



United States Judo Association Newsletter

June/July/August 2022





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From the President of the Board:

I am deeply honored to step in as your new President!

I have been involved in judo since 1976 and started my career in the San Francisco Bay area at Lee's Judo Club in Pacifica, CA. I joined the U.S. Coast Guard in 1986 and spent 30 years as a boat and ship driver traveling around the world and continued my involvement in competition. Thanks to the tremendous support of my former coach Terry Kelly, I was able to join the National Judo Institute in Colorado Springs, CO, from 1990-1992.

I worked at a recruiting office in Denver while on active duty. I earned my Shodan from Phil Porter and learned a lot of judo from all the great people who trained on the mat there.

I continued my judo career as I served on four different ships on the west coast in Long Beach, San Diego, and Bodega Bay, CA. I brought a gi and trained everywhere the ship pulled into, including Vladivostok, Russia. I have coached clubs in Yorktown, VA and presently run the Williamsburg Judo Club in Virginia. Judo greatly enabled me to become a strong leader in the military and to work easily with people of all cultures, ranks, and ethnic backgrounds.

My vision for the USJA is to bring unity, build stronger partnerships among all the judo associations and enhance a more substantial value in our membership. I firmly believe in the 'whole person' method of promotion and advocate for teamwork to build stronger individuals who wish to thrive in any facet of judo. We are a family whether we are competitors, recreational players, kata practitioners, referees, or whomever we choose when we put that gi on.

Please join me in bringing judo together to embrace diversity in our clubs and continue as America's premier judo association!

Very Respectfully,

Pete Mantel



All submissions to The *United States Judo Association Newsletter* are carefully reviewed by the Editor. If you wish to submit materials please send those articles, photos, regional, national or international tournaments/camps, or such items to the Editor at americanjudomag@gmail.com. When submitting photos, please send them in digital format with a relevant caption and credit to the photographer; action and group photos are welcomed, without shadowy faces that are unrecognizable, or totally black backgrounds. **The copyright for all articles/photographs remains with the authors/photographers.**



June 2022 Promotion Board Committee News

USJA Judo ranks are a measure of a student's achievement in Judo. They are a testimony of skill, knowledge, and sportsmanship, attained through diligent study, practice, tournament participation and devotion to Judo

Congratulations to the following May & June 2022 Dan promotions:

Matthew Everett	Shodan	Makoto Kai Judo
Daniel Bermudez Jr.	Shodan	Makoto Kai Judo
Nathan Boston	Shodan	Stevens Point Judo Club
Martin Sebastian	Shodan	SOHK Judo Club
Matthew Heifer	Shodan	Southam Dojo LLC
T. J. Buckingham	Nidan	Budokan Judo Club
Shawna Scarbrough	Nidan	Buckeye Thunderbird Judo
Jassen D. Andrus	Nidan	Makoto Kai Judo
Brian Sell	Nidan	Southam Dojo LLC
Sergio Sanchez Jr.	Nidan	Ryoku Judo Club
Felipe S. Suarez	Sandan	SOHK Judo Club
Pat McGuire	Sandan	Insight Brazillian Jiu Jitsu
Regilio E. Van Eer	Godan	San Yama Bushi Judo Club

USJA Judo Rank Promotion System

Club promotions are not a valid rank credential. To ensure your students continue to be motivated, conduct timely promotions. We have students that have been in the same rank for multiple years. No jump promotions (skipping a grade) are permitted in the USJA Rank System. Once a student is registered in any Judo rank, they can be promoted only to the next higher rank and must fulfill all the requirements for that rank before being promoted.

The Q3 USJA Judo Rank & Certification call will take place in August 2022.

The Q4 USJA Judo Rank & Certification call will take place in October 2022.

For Rokudan (6th dan) and above, the promotion packet must be sent to the National Office by September 1, 2022, to be considered.

Need help with Black Belt Promotions? We have club black belts that have no one in their area to assist with their own promotions because their Sensei has moved, deceased, or stopped playing judo. We have new black belts that were not trained in the promotion process or just have questions and not sure whom to ask. We have individuals that have not tested in years and no one following up with them. Reach out to your local Certified Rank Examiner or the CRE Committee to assist with these situations and others.

