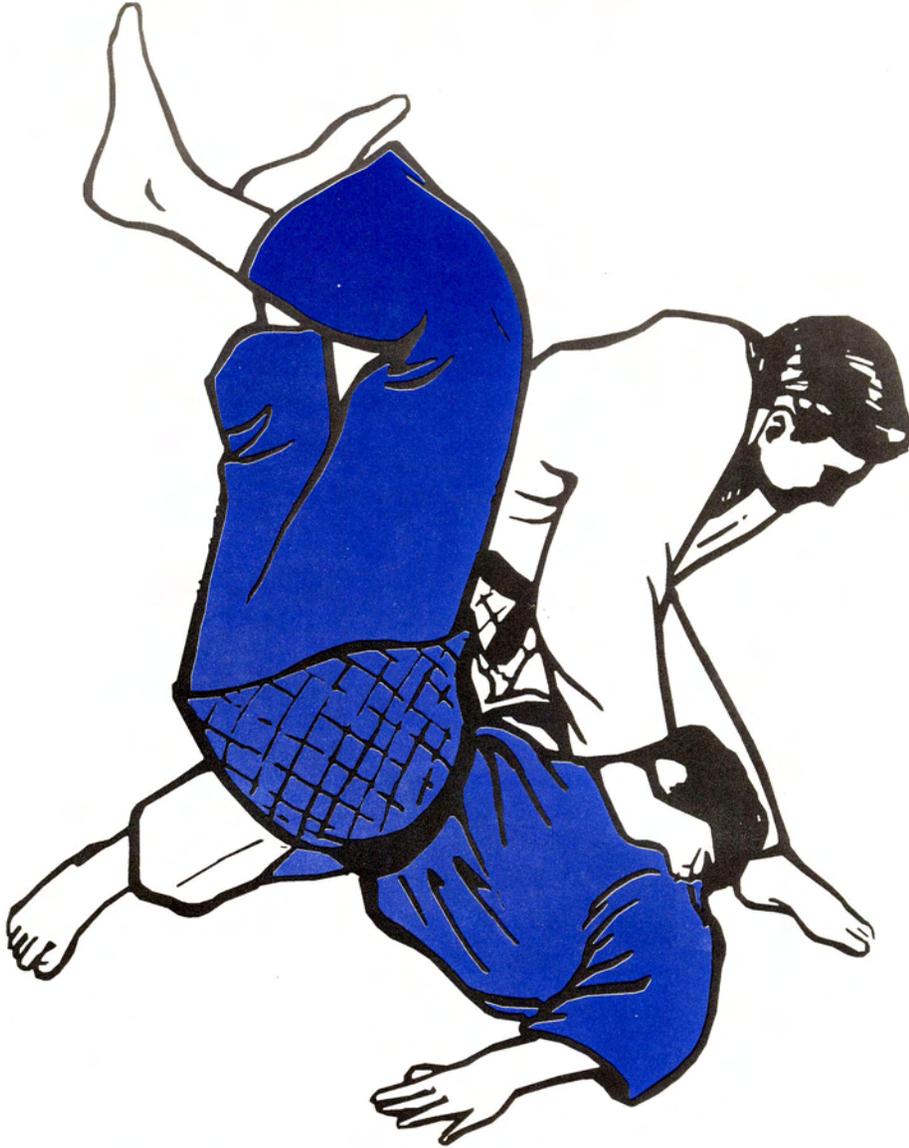


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USJA



COACH

A Quarterly Publication of the USJA

USJACOACH



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The United States Judo Association is headquartered at 21 North Union Boulevard, Colorado Springs, Colorado 80909 and can be reached by calling 719-633-7750, faxing 719-633-4041, or by corresponding with this address. The USJA is also accessible via email at usja@csprings.com and on the world wide web at <http://www.csprings.com/usja>.

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A MESSAGE FROM THE PRESIDENT



Jesse Jones

Greetings:

The summer months have come and gone! During those months there were many accomplishments made by your Association - we're making steady progress in all of the areas which are part of our short-term and long-term goals. Here is a brief explanation of some of them:

The Camp and Clinic Programs: These programs are getting stronger each year both in terms of the expertise of our clinicians and the subject matters. Among the major camps are:

CAMP BUSHIDO HIGH SIERRA,
Yuba City, CA

CAMP TOMODACHI,
Boca Raton, FL

CATAWBA COLLEGE CAMP,
Salisbury, NC

USJA JUNIOR NATIONAL
CHAMPIONSHIPS,
San Diego, CA

CAMP BUSHIDO, NATIONAL
TRAINING CENTER,
Colorado Springs, CO

CAMP GREENKILL,
Port Jervis, NY

All of these camps are strategically located throughout the United States in order to accommodate more participants. Attendees have the opportunity to achieve Referee, Kata, and Coaching Certifications. Sessions on the USJA Promotion System are also conducted to insure that Coaches, as well as students, can comply with USJA standards. **If you have never attended one of these camps, you have missed some of the most important and enjoyable aspects of Judo. These camps represent the opportunity to unite with long-time friends; they offer great fellowship and memorable events. I encourage everyone to attend at least one camp each year.**

In addition to these camps, weekend clinics are also conducted during the year at numerous locations throughout the country.

National Training Center: Renovations continue and more will be undertaken as funds are generated from our various programs. Donor plaques will soon be made and placed in a designated area - they will reflect the names of the donors and their concerns for the continued development of all USJA programs. More on this later.

Publications: Several new publications are planned for the near future. The JUNIOR PROMOTIONS HANDBOOK is scheduled for completion by the end of the

year; Volume II of ILLUSTRATED JUDO TECHNIQUES will also be completed within the next few months. This volume will be dedicated strictly to newaza, thus making a complete set - a set that all judoka should have as a reference guide to learning.

Annual Insurance Program: We have completed negotiations for a new plan which will result in a slight reduction in combined membership fees. The Claims program will be monitored very closely so that opportunities for further reduction in following years can be passed on to members. I must remind membership that our insurance program is an excess sports accident insurance policy, which means that all judoka should have their regular health insurance in place prior to using the excess insurance. This will benefit all members.

Our Association owes a great deal to the many dedicated Coaches and members who continue to provide services benefiting all members. From clinics and training camps to publications and tournaments, these volunteers are the masters of our organization. They help to keep the USJA alive and prosperous.

The entire USJA Office Staff is also commended for the tireless hours of work and volunteer time required to maintain the level of service that keeps the USJA in the forefront of our industry.

And finally, let us continue to work well together, and continue to support the other national organizations, as we strive for unity in the Judo community.

MESSAGE FROM THE EXECUTIVE DIRECTOR



Ed Szejter

Dear Friends:

I am happy to report on the following:

Camp Tomodachi: This extremely successful camp was held at the Sheraton Hotel in Boca Raton, FL. Camp Tomodachi resulted in being a really great experience. Mike Szejter was Camp Director; Terry Kelly of Sonoma, CA, assisted by other worthy camp staff, conducted the Examiner portion; Pete Lacroix of Ft. Lauderdale, FL and Mike Royse of N. Miami, FL, did a fantastic job of teaching techniques for competitor training. Our Coach Certification Chairman, George Weers, of Canton, IL was on hand to conduct the coaching course and the katame-no-kata. Kathryn Buys of Wyoming, MN, past International Ju-no-kata Champion, conducted ju-no-kata and nage-no-kata sessions; and Jerry Dooley of Jupiter, FL had his hands full with the goshinjitsu sessions. Mike Heilman of Ft. Lauderdale, FL conducted the Referee course. On Friday evening at completion of camp, judoka and their families enjoyed dinner, fellowship and the presentation of awards. While on the subject, Mike Szejter informs us that plans are afoot for big surprises at the 1999 Camp Tomodachi. Stay tuned—but it's not too early to start planning now!

Camp Bushido: As always, Camp Bushido draws judoka from all parts of the country. Among others, we were happy to see Bill Ryan (Tennessee); Andy Connelly (Texas); Alan Hill (N. Carolina); Roy Hash (Tennessee); Greg Wheelon (Louisiana); Augustine Jazo (Colorado); Charlie Robinson (California); Steven N. Jimerfield (Alaska); Ronald A. Charles (S. Carolina); Hope Kennedy (Louisiana); Rob Weaver (Nebraska); Stephen Lercher (Nebraska); Phil Rasmussen (N. Carolina); Bert Becerra (Texas); Mindy Szejter (Florida); David Seidner (Oklahoma); Michael Makoid (Nebraska); Cheryl Frances Ellis (S. Carolina); Wilbur Seidner (Oklahoma); Scottie Johnson (Louisiana); Greg Fernandez (California); Jeff Miller (Louisiana); Pat Szejter (N. Carolina); John Seidner (Oklahoma); David Bleeker (Illinois); Karen Rankin (Texas); Mark Shima (Illinois); Steve Galuska (New Mexico); Matthew Szejter (Florida); Zack Harrell (Tennessee); Doug Richards (Tennessee); Tom Layon (Oklahoma); Vern Borgen (N. Dakota); Anthony DeBetta (N. Carolina); Nels Erickson (Minnesota); Mike Szejter (Florida); Ben Bergwerf (Illinois) and Billy Sharpe (Texas).

Charlie Robinson took the helm as Camp Director and Examiner trainer. He video taped all the demonstrated hold-downs, escapes, etc. appearing in the Senior Handbook, and these tapes will be available once edited.

George Weers and Steve Jimerfield conducted coaching sessions. George also conducted competitor training, aided by the camp staff. Greg Fernandez conducted goshin jitsu, nage-no-kata, ju-no-kata and katame-no-kata sessions. Referee training was conducted by Bruce Larkins, IJF "B" Referee, and Pat Szejter, National Referee.

