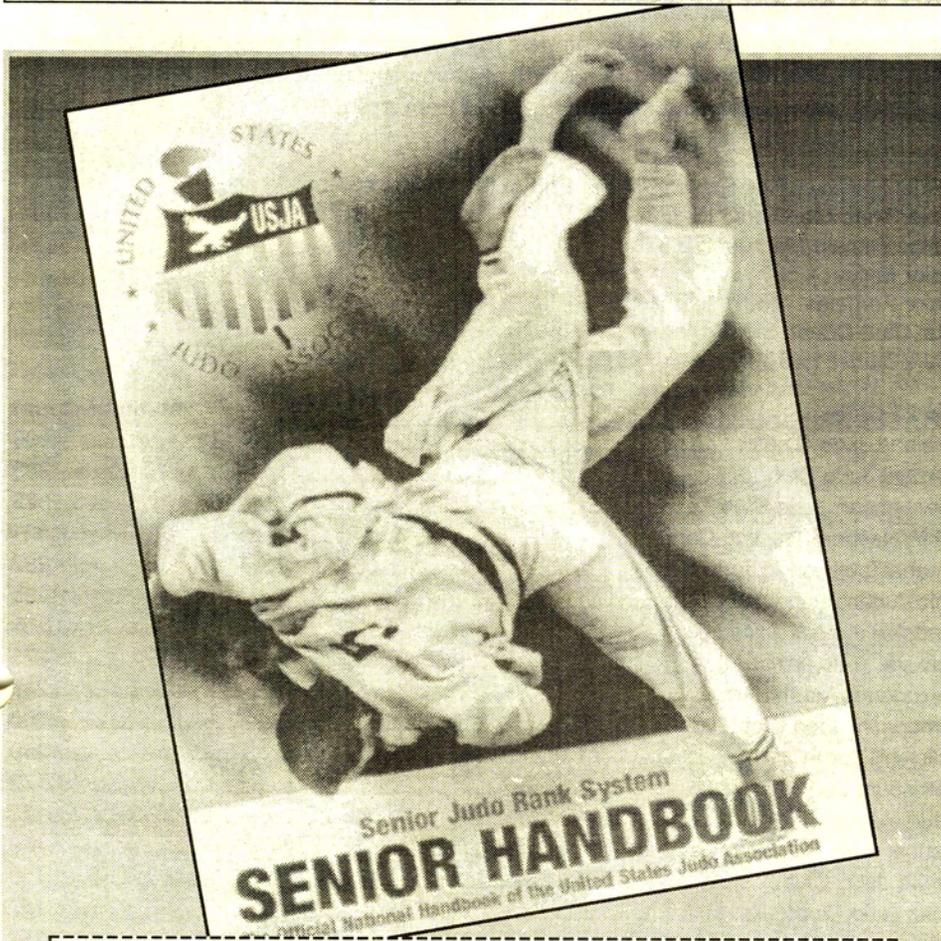
Layon teamed with Robert Okada to earn the World Grand Championship team honors in the World Judo Forms ("Kata") Competition which was contested at the same Championships.

Layon is the President of the Oklahoma

Judo Association and is a Life Member of both the USJA and USJI. He trains at the 34th Street Gym in Tulsa, under the supervision of Trainer Lisa Maddox. Baker, Layon and Okada are instructors at Yoon's Judo School.

The World Masters Games, like the Olympics, are contested every four years and feature competition among athletes who are at least thirty years old.

# USJA Senior Handbook



**Rave Reviews**

*(continued from page 7)*

pliment you on your organizational approach to the rank requirements; I love the freedom to tailor the requirements to the individual student's abilities and aptitudes. It has always been a problem that certain techniques are very difficult for some students in the early years, and this can often lead to severe frustration and feelings of inadequacy for the student in question (I know, I was and sometimes still am that student). This is a superb piece of work, and everyone who participated in its production should feel proud of their achievement and their service to Budoka across this country! Thank you." **BRUCE LAUE**, Nidan, Head Coach, Rochester Judo Club, Rochester, MN.

**Coming to Grips!**

*(continued from page 12)*

"Bounce" gives a new meaning to the phrase "slippery when wet" and perhaps should be advertised as such rather than "eliminates static cling." Anyhow, my guess is that the IJF coincidentally keeps coming across this person's judogi at various international competitions.

Even today, now that we have strict judogi regulations, as you may have already picked up on, there are problems that still need to be resolved. The intent of this article was not to teach people how to cheat the system. Rather, it was written to make people aware of the various judogi tactics that seem to undermine, if not defeat, the purpose of the IJF judogi control regulations. If nothing else, over the years I have realized that this is just one of the many, many factors and differences which separate the elite from recreational competitors. **USJACOACH**

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