A list of CRE and their locations are posted at: <https://www.usja.net/committee/cre>



The NYPD Brazilian Jui-jitsu club and their friendship with the Nassau County PAL Judo Club

by John Schneider

In the Fall of 2021, the NYPD wanted to increase the number of sports clubs that they sponsored, as this was especially crucial after all the lives lost to COVID. The agency believed that sports clubs help promote both physical and mental health and provided members of the service with a positive outlet to relieve stress and make new friends. Additionally, it helped members of the service cope and deal with all the death that they had dealt with during COVID. Detective Frank Sepulveda and his wife Joanne (also a member of the service) started the NYPD Brazilian Jiu-jitsu Team which currently has approximately 150-200 members and it grows every week. Besides a small initiation fee, the club is free to all Law enforcement. The initiation fee is used to provide members who want to compete in tournaments with funding for travel and uniforms for the tournaments. Currently, members include NYPD officers, MTA Officers, State Troopers, Federal agents and many other members of the law enforcement community. The head coach of the NYPD Brazilian Jiu-jitsu Team is Gustavo Lee Costa. He became an NYPD officer at the age of 35 and grew-up in Brazil; ironically, the first martial art he studied was actually Judo. He was a 3rd degree Brazilian Jiu-jitsu black belt who ran The Renzo Whitestone Brazilian Jiu-jitsu school. There has been an overwhelming response of world champions who want to help the NYPD in their training related to the Brazilian Jiu-jitsu team. Below is a list of just a few of the champions.

Through Gustavo and Frank's connection in the martial arts community free seminars have been given by Renzo Gracie, multiple world champions, and additional family members such as Matt Serra UFC champion and multiple Brazilian Jiu-jitsu champion, Emily Kwok, and Victor Shaolin a 3-time world champion. Emily Kwok a female Brazilian black belt and world champion held a women's only seminar, which my wife Isabel Schneider (Judo blackbelt) attended, the purpose of this was to encourage women to participate in Brazilian Jiu-jitsu. It has become so popular in the Brazilian world they sometimes offer free or reduced tuition to join their seminars. After enrolling in Jiu-jitsu with members of the club, Gustavo Lee Costa asked me where I trained before, I told him I am primarily a Judoka. I am a Black belt in Judo under Dave Passoff and had been training Judo for many years. He then asked me if I would train the members of the club in takedowns. I said it would be my pleasure. I was shortly promoted to the rank of blue belt in Jiu-jitsu and have been teaching Judo throws, submission and hold downs usually for about thirty or so minutes each class.

The team allows law enforcement members to work on four (4) different concepts related to both Judo and Jiu-jitsu, the ability to take down and subdue a suspect without causing an injury; the ability to learn the necessary skills to enter a judo or jiu-jitsu competition including the methods of scoring; the ability to learn self-defense and the ability to apply learned skills in actual combat situations against actual opponents (a form of law enforcement randori).

The NYPD Brazilian Jiu-jitsu team program consists of seminars and also the ability to train three (3) times a week for two (2) hours for free at different facilities to make travel easier for members of the team.



John Schneider with some of the guests at the NYPD BJJ Club. He (center) is a USJA shodan and a BJJ blue belt. To his right is Vitor "Shaolin" Ribeiro, multiple time BJJ World Champion.



Isabel Schneider and Emily Kwok



At this time I introduced my wife Isabel Schneider to the program who is also a judo black belt to assist with the numerous female officers who were joining the club. Not only do we teach Judo, we also explain the fundamentals and harmony associated with the judo life, including the history of Judo, the names of the throws in both Japanese and English and the theories behind the 67 recognized Kodokan Judo throws.

Even though police officers get limited martial arts training it is not enough. This is a great supplement where they can learn additional skills and actually apply them by putting those skills into play during randori. One must remember when a recruit enters the police academy they are taught four (4) disciplines: police science, social science, law, gym. The gym unit is broken down into many elements such as physical training, firearms, first aid, military style drills, use of non-lethal weapons and physical conditioning; therefore, the amount of time dedicated to martial arts is very limited; this is why the Brazilian Jiu-jitsu team is so valuable.