Ben Bergwerf and Billy Sharpe held Jujitsu classes the latter part of the week, and Steve Jimerfield demonstrated Taihojitsu.

Friday evening found the judoka, their families and National Office staff at the Founders Day Dinner, with Jesse Jones, USJA President conducting the Awards Ceremony, and superb fellowship enjoyed by all.

USJA National Team Championships: This exciting and first-time ever event will be held November 14-15, 1998, in Boca Raton, Florida at the Boca Sheraton Hotel. The following is a list of Coaches which have so far committed to sending teams to represent their State, all of whom have details of the event:

Alaska:	
Steven N. Jimerfield	907-747-3635
Arizona:	
Chris Leininger	602-996-4223
Arkansas:	
Ed Thibedeau	501-372-5254
California:	
Terry Kelly	707-527-7457
Colorado:	
Dennis Mercer	303-650-5375
Connecticut:	
Sid Kelly	203-937-1922
Florida:	
Mike Heilman	954-587-1261
Georgia:	
Lee Wheeler	912-477-3067
Illinois:	
Ron Yoshida	618-934-3216
Indiana:	
Bud McCorkle	765-778-4413
Kansas:	
Frank Barry	913-758-3264

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USJACOACH

A MESSAGE FROM THE DIRECTOR *(continued from page 2)*

Kentucky:
Fred G. Barnett 502-842-5988

Louisiana:
Theron Larroquette 504-488-5924

Maryland (Shufu):
Ken Tamai 301-793-1994

Michigan:
James M. Peacock 616-754-2384

Mississippi:
Dr. Chris Dewey 601-323-5522

Missouri:
Randall L. More 816-792-2530

Montana:
Jeffrey R. Reynolds 406-728-7311

Nebraska:
Dr. Michael Makoid 402-280-2952

Nevada:
Pat Gruber 702-828-1297

New Jersey:
Ray Marquez 609-692-8636

New York:
Marc B. Cohen 516-546-2155

N. Carolina:
Pat Szejter 704-847-2422

N. Dakota:
Vernon A. Borgen 701-293-9539

Ohio:
Gary L. Monto 419-693-3682

Oklahoma:
Dr. Luis V. Gorospe 918-747-8100

Oregon:
Bob Van Patten 541-758-3867

Pennsylvania:
Charles J. Cavrich 717-761-2891

S. Carolina:
Thomas V. Reiff 803-553-2454

Tennessee:
William P. Ryan 931-645-7100

Texas:
Jim Haynes 713-879-0839

Virginia:
George Nobles 703-425-9022

Washington:
Gary P. Melton 206-584-5165

Wisconsin:
Mehdi Mohammadian 414-231-2952

We encourage all interested judoka to get in touch with the above State contacts for further information, or call Michael Szejter, Tournament Director at (561) 496-7000.

If your State is not listed above and you are interested in putting together and sending a team(s) to participate in this event, please contact me as soon as you can.

Camps: Everyone looks forward to the camping season, in our case, Judo camps.

There are many USJA camps to choose from in various parts of the country, and if each Coach would bring five of his students, the sixth one would be free. Many Coaches have scholarship programs in order to send their active judoka to camp. Look into this and have some of your students attend camp. Fund raising is done all the time and in many ways throughout the country. This is a good way to help a deserving Judo student attend camp.

Clinic Tours: Mike Szejter and I conducted a clinic tour from the 10th through 22nd of September which took us to El Paso, San Antonio and Houston, TX; Lafayette and Baton Rouge, LA; Biloxi and Starkville, MS; Little Rock, AK; Dallas, TX and Tulsa, OK. In October (from the 10th to 20th) our schedule takes us to Elko and Reno, NV; Santa Rosa and Yuba City, CA; Medford, Grants Pass and Corvallis, OR; Enumclaw and Oak Harbor, WA; Missoula and Butte, MT. Flyers announcing clinic details and contacts will be mailed to club coaches in those areas.

Clinicians: There are many qualified clinicians available to you. Contact me at (719) 633-7750 and we will be glad to arrange a clinic at your dojo.

USJACOACH: We are encouraged by all the positive input (to say nothing of the congratulations!) we have received on the new format of USJA COACH. We thank our many contributors, and if you would like to submit an article, please do so and we will print it as space allows. The subscription rate is \$2.95 per issue or \$9.00 for the year (4 issues). Also, to help offset its greater cost, I invite anyone interested in advertising in this quarterly publication to contact me and I will be happy to send them a rate sheet.





USJA JUJITSU

by Ben Bergwerf, Rokudan/Judo, Hachidan/Jujitsu
Chairman, USJA Jujitsu Division

Now that the completed revised 2nd Edition of the USJA Jujitsu Manual has been available for over a year, it is a good time to look at some background and review how things evolved.

During the early fifties, there was still a somewhat magical aura attached to the name Jujitsu (or JuJutsu, etc.) - a mysterious Oriental art, not at all understood by the general public, but perceived as a devastating method of defense, far superior to any other fighting method. Hours were spent debating as to whether a jujitsuka could beat a boxer, or a wrestler. Karate was in its infancy then and not yet a serious contender. TaeKwonDo was not even heard of, and certainly Kung Fu didn't mean a thing at all! Lately, "real world" competitions have shown Jujitsu's advantage to be mostly true, but under the "right" conditions. In other words, if a boxer or karateka doesn't immediately land a disabling strike, the jujitsuka can also strike, and in addition, grapple - apply a lock, throw, or strangle, etc.

Anton Geesink, the first Occidental world (and Olympic) champion in Judo, made people focus on sport Judo, and Judo therefore became the name associated with superior fighting ability. It was the area of: "I have to tell you that I am a Black Belt in Judo" and "My hands are registered with the police as deadly weapons" - statements heard in the movies, or the streets, or in the local bars.

Jujitsu Sensei saw many of their students transfer to Judo, but some continued their art with remaining students. After this, many of the Judo Sensei also taught some form of self-defense; or, they simply applied their Judo knowledge to

produce a syllabus of defense motions. They would offer this to those students who didn't want to get into a competitive combat sport, or were disinterested in becoming part of the rigorous and competitive Judo circuit. Students who had a competitive nature were perhaps looking for glory, and had a high level of energy, or simply enjoyed matching their skills in the martial arts, embraced Judo. After all, in sport Judo you could really see if you were better than your opponent by beating him on points, whereas in Jujitsu there was only the simulated "real world," because the actions could never be done at full power for fear of serious damage.

Sport Judo went its own way to gain truly worldwide recognition, and became an Olympic sport in 1964, with many thousands of adherents. Karate and TaeKwonDo grew internationally, and Aikido forged ahead. The film "Billy Joe" helped to bring Hapkido to the forefront, and Kung Fu was boosted via the TV series.

Because of the diversity of Jujitsu styles and the geographical location of high ranked Jujitsu Sensei, several of the Jujitsu ryu (schools) became more local and specialized in their styles. Some Sensei promoted their own version of what they had learned, and many of them who were remote from organizations, simply continued to teach Jujitsu on a local level. Some gathered quite a following, processing many students through the ranks, and they awarded belt color levels as they deemed appropriate.

People are fickle - they tend to grab something new, embrace it with all their might, purchase all the paraphernalia, and become totally focused on their current

interest. That is, until the next thing comes along. Remember the boost Kung Fu received when David Carradine portrayed Cain in his series? How easily do we move from Karate to Kung Fu to TaeKwonDo, or whatever is popular at the time. We are also individualistic, and will thus pursue our chosen Jujitsu styles.

Because of recent television exposure ("Ultimate Fights"), more prospective students are looking at Jujitsu. Also, the martial arts community has recognized that Jujitsu is a practical adjunct to their own art. In fact, a lot of other martial arts practitioners discovered that Jujitsu has an extensive repertoire of grappling techniques that may be minimal in their own arts. And, if they wish to use their art as a self-defense system, they will have to come to grips with this. (Pun intended.)

Martial artists who are getting to the latter part of their prime competitive days, recognize that they can partake in Jujitsu to the fullest advantage, and do not have to fear potential competitive sport injuries that would prevent them from doing their regular jobs.

When our founder, Professor Jigoro Kano, distilled Kodokan Judo from the various Jujitsu ryu, he made it possible to have a safe martial arts sport which many individuals would be able to enjoy. He excluded many of the more dangerous Jujitsu actions such as nerve pressure, punches and kicking techniques, which are part of the arsenal of the various Jujitsu ryuha. But, many of the Jujitsu ryu continued their style in some form or another, and some Sensei have stayed with their traditional styles to this day. Several styles

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USJA JUJITSU (continued from page 4)

mutated or developed into the less distinct styles we now see. Even Professor Kano retained a form of Jujitsu called Kano-Jui-Jitsu, or Jui-do, through the early 1930's, which clearly showed the influence of his own teachers from the various Jujitsu ryu, such as, among others, the Kito Ryu, Miura Ryu and Tenjin Shin'yo Ryu.

We know that Aikido and Karate were born from Aiki Jitsu and Jiu-Jitsu, and modern Jujitsu contains many of the punch/kick techniques that became so specialized in Karate and TaeKwonDo. Some of the softer styles of Jujitsu contain many of the Aikido moves, and a clear lineage can be discerned.

The USJA realized that many Jujitsu Sensei were working in a vacuum. Those that were too far away from the centers where the larger schools or organizations operated, had no way of ranking their students to a specific standard. In fact, the various Jujitsu organizations had a wide range of standards and teaching methods. But, one thing remained the same! All the organizations, individual Sensei or ryu, taught a method of defense. All the Jujitsu style are a system of responses to varied, but basically generic attacks. Each Jujitsu style has a method of defense against, for instance, wrist grabs, body holds, punches and kicks, grappling on the ground, other martial arts attack, weapons attacks, and the like.

