



# United States Judo Association Newsletter

April 2022

## ***Olympian Jim Bregman*** ***An Advocate for American Judo*** **by Abdul Rashid**

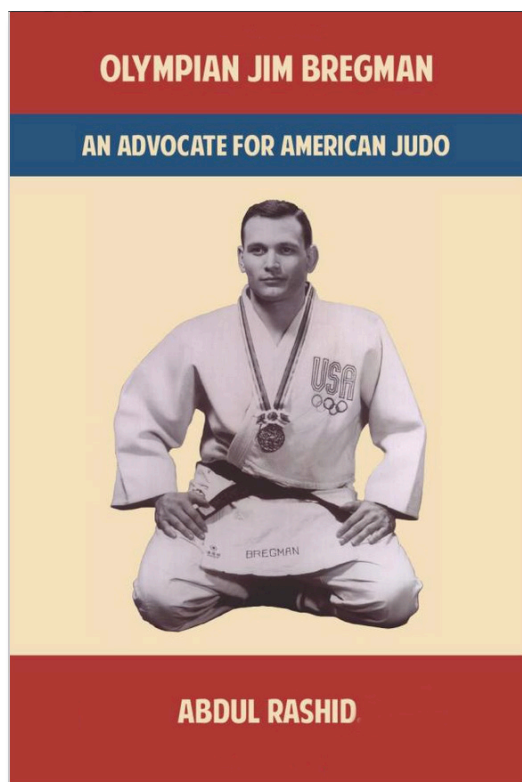
Abdul Rashid conducted an extensive interview with Judo Olympian, USJA founder and past President Jim Bregman.

He shares his martial arts journey in great detail, from his initial lessons at the Washington Judo Club, training under notable figures such as Jimmy Takemori, Donn Draeger and Takahiko Ishikawa. Let him take you back in time to a different era as you read about his experiences, training in Japan and preparing for the 1964 Tokyo Olympics.

All proceeds from the sale of this book  
will be donated to the USJA.

Please use this link:

<https://smile.amazon.com/Olympian-Jim-Bregman-Advocate-American/dp/B09WHKQ15Z?pldnSite=1>





# Presentation for Rear Admiral J. Scott Burhoe

by CWO2 Peter C. Mantel, Godan

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The Coast Guard Judo Club presented Rear Admiral (RDML) J. Scott Burhoe with an Honorary promotion to Shodan and Life Membership to the USJA. This was made possible by Jim Bregman, who conducted a two day clinic and was introduced to then Captain Burhoe, Commanding Officer of Coast Guard Training Center Yorktown, VA.

Mr. Bregman was given a special "Command Coin" for his contributions in helping the Coast Guard Judo Club improve its skills. But it's really RDML Burhoe who deserves the recognition, as it is rare to receive support from such a high ranking officer. In these times of heightened defense and the Coast Guard's Homeland Security mission keeping its members quite busy, it's hard to imagine any boss giving his crew time to concentrate on staying in shape and improving morale. RDML Burhoe's leadership style allows the crew to grow on its own, and only provides course corrections as necessary. Although there are a huge number of aspiring athletes among all the active duty branches, they often are overlooked by their commanding officers and are not given the opportunities to compete or travel to important tournaments to gain experience.

RDML Burhoe allowed all members of the Coast Guard Judo Club to receive "permissive orders" when attending tournaments. This meant they could travel together as a team in a government van provided at no cost, as well as free gas. Furthermore, all days off for competition were not counted against the member's leave balance. Moreover, the entire mat surface, gym and weight room are free for all members of the club.

Coach Peter Mantel says he, "could not ask for anything better and was amazed at RDML Burhoe's generosity. I just can't believe that I have a beautiful dojo, weights, and all the equipment to generate the best judo possible. I wish all Commanding Officers were more like Admiral Burhoe. He understands that sailors and soldiers have dreams other than getting to the highest military rank. Admiral Burhoe really supports physical fitness and knows it is vital to keeping a balanced mind in these very demanding times for all of our military members."

RDML Burhoe is transferring to U. S. Coast Guard Headquarters in Washington, DC, where he will head up the Office of Government and Public Affairs for the service. This is especially significant, as he can still act as a liaison to the other services for all sports related events, and be a spokesman for American Judo, promoting international military competition and goodwill throughout the judo community worldwide.



## We want to feature your club!

Our first featured club is Downtown Martial Arts Academy in Starkville, MS in the March issue (see below)..  
Your club will get a full spread (approx. 16 x 11) in an upcoming USJA newsletter, suitable for printing and posting locally.

You can help us by providing the following information and photos:

Name of your Dojo.

Your logo as a JPG or PDF file

Location (address, email contact, phone number, days you have class)

A short history of your Dojo.

Name(s), short bio and photo of the Head instructor(s).

Highlight a male and female player with short bios and photos.

Some candid photos of practice and/or clinics, seminars or shiais.

You will retain the copyright on all this information and photos. JPEG, PSD or TIF files for the images.

Please email to: [americanjudomag@gmail.com](mailto:americanjudomag@gmail.com)

## Get to know us



Downtown Martial Arts Academy  
909-B Lynn Lane, Starkville, MS 39759  
(662) 268-8208  
[DowntownMartialArtsAcademy@gmail.com](mailto:DowntownMartialArtsAcademy@gmail.com)

The club is led by Doug Bedsaul, who is a CRE, Continental Coach, and chair of the USJA Regional Coordinators Committee. Located in Starkville, Mississippi, Downtown Martial Arts Academy has classes for all ages in judo, jujutsu, and taekwondo.

Doug picked up the mantle in Starkville when his judo instructor, Dr. Chris Dewey, moved away from the area. Classes maintain an emphasis on practical self defense, but the club has also seen competitive success.

With a few national champions on its roster, the team won the first place award at the recent Gulf Coast Judo Open. Instructors encourage lifelong learning, which includes traveling to clinics and camps, and bringing Olympians to town. Nick Delpopolo and Marti Malloy are both scheduled to teach over the next few months.



Lineup for the adult session of the Marti Malloy clinic at Downtown Martial Arts Academy on June 9, 2018



DMAA junior team for the Gulf Coast Judo Open 2/19/22  
Beau Arney, Max Bian, Jamarion Lee, Zaylen Turnipseed, Aiden Carver, Colin Smith, Hunter Long, Marshall Bian, Timothy Anthony, Weston Cooper, Ethan Jackson, Rhett Cooper, Abbi Crump



Large group listening attentively to Olympic medalist Marti Malloy



DMAA senior team for the Gulf Coast Judo Open 2/19/22  
Doug Bedsaul, Charles Moore, Brian Green, Abbi Crump, Caleb Messer, Jackson Pipes, Daniel Miller

All photos courtesy of Doug Bedsaul





# From the Coach Education Committee





Dear USJA Coaches:

Thanks to all those who have persevered through the COVID pandemic challenges and continue to work to adjust and get back to normality. To address some of these challenges, the following is provided to help you continue and give some relief to retain certifications and help those seeking credentials.


## IN ALL CASES

Safesport, Concussion/HeadsUp, and Background Screens **MUST** be kept current for credentials to be valid. Other qualifying requirements are indicated on form. <https://www.usja.net/committee/coach>






## Renewing Coaches

-  Unexpired USJA certifications may be renewed for FOUR years (Use form from USJA website).
-  Unexpired coaching credentials from USA Judo, USJF or other viable sport, may be attached to the application form and submitted to USJA Support..
-  Expired USJA certifications will be considered for renewal for 4 years (Use form from USJA website) and attach old certificate and submit to USJA Support.
-  Expired coaching credentials from USA Judo, USJF or other viable sport, may be attached to the application form and submitted to USJA Support, for coaching local certifications.

## New Coach Certification

 Through in-person Coach sanctioned event in your region, provided by certified clinician. The clinician will sign off on your form. Submit documentation and fee to USJA Support.

Through on-line coaching course completion, attach certificate to USJA form and submit to USJA Support.