Just over four years ago, the USJA appointed a Jujitsu Committee consisting of various high-ranked Jujitsu Sensei from all parts of the country, and set out to gather information about the various defense methods and techniques used by the different schools. This enabled them to put a format of generic attacks together for these Sensei to review for similarity to their own arsenal of defense methods,

and compare with the quantity of defenses required for their own style's rank levels.

They received tremendous support from other Jujitsu specialists throughout the country, who while not being able to devote time to the Committee, gave freely of their advice and support. Broadly speaking, after we received responses from over 200 Jujitsu Sensei polled, we found that most of the ryu equally required defenses against more than 90% of the attacks described, with some ryu emphasizing defenses against, say, kicking techniques, while others concentrated more on weapon defenses. A wide diversity in philosophies was found, regarding, for example, the defenses against cutting edge weapons, where some ryu advocate preemptive pressure point attacks or attacks to vital parts of the **body while staying away from the sharp weapon. Others advocated controlling the weapon and the hand holding it.**

Clearly, there are many ways to achieve **the desired results, and we have to pick the defense that suits us best.** In fact, that is the reason for the existence of the various ryu, and that is why we pick a specific style, very much as we pick a favorite waza in Judo. We use it because it works for us!

Does this mean that one style is better than the other? Most likely not. Some of the best styles had techniques that were patently superior to techniques in other styles, and yet many other techniques in those other styles were the more effective ones. The difference is that it depends on the personal traits of the individual, and how well he/she had learned the technique.

It was also found that for Shodan level, approximately 150 to 200 different techniques (including basic Judo

techniques) were required, depending on the specific ryu. Some ryu went as high as 500 techniques, if we include all the variations and options. Several ryu required formal katas, where others specialized in specific weapon defenses and specifically avoid formal katas. All in all, quite a diversity in responses. The strongest of the responses was a request for a common rank standard that jujitsuka could be measured against, but with freedom to continue to teach their own style!

The Jujitsu Committee reviewed and produced a "core" syllabus of defenses. For judoka who have no previous formal Jujitsu training, this "core" curriculum assumes that at Jujitsu Shodan level, the candidate is already at least Shodan in Judo, but could possibly be ranked in another martial art that has an equivalency in defense methods.

Clearly, neither Jujitsu nor any other martial art, can be learned from a manual. To learn the techniques, it is necessary to get on the mat and work with a knowledgeable Sensei.

I am sure that there are many Jujitsu Sensei who will feel that some of the techniques are too basic, or are not in line with their perception of what Jujitsu should be. Remember - the objective of the manual is to offer a tool with which Sensei can introduce a standard to Jujitsu in order to forge a common bond within the art, used in conjunction with their own style and character. It does not supplant what has already been learned. It adds to it.

In order to provide greater selection and autonomy to dojo Sensei, we have now added in the revised manual additional proven and accepted techniques and alternatives. The second issue of the manual also includes higher rank requirements.

United States Judo Association

1999 National Junior Judo Championships July 8-10

Town & Country Hotel Convention Center
500 Hotel Circle North
San Diego, CA
Contact: Jesse Jones (619) 275-9200

THOUGHT FOR THE DAY . . .

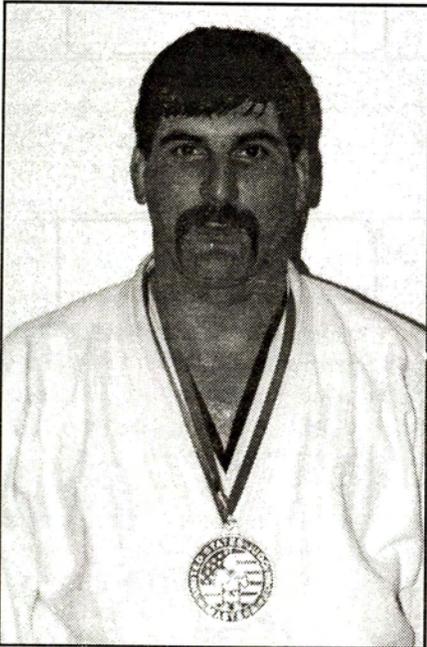
A national leader may accumulate a spectacular chain of temporary results, but unless his character has been forged in the fires of integrity, and his actions in the crucible of hard-edged reason, history will refuse to stamp him with the seal of greatness.



USJA COACH

.....

PROFILE OF A JUDO LEADER



Craig Fashner, Nidan, Samurai Judo Club,
Sugarland, TX

Craig Fashner began Judo in 1976 at the age of 20. He started a small club in the basement of a shopping mall in St. Paul, MN and started competing in tournaments as a yellow belt. At first, he became good at falling and victories were few and far between.

In 1980, by then a Black Belt, Craig tore three ligaments in his left knee and his physician recommended that he give up Judo. A typical player, he was back on the mat within a year, and the next year he had the cartilage removed from the other knee.

Craig then joined the Midway Judo Club, with Sensei Sam Hayashida and Carey Yamanaka. Through the mid and late 1980's, Craig was reigning State

Champion, Northern Star State Champion, and twice Chicago Open Champion. He also competed very successfully in the rest of the Midwest area.

In 1993, Craig moved to Houston, TX. He visited several clubs until he joined Samurai Judo Club with Sensei Robert Ziegner, who promoted him to Nidan in 1998. He is still competing locally in Seniors and Masters. Craig and his wife Melissa have a new daughter, which keeps him from travelling to many tournaments, but he still attended this year's Senior Nationals in Chicago, where, at the age of 42, he competed in Seniors and Masters, placing first in Masters.

Craig hopes to continue to compete and to help teach younger players.

.....

NEWS FROM OUR SUPPLY DIVISION

We now offer a great new line of polo shirts - one in white (\$26.00) and one in jade green (\$28.00), both embroidered on the left chest area with the USJA emblem surrounded by a yellow crest. We also offer a tri-colored polo shirt, forest green body color, sleeve cuff in navy, with the neck opening (button area) in plum and navy (\$27.00).

With backpacks becoming more and more popular, we offer an 8-pocket backpack in Royal Blue at \$34.95, with the USJA emblem imprinted on the back flap.

There is also a new line of sweat suits in either navy or light ash grey, with the USJA logo embroidered on the left chest and left pant leg areas. The cost of the sweatshirt is \$25.00, the pants are \$23.00, or \$40.00 for both pieces.

We also have Tiger Claw single-weave blue judogis, sizes 2 through 6, which vary in price from \$38.00 to \$49.00. This is a great entry level blue gi, which offers an alternative to the more expensive double-weave blue/white reversible gi, which proved to be very popular during Camp Bushido at the new price of \$90.00 (they used to be as high as \$108.00).

STRENGTH TRAINING FOR THE JUDO COMPETITOR

by Terry J. Kelly, Rokudan/Judo; Rokudan/Jujitsu Head Coach, Santa Rosa Junior College
Judo and Sonoma Coast Judo; California Co-Chairman, USJA Certification Committee

Strength is one of the tactical variables in any combative sport. In Judo, this variable can mean the difference between winning or losing a match. And this could be the match that determines if your player takes home a medal. Strength provides the mechanism to deliver the technique, and muscle strength must be accompanied by muscle endurance.

In this article, I will provide a brief introduction to the terms and principles of muscle strength training, and their application to modern Judo competitive techniques.

First, the Coach must be familiar with the very basics of kinesiology - the study of muscle movement. In my travels throughout the country, many times I have seen athletes spending time and effort on exercises having no transference to the sport of Judo. The majority of these exercise practices have been inherited from the Coach's own past experience. But, because it has always been done, does not mean it is effective, or cannot be changed. For example, why do Judo players warm up with the old jumping jacks exercise? This movement has no direct transference to actual effective Judo, yet in many clubs, it is a common warm-up activity. I remember doing countless jumping jacks in the Army - but I don't ever remember the exercise having anything to do with my actual military activities. Training time for our athletes should not be wasted on meaningless activity.

So, back to kinesiology. Muscles work in three ways. A: Concentric, or towards the center; B: Eccentric, or away from the center; and C: Static or isometric, in a fixed

position. The vast majority of Judo skills involve one or more of these principles.

So what does this mean to a Coach? Let's see if I can illustrate how this type of knowledge can be used to improve a Judo competitor's application of terminal competitive technique.

First, examine what the technique is supposed to do. Is it a lifter, a roller or a driver? Where does the power movement come from? What is the driving leg doing? Where is the power hand, and the locking hand? Are you working for a specific angle of attack? Then, examine the muscle movement. Is it concentric, i.e., actively shortening to produce movement? Or is it eccentric, actively lengthening to produce movement? Or, as in some cases, is there a period of static or isometric muscle exercise? Once this has been determined, you can develop a plan with your athlete to build strength and endurance in the muscle groups called upon to do the work, and make the technique effective under a variety of situations.

As an example, I will share a recent success story with you. My daughter, Amy Kate, decided to resume her competitive career after a five-year hiatus. Although she never stopped practicing Judo, she had completely disassociated herself from competitive applications of her Judo skills. Lots had changed in five years: she needed a new integrated attack system, and at 66 kilos, she needed muscular strength and endurance. Just building muscle mass would not have done the job and would actually have slowed her down. And as you all know, speed and movement are two more very important tactical variables,

which we cannot sacrifice for strength. This was going to be a challenge to my coaching ability and my diagnostic skills, especially when it came to what type of Judo skills to train for, and what type of weight training to use.

My first step was to keep detailed notes from a variety of Judo tournaments. I paid close attention to what was being used, what worked, and what didn't work, and the endurance of the players involved. I reviewed notes from my own travels and Judo training, and looked for the best possible strength and fitness trainer I could find - someone with international experience in both body building and muscle fitness training.

The first rule of effective coaching - know your own limitations, and find an expert to address those limitations. In Amy's case, she had already made her choice: Jack Pitorowski is the most formidable trainer at her gym, Santa Rosa 24-Hour Fitness, and he was not cheap or easily impressed. After several weeks of work, Amy, Jack and I did an analysis of those techniques I felt would suit her body and her background in progressive Judo. She then embarked on a rigid training program with Jack, based upon the muscle demands of the type of Judo I wanted her to do - both standing and groundwork, quick, explosive, and terminal, with the endurance for a protracted effort if she needed it. Not an easy program. Because of my understanding of the basics of kinesiology, I was able to break down the muscle movement of each of her primary attacks and counter attacks. I was then able to communicate this to Jack, who prepared

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STRENGTH TRAINING *(continued from page 8)*

and implemented the strength and endurance training program. This also included a reasonable dietary program.

Amy's first tournament under the new program was the Continental Crown. She was coached by my old friend and partner, Richard Honey. None of her matches lasted over 10 seconds: all ippon, quick explosive attacks, and terminal shime waza did the trick. Next, a small event in Palo Alto, CA. All ippons, three slamming attacks, and one submission from tateshiho gatame. Then the Washington State Championships. All ippons, less than 10 seconds. More explosive muscle movement, no wasted time. Then the California State Championships in Monterey, CA. More quick explosive movement off a strong, aggressive gripping science. Again, short

terminal matches, all ippon, with plenty of endurance remaining.

As of this writing, we are headed to the Collegiate Nationals. This will be the test of yet more adjustments in the strength and endurance training. But now, Jack Pitorowski is training Amy free of charge, and studying the movement requirements of Judo with a passion. It's working. Thanks to a basic understanding of muscle movement on my part, a lifetime of exposure to all kinds of combative skills, and the ability as a Coach, to analyze the needs of my athletes and address my own limitations with the help of a proper expert.

The point of this story—in fact this entire article—is that we, as Coaches, need to broaden our knowledge and experience

as much as possible; not just with the same old Judo techniques and training methodology, but with a good working knowledge of such subjects as kinesiology, physiology, sports psychology, and nutrition.

I recommend that you all seek basic classes at your local community college, or, if you are fortunate enough to have a college degree, improve your experience in those areas in which you feel weak. Attend one of the many USJA camps this summer and become Coach Certified. Travel and practice Judo everywhere you can. That's the real beauty of Judo isn't it? We never stop learning and we are always making new friends. Isn't this why we started Judo in the beginning?



**NAME
THIS
TECHNIQUE**

Answer on page 21



USJACOACH

DO: THE WAY

by Phil Rasmussen, Godan Judo Coach, Piedmont Budokan Association, Charlotte, NC

It was quiet in the great hall. All one could hear was the relaxed breathing of the 10 students who were lined up, kneeling on the tatami in seiza, eyes closed and minds attempting to attain mushin - empty mind. After what seemed an eternity but was only a few minutes, the Master spoke. Attention was riveted on each word . . .

Meanwhile, outside the great hall, outside the wall surrounding it and the living quarters, stood a young man patiently waiting with hope that the master would grant him an audience and welcome him beyond the gate into the confines of this other world. Such was the ancient world of samurai training. No signs were posted, no ads in books, newspapers or magazines. The student had to be selected - it was honor, commitment, and respect which formed the basis of selection.

Today, it is a much different world. No longer are martial art schools closed to other than selected students. Almost every martial art style now has dojos where anyone can join. Signs are posted in storefronts, ads with special discounts can be found in newspapers, flyers are received in the mail or are placed under the windshield wiper of one's car.

Gone is the careful and deliberate selection of students. Gone is the understated presence of a dojo. Marketing is the way of life now for most dojos. We have the ad man's promise to build self-confidence, discipline and character, of weight rooms and saunas, of personalized and individual attention, among other promises. But how many promises are kept? How are self-confidence, discipline and character built? How much personalized and individual attention can

be given in a class of 10+ students? Oh, the adman's promises can come true, but not for all or even most of the students. Confidence, discipline and character will be built for those willing to spend years in training.

With most dojos today, student acceptance is based upon the ability to pay monthly dues and sign contracts. Overhead and other costs must be met. There is also an increased push for more students as the various schools enter the sports arena. Here, the thinking is that the more students there are, the more likely trophies can be won. Go to almost any martial arts competition and notice that those dojos with the most students in attendance tend to take away the team trophies. The implication is that the dojo with the most team trophies is a better dojo. And so we bask in triumph.

And gone, in many of our dojos, is the mental and spiritual side of the martial arts. No longer do we concentrate on the development of self in order to contribute value to our community. Yes, our students may be very polite and attentive in the dojo, but what about outside the confines of that special world? What can we do? How do we instill the values of ancient samurai into the daily lives of our students? There are many ways. The "USJA Code of Character" (formerly the "NJI Code of Character") is one place to start. Twenty-one character traits are discussed in the code (see below):

1. Desire (commitment, dedication, drive);
2. Industriousness;
3. Persistence;
4. Optimism;
5. Dependability;
6. Honesty;
7. Thoughtfulness;
8. Enthusiasm;
9. Adaptability;
10. Loyalty;
11. Humility;
12. Prudence;
13. Patience;
14. Courage;
15. Discipline;
16. Self-reliance;
17. Team spirit;
18. Intensity;
19. Sincerity;
20. Cooperation;
21. Self-esteem.

Each trait can be built upon. We can also use any number of the books dealing with character traits such as "The Samurai Code," to help our students develop a personal code by which to live. While these codes can be used to develop the spirit, what about the mind?

As instructors, each of us needs to develop within ourselves and in our students, desire and thirst for knowledge. We need to become knowledgeable in physics, anatomy, strategy, psychology, and in many other areas as they relate to Judo. Without a knowledge of the mechanics of techniques, the psychology of interaction and the strategies of working together, all we do when we teach is imitate what we have learned. The difference between a cook and a chef is that a cook follows the instructions - the step-by-step approach to doing something; on the other hand, the chef learns about the ingredients, how they blend together, how to create the recipes that cooks follow.

Judo is not simply a collection of techniques. The word itself means "gentle way," or the way of gentleness. More than technique is implied by this simple two syllable word. As with many Japanese words, Judo has more than one meaning. Learn the meanings and impart them to your students.

. . . It came to pass, the new student was admitted by the Master. His training began, the road to becoming a valuable member of the community commenced. The great hall was quiet again as students lined up in seiza, awaiting the lessons of life with all their attention on the Master, listening to every word, taking time to understand and contemplate its meaning.



TEACHING JUDO TO PREADOLESCENTS

by Elie A. Morrell, Rokudan

The level of coaching Judo skills to preadolescents is more fundamental than the more technical approach used to teach older players. While emotional and psychological requirements differ at different age levels, there are, however, problem areas that are common to Judo students at any of the coaching levels.

The maximum age limit for preadolescents occurs approximately at the age of puberty. That is fourteen years of age for boys and twelve years of age for girls.

Preadolescence is an important period in a child's life. At this stage of life, the personality of the child is taking shape and an overall development of attitudes takes place. This is when the preadolescent begins to show how he/she feels about authority, responsibility, and prescribed rules.

When teaching the preadolescent, the Coach should concentrate on the growth of the athlete rather than the aspect of winning. It is far more important for the preadolescent to learn how to cope with losing than it is to focus on winning. The Coach should strive to develop a positive attitude in the student towards his/her Judo skills.

The anxiety experienced during preadolescence is apt to be more pronounced than at any other time during a Judo career. Anxiety could be the result of lack of interest in Judo, over zealous parents, or a lack of self-esteem. A good Coach could make this situation more bearable through understanding and empathy. He must attempt to make certain that the Judo sessions result in a positive

experience; the Coach is obligated to try and make the student's involvement in Judo a valuable part of his/her growing up.

Since the Coach is likely to be the first authority figure external to the home, confidence needs to be built in the preadolescent. Encouragement must always be given by the Coach and in time, the preadolescent should be able to build his own level of confidence through participation and by an increased knowledge of Judo.

The Coach should bear in mind that the complexities of Judo are not understood by the preadolescent and that these young students will commit many errors in the early phases of their Judo training. Therefore, the Coach should make certain that the preadolescent is protected from becoming embarrassed to the point of causing stress; if stress becomes apparent, the Coach should attempt to bolster confidence with moral support.

Always be aware of any student who appears frightened. Usually this trait will reveal itself when the student is first thrown to the mat. If fright appears in a student, the Coach should immediately step in to aid with moral support. Although, at this point in Judo most students fare well when being thrown initially, the key is to be certain that the preadolescent has been thoroughly trained to do ukemi properly.

There are many reasons for high attrition in Judo by preadolescents. Perhaps the most significant is the difficulty to overcome fear of being thrown. At the preadolescent level, the Coach is apt to be confronted with behavior patterns of severe immaturity. When the preadolescent

exhibits this type of behavior it is often due to failure. Failure can take many forms - it may be due to inability to do Judo techniques properly, a poor performance during randori, or losing in a shiai. The Coach **must** recognize this behavior and immediately support the child. In the youngest preadolescents, this type of emotion is greatly magnified.