-  USJF and USA Judo course completion will be accepted for certification. Please attach the certificate to the USJA form and submit to USJA Support.
-  National Federation of High School Sports (NFHSS) online (alternative self-paced course for new coaches), local level 1.
-  Fundamentals of Coaching
-  Certificate on passing/completing
-  Any other viable sport direct or online completed coach certifications.

Other specific requirements may be addressed to the undersigned directly. We will endeavor to set up certification clinics where there are sufficient numbers for sanctioned events. Special safety protocols will be set up for in-person clinics, as per USJA and Local city and state requirements. Badges may also be requested for the term of your certification (details on the Coach certification form).

We look forward to serving your needs and seeing you at our next event. Stay safe.

Respectfully ... Chima

Chair, Coach Education Committee

214-566-9591

# The rules for Judo contests from 1944 written by Mel Bruno

## JUDO AS A SPORT

### CONTEST RULES

During idle times at a Station or on Island X, Judo can be a source of a morale builder using the exercises to build stamina in the men. Also by following the following simple rules - it is a source of competitive clean sport. It is not necessary to have elaborate gear and equipment. The Government Issue of clothes will furnish the costume necessary.

#### RULES:

1. Where mats are not obtainable, clear and level a space of ground as near 24 ft. by 24 ft. square as possible, stretch a tarp or canvas if obtainable after the sharp obstacles (stones, sticks, etc.) have been removed and this arrangement makes an ideal place for a contest.
2. COSTUME - One must have on blouse and trousers-G.I. and belt.
3. FOR INDIVIDUAL CONTEST - Size or weight makes no difference.
4. OFFICIALS - 1. Referee, one timekeeper preferably one who is an instructor of Judo or has had training in same.
5. METHOD OF STARTING CONTEST - For individual or team- Opponents face each other from opposite corners diagonally - come to center, shake hands, reverse positions and start at signal of timekeeper.
6. LENGTH OF BOUTS - 3 minutes or 5 minutes with time out only for going out of square or time allowed for injury. 3 minutes in case of injury and contestant is not able to proceed at end of 3 minutes, bout is awarded to other contestant.
7. Contestants are allowed to grasp hold of any part of clothing or body except - privates, hands or hand over eyes and mouth, biting or pulling of ears, twisting of ankle, kicking, hitting or butting are not allowed. Striking with side or sole of foot is not to be called kicking.
8. Each contestant shall make an honest effort to throw using any Judo method, trip to throw or on ground grasp any hold using either clothes or part of body to have complete control of opponent. Chokes are allowed to hold opponent in this form not changing for 30 seconds - or by choke or lock cause contestant to give up - shall be a winner.

#### 9. POINTS OF CONTEST:

- a. Perfect clean throw or trip causing opponent to land flat on back and retaining perfect control at same time. 1 point or win.
  - b. One near perfect throw but still retaining control.  $\frac{1}{2}$  point. Two near falls 1 point or win.
  - c. Having contestant on mat or ground in specific hold cannot escape or do bodily harm to opponent. For 30 seconds - 1 point or win.
  - d. Having obtained a choke or lock causing opponent to give up - 1 point or win.  
(Bending of fingers or wrists prohibited.)
10. Referee is sole judge and his decisions are final -  
NOTE - Referee is to watch each move or hold at all times and when a contestant has obtained a choke hold or a dangerous lock and knowing same he must stop contest and award decision or contest to contestant having the hold.

11. When a contestant pats any part of his opponent's body or person or mat it is a signal he has given up.

12. Much emphasis of throws are to be made as possible as it develops perfect Judo.  
Referee - seeing that two contestants on mat have no chance of obtaining a hold or choke - should stop contest and start them in standing position.)

#### 13. TYPES OF CONTESTS:

- a. Individual - 2 contestants.
- b. Team - where any equal number of contestants participate. This type of contest should be encouraged. Take any number of contestants divide into equal numbers. Stand facing, put short men opposite and arrange by height - start with short men - in the team contest one is to remain in contest until defeated no time is allowed between bouts - Scoring is the same. Team having the greatest number of men who have not contested is disclosed winner.