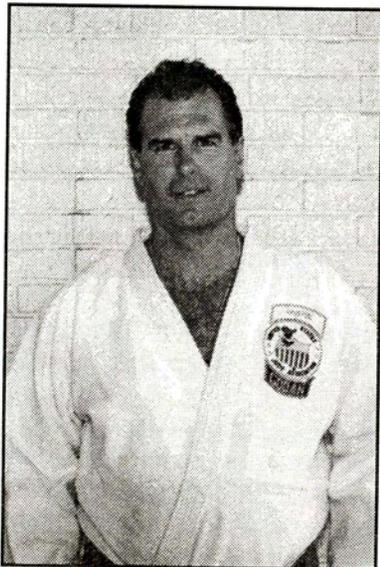
The preadolescent will be greatly influenced in either a positive or a negative manner by parental behavior. A Coach must be aware if the parents are pressuring the child in a negative way, and if possible should try to relieve this pressure.

There are several ways for the Coach to study parental behavior patterns to determine their attitudes. For example, he should note whether a parent is ever present during a Judo session, whether the parent ever makes contact with the Coach, and whether the parent is supportive if the child loses in a match. Lastly, he could note whether the parent feels that the child always does things correctly, or incorrectly. In dealing with parents, the Coach should attempt to establish a good rapport. If the parents are over-protective, the Coach should attempt to ease any of their anxieties.

It is wise for the Coach to have an initial meeting with parents prior to the child starting in Judo. In this meeting, the Coach should, above all, indicate that he holds the personal safety of the child as a top priority. By providing parents with the assurance that he places the child's welfare and well-being above everything else, he should gain their support and confidence.

(continued on page 13)

PROFILE OF A JUDO LEADER



Jan D. Finkbeiner - Godan, Judo - Godan, Jujitsu, Head Coach Juniata College Judo Club, Huntingdon, PA

Jan Finkbeiner began his Judo and Jujitsu career in 1972 in his hometown of Williamsport, PA, under the direction of Lanny Reed. For 26 years, in many capacities, he has continued practicing as a student, competitor and teacher.

As a competitor, he has competed successfully in many local, state, regional and national tournaments, including the Am-Can Games, the YMCA Nationals, and the Senior Nationals. Jan won first place at the State championships in 1974 - to date he has won five State championships, as well as placing at many other tournaments.

In 1979, Jan started his first USJA Judo club in Wellsboro, PA, where he continued to coach until 1981, when he was relocated to Altoona Park, PA, as a Track Supervisor for Conrail (Consolidated Rail Corporation). Once in the Altoona area, he

looked for and found a Judo club. He played, competed and became Assistant Coach for the Portage Judo Club from 1981-1985.

In 1983, Jan attended Camp Bushido in Moorehead, KY. While there he was honored to be the uki for George Harris and Willy Cahill, both of whom were teaching at the camp. He has also attended many other camps and clinics held by Willy Cahill, George Harris, Ryozo Nakamura, Sensei Isokawa, and others.

For three months in 1984, Jan taught at the State Police Academy in Johnstown, PA. He trained over 40 State and municipal police officers in self-defense and Jujitsu techniques. Over the years, he has also hosted and taught a number of womens' self-defense clinics.

In 1984, Jan began playing Judo at the Juniata College Judo Club under the direction of Dr. Bob Fisher, former teammate of Olympian Ben Campbell. And in 1986, Jan took over the club. In 1992 he began to build the club into a USJA Class "A" club, with over 60 Life Members to date. Seven of those members are Black Belts.

The Juniata College Judo Club is a competing club. Vigorous classes are held weekly, with non-college participants welcome. Its students attend and participate every year in local, State, regional and collegiate tournaments. Jan has successfully coached a number of winning students, and a few have qualified for national competitions. During the 1997-98 season, five competitors qualified for the Collegiate Nationals. At the 1998 Eastern Collegiates in Brockport, NY, Jan was voted "Coach of the Year."

Under his direction, the Juniata Judo Club has hosted many clinics and demonstrations. Some of the visitors from the USJA who held clinics there include: Ed Szejter, Mike and Pat Szejter, Phil Porter, Pete Lacroix, Professor George P. Nobles, and Dave Loshelders, among others.

In addition to coaching at the Juniata College Judo Club, Jan is currently assisting at a new Judo club in Altoona, PA - Progressive Martial Arts, which has recently registered as a USJA club, and whose members are avid competitors.

In May 1997, Jan began practicing Aikido, and is currently a member of the United States Aikido Federation.

It is Jan's belief that Judo has given him more positive things in life than he could ever have hoped for. He enjoys teaching, and watching students grow and progress, yet still considers himself a student of Judo, forever learning and striving for the perfection of his human character through the practice of Judo.

A SUGGESTION

When a non-member of the USJA (or any other Judo organization) wishes to compete in a tournament conducted by Tomodachi Judo Club, Boynton Beach, Florida, the Tournament Director waives the entry fee and registers the competitor with the USJA as an Annual Member. Perhaps all Tournament Directors could spread goodwill in this manner.



CURRENT IJF WEIGHT DIVISIONS FOR MEN AND WOMEN

Men:

<u>Kgs.</u>	<u>Lbs.</u>
Up to and including 60	132
Over 60 up to & incl. 66	145.2
Over 66 up to & incl. 73	160.6
Over 73 up to & incl. 81	178.2
Over 81 up to & incl. 90	198
Over 90 up to & incl. 100	198+
Over 100	220

Women:

Up to and including 48	105.6
Over 48 up to & incl. 52	114.4
Over 52 up to & incl. 57	125.4
Over 57 up to & incl. 63	138.6
Over 63 up to & incl. 70	154
Over 70 up to & incl. 78	171.6
Over 78	171.6+

TEACHING JUDO TO PREADOLESCENTS *(continued from page 11)*

Before the child steps on the mat for the first time, the Coach should chat with the child to gain his confidence and should explain that the child will not be pressured to do anything but his best.

Summarizing, the best principles that the Coach can adopt when teaching preadolescents, are as follows:

- Use positive reinforcement by providing feedback to correct mistakes;
- Make class sessions positive experiences;
- Show concern for the child while placing performance in a secondary role;
- Support the child in situations the child cannot cope with;
- Praise the child for skills performed correctly; and
- Always be patient with the child.

USJA NATIONAL AWARDS COMMITTEE SELECTIONS

The National Awards Committee met and selected the following outstanding Judo players for the year 1997:

Outstanding Male Athlete
MARTIN BOONZAAYER, Arizona

Outstanding Female Athlete
MARISSA PEDULLA, Pennsylvania

Most Improved Male Athlete
CLIFTON SUNADA, Colorado

Most Improved Female Athlete
JENNIFER CONTE, New York

Outstanding Kata Practitioner
RICHARD BRADLEY, California

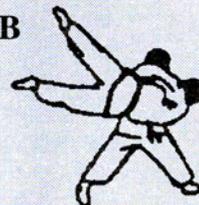
Coach of the Year
CHARLES ROBINSON, California

Life Member Contributor
VIRGIL BOWLES, Indiana

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FEAR: GOD'S GIFT TO MAN

by Don Martinez, Coach, Adventure Martial Arts, Salida, CO

Some time ago, after watching me compete in a rather grueling match, my fiance commented that I looked very calm and in control during combat. She asked, "Don't you ever get scared, or at least a little bit nervous?" I told her that I certainly did.

There's about a 20-second period during which I can hardly compose myself. It occurs when my name is announced for the match and lasts until the Referee begins the match. At times, it is so intense I can feel my legs wobble. But when the Referee says "Hajime!" something strange happens. I no longer feel nervous about how the audience will perceive my performance and I'm no longer afraid that my opponent will beat me. My mind focuses all of its intensity upon one central goal: beating my opponent.

Borrowing from an essay of Terry Bertin (owner of and Sensei at the dojo where I teach), I would describe it as a sort of psycho-physiological state of engagement. The body benefits from the previous state of fear experienced by the nervous system. When the brain perceives fear it causes the body to produce abnormal amounts of adrenaline. Adrenaline helps the brain and the body work at a higher rate of speed and, if channeled properly, also allows them to work better together. How well we are able to channel this force can make all the difference in competition and in an actual confrontation.

If we are unable to properly direct our fear, it will conquer us. Fear can consume a person, making it impossible to control his/her thoughts or actions. This state is usually referred to as *panic*, and if we panic,

we may be unable to act at crucial moments. Acts of heroism are accomplished when a person is able to channel his fear while at the same time others might be panicking. Many times these acts are very simple, but when we consider all of the surrounding elements, we deem the act to be very brave.

It is my personal belief that this is one of the great accomplishments to be gained from competition. I place the development of character above the thrill of victory and above the praise of the crowd.

In order to develop, we must learn to control our fear. Learn to put aside the insignificant surrounding factors and concentrate on the central task at hand.

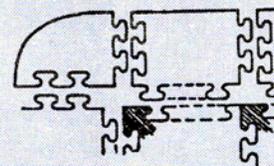
ONE DAY THE YELLS OF THE CROWD COULD BE THE ROAR OF A RAGING RIVER OR THE FLAMES OF A FIRE; AND, INSTEAD OF STRUGGLING FOR VICTORY, WE CAN BE FIGHTING FOR THE LIFE OF A LOVED ONE.

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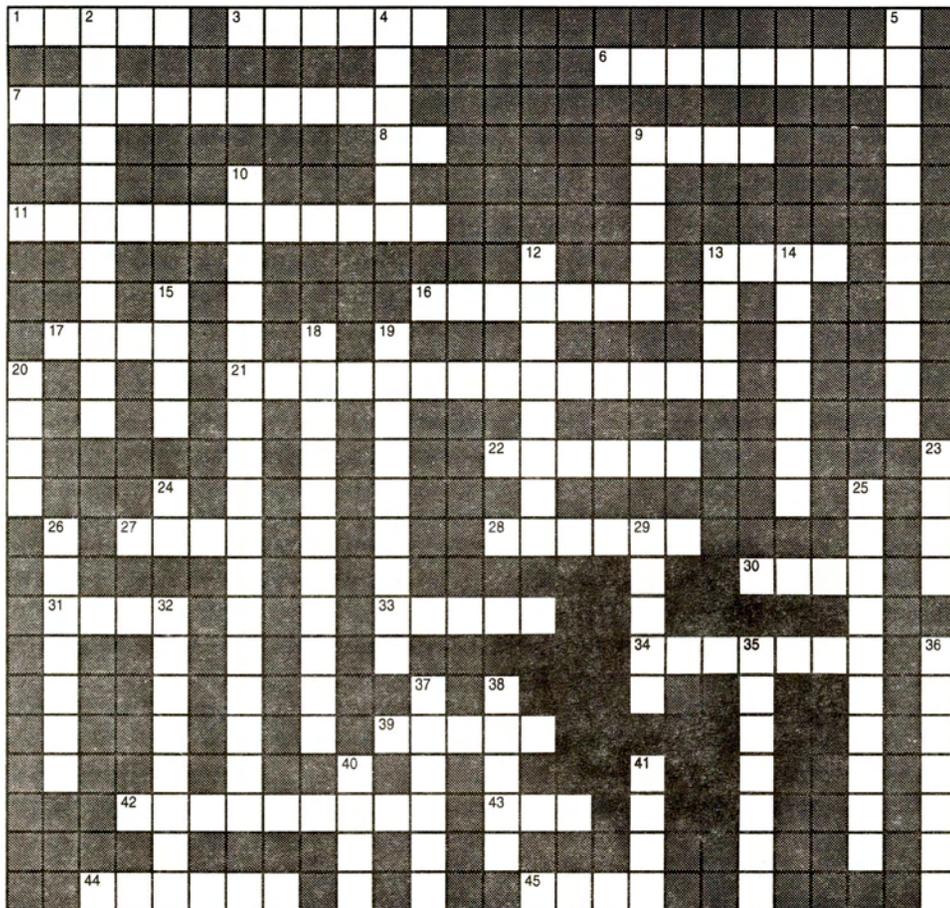
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CROSSWORD PUZZLE



Answer on page 21

A RULES QUESTION

The red (blue) contestant has a high collar grip and the white contestant ducks his head, causing red (blue) to be holding on the same side of the judogi with both hands.

Do you believe the Referee should:

- After a period of time with no attacks, call *matte* and assess *shido* to red (blue);
- Immediately assess *shido* to red (blue) for two hands on the same side;
- Do nothing and let the action continue;
- Allow a short time for white to attack, and if he does not, assess a *shido* to white; or
- Wait until red (blue) attacks, then wait 5 seconds. If he does not attack again or lets go, assess *shido* to red (blue).

If you guessed C. [Article 27, Appendix X of the IJF Rules], you were correct.

ACROSS

- Sixth class (kyu) judo rank
- Wheel
- Throwing techniques
- Major outer reaping throw
- Hand
- Inner or inside
- Basic defensive posture
- Outer or outside
- Major hip throw
- Reap
- Basic natural posture
- Hold
- Outer or outside
- Start (referee call)
- Execution of a throw
- Defensive
- Hip
- Entry into a judo throw
- Continue (referee call when both players are grappling and have been told to stop)
- Time's up (referee call)
- Basic or fundamental
- Natural
- Last name of the founder of judo

DOWN

- Scarf hold
- I surrender
- Holding techniques
- Falling
- Side quarter hold
- Don't move (referee call used to stop players in mat work but not to break them up)
- Shoulder
- Entry into a judo organization to which you belong
- Foot
- Little or minor
- Striking techniques
- Japanese unarmed combat before Judo
- Stop (referee call)
- Hold in effect (referee call)
- The name of the judo school that the founder of judo formed
- Balance
- Hold broken (referee call)
- Quarter
- Throw
- Side

SAD BUT TRUE . . .

There are over 12 million practitioners of Judo worldwide. Unfortunately, there are only 40,000 of them in the United States of America.



USJACOACH



ON WEARING THE BLUE JUDO GI

by Richard J. Celotto, Rokudan, IJF "A" Referee - Samurai Judo Club, Stamford, CT
Chairman, USJA Referee Certification committee

Wearing the blue judogi will become an integral part of the competitive experience, but its use since January 1998 has been scarce. Why is this?

During several of the Senior National Championship final contests, the red contestant chose to wear the red sash, yet had a reversible judogi with the blue turned inside. Why are they doing this?

When dealing with children, a cost factor understandably comes into play. Having to replace a judogi every year or every couple of years can be a financial drain. In the past, a white judogi could be purchased for \$25.00. The blue-and-white reversibles are over \$100.00, and buying both a white and a blue judogi can easily cost \$200.00.

For senior competitors and serious junior competitors, every effort should be made to wear the blue judogi. If you have one, use it. Coaches should encourage their competitors to wear the blue judogi.

Initially, in order to break in the blue judogi, it should be worn during practice - for two reasons. The judogi needs to be loosened up and get some wear. The other reason is the psychological effect of playing in a blue judogi when one has played in white their entire Judo life. After the initial break-in period and when comfortable wearing a blue judogi, if cost is an issue, save the blue judogi for competition.

Please do not be concerned with tradition. In a few years the blue judogi will become tradition. If you're worried about being labeled a show-off, don't think in these terms. It is part of the rules and all you are doing is following the rules.

Tournament officials and referees are very happy to see blue judogis. When it comes down to a very fast technique and an over-roll and the referee calls ippon, what happens when the referee gives it to the wrong contestant? All he saw was two white blurs. What do you think would

happen if one of the competitors was wearing a blue judogi? The probability of an error being made in this situation is greatly reduced. There are many instances where the blue judogi will aid the referee in making the correct call for the correct competitor. As a competitor, whichever color judogi you are wearing, this difference significantly helps the appropriate competitor to receive the score.

So - wear the blue judogi to help the referee give you the scores you deserve; wear the blue judogi to encourage others to wear it; wear the blue judogi so it is easier for the spectators to follow the action; and, wear the blue judogi because it is good for you and Judo.

Red sashes will continue to be worn by those who do not have a blue judogi, but as time goes by, for all the above reasons, the blue judogi will become more and more popular.



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PROMOTION OF GEORGE LEE HARRIS TO KUDAN

A REPORT ON CAMP GREENKILL, EASTERN NEW YORK

Sunday, August 16, 1998, was a special day in the history of American Judo. Over 150 judoka gathered together and lined up in seiza position. George Pasiuk (Rokudan) introduced the many accomplished Black Belts present, which to name just a few, included Ed Szejter (Hachidan), Yoichiro Matsumura (Hachidan), Nagayasu Ogasawara, Paul Lim, Noriyasu Kudo, Bonnie Korte, Angelo Parisi, and Sid Kelly - all Shichidans. On command, the entire assemblage did rei. George then introduced USJA President Jesse Jones (Hachidan), who took to the center of the mat and addressed the assembled judoka, wives and families.

Acknowledging that George Pasiuk had already commented on the accomplishments of a great Judo leader, Jesse went on to read a promotion certificate announcing that George Lee Harris had been promoted to Kudan. George was stunned, but finally stood and bowed to Jesse. They shook hands and the entire room, which up to that point had been silent, broke into applause lasting at least five minutes. The expression on George's face was one of great emotion, and he had difficulty finding the words to express his feelings. This promotion really was the surprise we had been hoping for.

The dojo was quiet as everyone looked upon this great Judo leader - George Lee Harris - whom they have known for years. George was really overwhelmed, and the expression on his face was one of disbelief; the best he could do was simply say thank you, at which the applause erupted again.

The following Saturday, August 22, a small group of friends arranged a party for

George, who by this time had regained his composure and was quick to thank everyone who had helped him through the years.

We are all especially proud of George Lee Harris, an active USJA Kudan and leader, and a jewel in the crown of American Judo. Congratulations, George!



PRESENTATION OF KUDAN CERTIFICATE TO GEORGE HARRIS BY USJA PRESIDENT JESSE JONES
Sunday, August 16, 1998 — Camp Greenkill, New York

WHY DO YOU LIKE JUDO?

Let us know, if possible in fifty words or less, and the best answers will be printed in the next issue of USJA COACH.

THE LESSON . . .

by James L. Haynes - Yodan, Judo - Godan, Jujitsu Coach, Texas A&M University @ Galveston Judo Club

In the late 50's, and as a relatively new Shodan, I visited a small town dojo right outside Tachikawa Air Base in Japan where I was assigned on short temporary duty. I'd been given an introduction to the dojo by the Japanese instructor of the Judo team on Base, and after I'd read it, the Sensei invited me to participate on the mat.

After changing, he bowed to me and extended his arms, which I took as direction that we randori to see where I was in my training. After a few seconds, I saw an opening and threw him with I believed was a sasae tsurikomi ashi. In order to impress him with my compete knowledge, I really whipped with my arms and controlled him to the mat on his back. Instantly, the other 15 or so Black Belts who were working out, stopped, and everything became silent, at which time I thought, "I think I made a mistake." The Sensei got up, bowed to me, and stepped back. For the rest of the evening my butt, back, shoulders, knees,

head, and stomach were literally bounced off the mat by those Black Belts, each of whom, in turn, bowed to me, and for about three or four minutes, grabbed me and pounded me to the mat, many of them using techniques I had never seen or heard of before.

There was no way to get out of it - I had violated a protocol, and I was to be punished. To make me further lose face, after the last Black Belt, I was trying to stumble off the mat to take a rest and nurse my bruises, when a couple of Brown Belts and an experienced WHITE Belt, came and did the same.

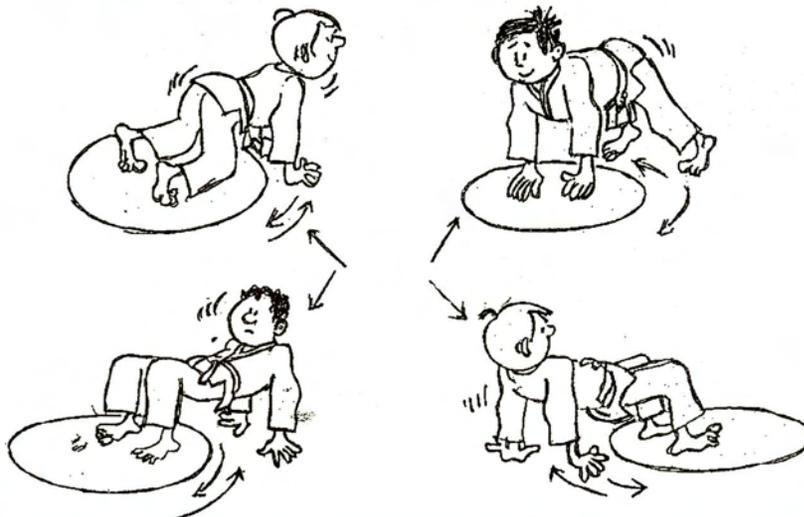
When I returned to the Base, I related to the instructor there what had happened. He laughed for about five minutes, then got serious and told me that both he and I had lost face because of my lack of respect for the Sensei - he for introducing me, and me for being so foolish. He went on to tell

me that the time to use my all against the Head Sensei was when specifically invited to do so. So - to this day, I tread carefully when visiting dojos for the first time.

As an aside, I went back to that dojo a couple of days later with one of the Japanese-American U.S. Air Force airmen, and with him translating, I practically grovelled in apology for my ignorance. The Sensei, with nary an expression on his face, nodded to me, waved his hand towards the mat in acceptance. I put on my gi and was allowed to do uchi komi's with the other students before randori, and got my butt busted again. This time, however, I was allowed to get in some of my licks, and on occasion (with sutemi waza) to get in a throw.

I must say though, that on neither of those two occasions were shime waza or kansetsu waza used against me. I was merely being taught a lesson.

JUDO TRAINING GAME



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THE HARD PROCESS OF BUILDING AMERICAN JUDO

A Message to All Club Leaders

There are many clubs whose members do not participate in the many clinics, tournaments and camps offered by the USJA. If only 5 members from each of those clubs participated, they would gain valuable experience to take back to their fellow judoka, and the cause for American Judo would be furthered both by participation and by word-of-mouth.

So, the question is, WHY, in our country, is Judo such a minority sport? The answer is simple: club leaders are not encouraging their members to go outside the club environment. Club leaders do not attend, so members do not attend, and all of them adopt a lackadaisical attitude when it comes to participating in any function that is not absolutely related to their area. This adds up to very little respect for the people or clubs who are hosting an event, resulting in little respect for the clinicians, tournament and camp directors.

There are, of course, leaders throughout the country who do take their members to as many events as they can, and they have our respect and gratitude. Unfortunately, however, there are many "no-shows" among our leaders.

If we, as leaders, do not attend these functions, word-of-mouth information and enthusiasm will not be generated, and no recruitment takes place enabling a club to

grow. There are over 500 clubs in the USJA with ten or less members, and it seems their leaders are content with this. Such an attitude cannot promote the growth of Judo in the United States. France, with a total population equalling a tiny fraction of that of our country, has over 800,000 registered judoka. Germany, England, and all the small European countries have many thousands registered. We are the greatest nation in the world and could register one million new judoka every year - if only our leaders would demonstrate more enthusiasm to their students.

The USJA has a comprehensive schedule of camps, tournaments, and many clinics. Will you be a leader? Will you attend one of these functions and bring your students? Will you support the USJA in building American Judo? The USJA is your rallying point - but we can't do it alone. Ask yourselves how much Judo you want to see in the United States. Examine whether or not you are a committed judoka, or are simply satisfied to proudly hang a Black Belt certificate on the wall. *We must look to you to keep the fire going!*

So, this is a call to our club leaders. The United States of America has been ranked No. 17 in the world for a long time; it is our fervent hope that you will consider the contents of this article and join with us in trying to do something about it!

WANTED: CHAMPIONS - No Medals Required!

by Elaine Meyer, Godan - Coach, USJA
National Training Center

At this time in history, our world is desperately in need of Champions - not the kind seeking notoriety, national, international, or even Olympic gold medals. We need champions who are sincere and dedicated people, anxious to become involved in bettering themselves, their communities, our country, and the world in which we live. Here is a profile of the Champions to which I am referring. They are people who:

1. Maintain their innocence and enthusiasm for life; and remain simple and pure in motivation, keeping the child within their heart and soul alive and dominant.
2. Perform at their optimum best *in all endeavors* - work, relationships, spirituality, and athletics.
3. Are genuinely compassionate; who love instead of judge; and who refrain from speaking negatively about others.
4. Have an open mind and heart where love prevails *in all*.
5. Are honest with themselves and others; committed to seeking *and living* the truth.
6. Are willing to take a stand and remain constant during a conflict; and who possess the courage to fight for what they believe is right and good.

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

(continued on page 20)

DON'T DRINK THE WATER!

A word of advice for those of you planning to travel outside the United States - don't drink the water or eat the fruit!

Water and fruit in other countries contain microorganisms/parasites just as ours do. The big difference, however, is that we have built up immunities to the tiny invaders present in our water and fruit by continual, daily consumption. Our bodies are highly adaptive, so they learn to cope and eliminate unwanted guests.

On the other hand, since we have not been previously exposed to the invaders in foreign water and fruit, our systems have great difficulty in coping with them; thus, we become susceptible to new disease states due to their unopposed infiltration. Some people can cope well in these circumstances, but there are others who cannot at all and may experience serious health complications from this exposure.

Following is a list of recommendations regarding safe nutrition in foreign countries:

1. Boil, for at least 10 minutes, all water to be consumed or used to brush teeth.
2. Do not drink bottled spring or artesian water. Bottled distilled water is acceptable.
3. Hot beverages such as coffee and tea should not be consumed unless the water used in their preparation has been boiled at least 10 minutes.
4. Do not eat fruit of any kind.
5. Eat only well-cooked meats, except in the case of Japanese sushi/sashimi.
6. Take a small amount of staple products along so that you can consume some food familiar to your system during your trip.

WANTED: CHAMPIONS *(continued from page 19)*

7. Understand their individual essence; and stay true to that (quietly, not bitterly or arrogantly), relying on their own intuition and judgment.
 8. Consistently focus on their ideals and principles, *no matter what the circumstances or sacrifices*.
 9. Deeply appreciate the opportunities afforded by a free nation and are proud and grateful to be here in America.
 10. Regularly practice generosity and are willing to give of themselves for the sake of others.
 11. Exercise discipline and control in every aspect of their lives
 12. Are congruent in thought, word, and deed.
 13. Live humbly, giving credit to the many others without whom their successes would have not been possible.
 14. Seek to find the good in everyone they meet, while also making a significant contribution to them in return.
 15. Lastly, but most importantly, will live each day as if it is their very last.
- Yes, today we need *real* Champions to meet these standards. Dare to try. Dedicate your heart. Together we can accomplish miracles.

THREE ETERNAL RULES

by Dr. Chris Dewey, Godan - Judo and Jujitsu Coach, Starkville Martial Arts Academy, MS (excerpted with permission from "The Starkville Martial Artist")

There are three basic rules of life that, somewhere in the process of growing up, we all need to learn. We have talked obliquely about them in many of our articles, but a recent newspaper article crystallized a lot of what we have been attempting to convey.

In simple terms, the rules are these:

1. We are completely responsible for the choices we make;
2. If we make good choices, good things tend to come as a result; and
3. If we make bad choices, sooner or later bad things will happen.

There is no way to avoid these realities. We can blame work, society, our parents, luck, God, anything or anyone we want, when things go wrong in life, but all we are doing is avoiding responsibility.

It has been said that children today are self-centered, petulant, demanding, discourteous, selfish and ungrateful, and I'm not sure that my parents didn't say much the same things of me as I grew up, but that's exactly the point ... somewhere along the way I took responsibility for my life and did some growing up. The choices I make will create change around me; it is up to me whether I want those changes to be for the better or not. I have to learn to stand on my own two feet and accept responsibility for myself, my choices, and my actions.

(continued on page 21)



FUN AND GAMES OFF THE INTERNET

Do you remember that a number of years ago, in addition to inter-club randoris and IJF rules tournaments, there were other fun-like activities done just for the enjoyment of it?

Such as lining everyone up by height, with every other person crossing the mat to face the others; the two end players would fight until ippon or for one or two minutes (if no score, immediately stop the match). The loser would sit down and the next person in line on that side would come out to fight the winner - and so on up the line. The winning team would be the side with members still standing, and the losing team bought the refreshments!

Another was "king of the hill." Mark off a three-meter square, put one person in

the middle; two persons come in to uproot the king by throwing him out. (Only tachi waza.) If the initial person - the king - threw just one out, or forced just one to step out (like sumo), both the newcomers left. If the king was forced out, the primary one forcing him out became the new king - scored by the number of rounds the king won. Kings get free refreshments.

Another was "iron man", done in various ways, always started with the best player. Fight had to last three minutes, regardless of ippons, etc. If he won (total score during the match) he took on the next best player for a full three minutes. By the time he had fought three or four players, he was tiring and now a lesser player had a better chance.

These exercises were always popular and generally were done as dual-meets with another dojo. Good friends were made and attendance was good. Many people brought their friends (perhaps just for the refreshments), but the possibility of recruiting new students was always there. Old Sensei on the sidelines broke from their usual poker-faced expressions by smiling and hollering encouragement to the players. It was their way of turning themselves loose for fun and games and being allowed to relax.

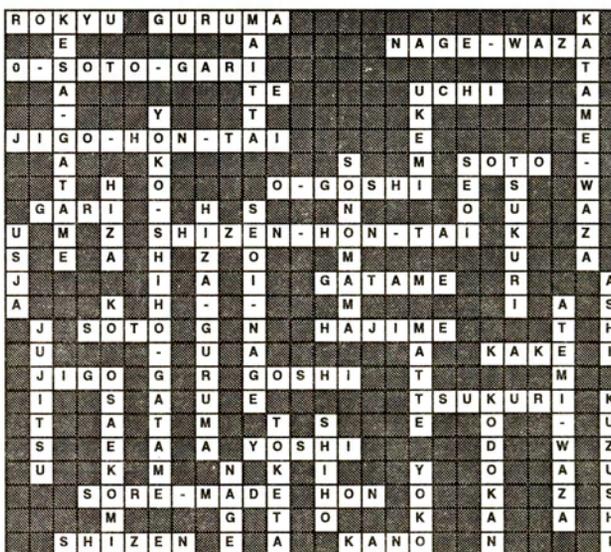
There are surely many other additional motivating game methods. There's always been talk of games for kids, but we're missing the boat on adult games. Adult JUDO games, that is.

THREE ETERNAL RULES *(continued from page 20)*

My firm belief is that if we do not teach our children to take responsibility for themselves, then we do them a great disservice.

Those who take responsibility for their choices, rather than look for people or events to blame, are much more apt to cope with life's setbacks with a greater sense of calm and resolve. As long as we expect the world to solve our problems for us, we fail to rise to our potential. As soon as we accept responsibility for ourselves, the expression "it's not my fault" is no longer an option, and life becomes a store-house of opportunity.

Answer for puzzle on page 15



Answer to "Name This Technique" on page 9:
WAKI OTOSHI



.....

EXAMINER PROGRAM CHANGES

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

To make the Examiner Certification Program more consistent, it is in the process of change. The changes being brought about will affect only Examiners; they will have no effect on any other certification program.

Certified Examiners below the rank of Sandan (3rd degree) whose certificates expire, will no longer be recertified. All Examiners are once again to be Sandan or above. All Examiners who are not Master Examiners may be certified at one of the summer camps or a sanctioned clinic designated for Examiners. Two Master Examiners must be present for the purpose of certification.

These changes are designed to insure that only the most qualified individuals are certified. All Examiners who are not Master Examiners may be certified by a Master Examiner. All Master Examiners may be certified at a USJA camp, or by two Master Examiners at a USJA sanctioned clinic established for the purpose of certifying Examiners.

Some may question these changes. Their purpose is to establish an adherence to the policies of testing for promotion with full knowledge of all the required technical performance. There must never be a question as to the validity of our promotional test requirements, or that our

members are being fully examined. This means all USJA Examiners must have complete knowledge of all the technical information, and it is to this end that these changes are being put into effect.

It is to be remembered that Coaches may recommend their students for promotion up to one grade below their own rank. Examiner certification policies do not affect promotion policies in any way.

At the recent Camp Bushido in Colorado Springs, all of the mat work contained in the new Senior Handbook was recorded on video tape. These new tapes will be available through the USJA National Office when editing is complete.

.....

ON PROMOTIONS

by Ronald R. Hansen, Chairman, USJA Promotion Committee

I see my job as Chairman of the USJA Promotion Committee as that of a manager of the promotion process. It is my job to inform the Committee of the credentials of candidates, provide copies of any correspondence, and/or relate information I receive by way of the many calls that come in to me from candidates for promotion.

Of particular importance to the process is that the date of rank be examined, so that Board members can be assured the date is correct; and, more importantly, that the previous rank-granting authority is one recognized by the USJA, USJI or USJF. We do recognize rank authorities in other countries, but first we must make sure that the rank-granting authority is legitimate. As examples - I find that some candidates have

rank histories that are not supported by any organization, have "club ranks," have out-of-country ranks awarded by unrecognized associations, and, in some cases, have nothing at all to support their claim to rank.

Candidates should remember that the USJA must remain a fair evaluator of the qualifications of candidates, and also protect our reputation, particularly in light of past practices. Our organization also offers another process where candidates can begin to qualify their rank by validation. As a matter of practice, the Board is not inclined to validate rank over Sandan, unless there is some overwhelming reason.

Since rank grading seems always to be a vocal point of Judo organizations, the

USJA Promotion Board and President are extremely cognizant of the need for fairness and impartiality in our deliberations.

My best advice, as your Promotion Board Chairman, is to present your accomplishments straight-up and completely explain any problems concerning rank dates and certifications. It is always helpful if a candidate can photocopy all certificates for review by the Board. This assures the candidate and members of the Board that the information is correct. If a certificate or date is in question, then the candidate should be prepared to offer an explanation.

Our promotion system will protect the integrity of our ranks, or, perhaps, *return* the integrity of our ranks.



USJA STATUS REPORT AS OF SEPTEMBER 1998

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.

Top 25 Clubs

	Member Count
Vineland Judo Club	425
Tremont Judo Club	339
New London Judo Club	323
USJA National Training Center	315
Ohio Judan Judo Club	306
Jundokai Judo & Jujitsu Club	299
Omaha TaeKwonDo Judo Center	297
Samurai Judo Association	291
Epizoundes Martial Arts	227
Tomodachi Judo Club	205
Yellowhill Judo Club	180
Harrisburg Judokai	176
Cahill's Judo Club	175
Fayetteville-Ft. Bragg Judo Club	170
Virgil's Judo Club	161
Goltz Judo Club	160
Carolinas American Judo Association	158
Tarheel Judo School	158
Unidos Judo Clubs	155
Desert Judo Club	147
Roanoke Judo Club	144
Yukon Kuskokwim Judo Club	143
Fox Valley Judo Club	124
Solano College Judo Club	119
Charleston Martial Arts	116

Top 20 States

	Count
CA	3,146
FL	1,588
NY	1,542
OH	1,230
NC	1,152
NJ	1,007
TX	982
PA	974
AZ	854
CT	755
VA	713
IL	682
CO	663
WI	648
IN	636
SC	538
WA	495
NE	480
MI	480
MO	467

EXCERPTED FROM THE USJA SENIOR HANDBOOK

Page 23 - AUTHORITY TO PROMOTE - Para. 3

"The USJA does not delegate promotion authority to any instructor(s) or other individuals of the Association. USJA instructors and examiners have recommending authority only, as delineated later on in this chapter, while the USJA retains promotion authority for all promotions."

Sponsor a Piece of **American Judo History**

In an effort to restore and upgrade the training facilities at the USJA National Training Center, we are offering stewardships to secure the needed funds.

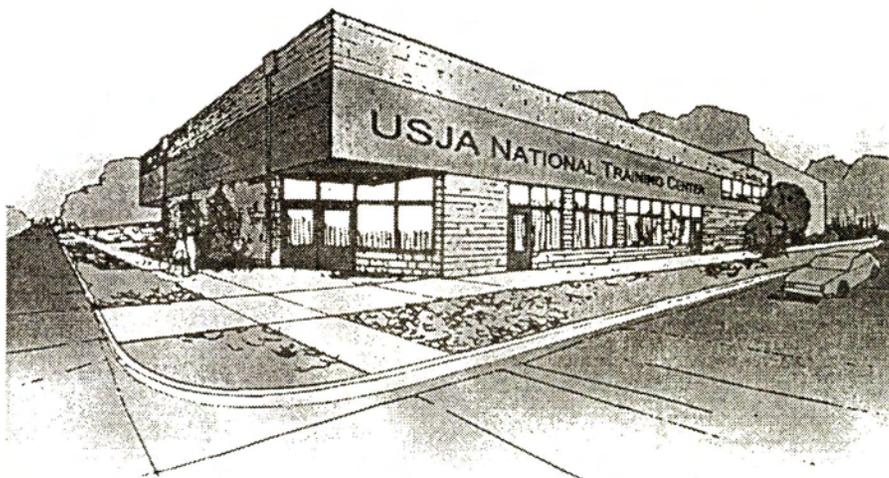
Completed in 1984, this monument to American judo is located near downtown Colorado Springs in the shadow of beautiful Pikes Peak. The area of the Center is approximately 7,000 square feet, and you can personally become a sponsor of one square foot for a tax deductible donation of \$100.00.

You will receive a beautiful Certificate of Stewardship, and your name will be inscribed on a permanent plaque that will hang in the National Training Center. The number of square feet that you can sponsor is not limited, but act now. When the area is claimed, this opportunity will be gone forever.

Please complete the enclosed form with your name as you wish it to appear on the certificate and plaque. You may also designate "in memory of" or "in honor of" by checking the appropriate box. Send this form along with your tax deductible donation to:

United States Judo Association
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Colorado Springs, CO 80909

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YES! I'd like to sponsor a piece of American Judo History.

Order Information (*please print clearly*)

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Please add the following name(s) to the plaque(s):

"in memory of" "in honor of" _____

"in memory of" "in honor of" _____

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Signature: _____

Send My Certificate to:

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USJACOACH



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