The participants of the program have all been so generous with their time and knowledge that several of the high ranking Brazilian Jiu-jitsu black belts have either come or offered to come and teach their knowledge to the members of the Nassau County Police Athletic Club in Hicksville. This will help the Judokas at the Nassau club to integrate some of the Brazilian jiu-jitsu techniques into their judo skills.



John Schneider on the left is a shodan in judo and a blue belt in Brazilian Jiu-jitsu. Emily Kwok, multi-time women's world champion in Brazilian Jiu-jitsu and Luiz Gustavo Costa is on the right, who is the lead instructor for the NYPD's BJJ team and is a 3rd degree Renzo Gracie black belt and many time world champion.



Here is the NYPD BJJ club with Matt Serra visiting.

Thank you to John and Isabel Schneider for the photographs



THE ROAD TO KUDAN

In 1961, Ronald Allan Charles was introduced to judo as a cadet at the Citadel, the Military College of South Carolina. The course was an hour a week for six weeks. The instructor, Bill Youngstrom, wore a green belt. The last class was randori, and when Ronald, a scrawny freshman, was able to throw a larger and stronger football player through the air with tomoe-nage, he realized that judo was the perfect sport for him. He found two local black belts Warren McLaughlin, 1st dan, who recognized Ronald's zeal and introduced him to his own sensei, Leonard Carter, 2nd dan. Ronald competed in regional tournaments and played judo whenever time allowed until graduation. He then entered the army and joined the Armed Forces Judo Association. When on leave from The Citadel, he'd visit his parents in Greenbelt, MD. He was green belt rank at that time, and he had opportunities to meet and train during these leaves with Jim Bregman, now 10th dan, and the late Jimmy Takemori, 9th dan.

Ronald served as an armor officer in Germany, his first taste of international exposure. Right off, he searched out local judo clubs. His knowledge of German was pretty much limited to words like uchi-komi, randori, and domo arigato! Making friends through judo was exciting, language being no barrier.

On his first leave in the army, Ronald drove to the Netherlands to meet judo legend Anton Geesink. Ronald's desire to delve more into judo led him to leave the army and begin a lengthy trek through North Africa and the Middle East to Asia, visiting Iraq, Iran, and Afghanistan. He sought out teachers to improve his skills.

After a nine-month hitchhiking adventure to reach Japan, Ronald, then a 3rd kyu brown belt, trained for well over a year at the Kodokan, the mecca of judo, where he learned from Kotani, Abe, and Shinojima sensei. Kotani was a direct student of Dr. Kano and later became 10th dan. Abe sensei is still at the Kodokan. Shinojima sensei invited Ronald to his private dojo after the Kodokan closed for the day. Shinojima sensei would wear his judogi but work at a table on a platform a foot or two above the tatami area. He was a chiropractor and would adjust patients, then take a moment to show a technique, then back to (a different) back. Shirai sensei, another Kodokan 9th dan who Ronald learned from, was Mifune's partner in most of the films that Mifune made.

From the best teachers come the best students. Ronald learned from -- and was thrown -- by the best! After training at the Kodokan from 1968-69, and received his black belt, Ronald hit the road bouncing from mat to mat in search of judo clubs, sometimes more than one in a town. His nearly eight-year adventure encompassed 83 countries. Ronald studied judo in 40 nations on five continents. He travelled on his savings, camping out often, crashing (both sleeping and taking falls) on many judo mats. He had mastered frugality, enabling him to travel for years. Whenever he found a club with a good teacher, he would learn. If in a town or village for more than a day, he would study the first night, assessing the skill level of the class and picking up interesting teaching techniques, and sometimes teach the second. This exchange of judo knowledge helped prepare him for what would become his career as an academician.

He was invited to train with the Olympic team in Rhodesia (now called Zimbabwe) in November- December of 1971. He taught the junior class, then in evenings studied with Olympic trainer Tony Sweeney who had come from England. Ronald also had opportunity to learn from Charles Palmer at London's Budokwai. Palmer later would become president of the International Judo Federation. Returning to America, he discovered (among eight years' worth of mail) a 1st dan certificate from the Armed Forces Judo Association signed by Jim Bregman and George Harris. He framed that cherished document along with his Kodokan 1st dan certificate.

Ronald continued his academic education, earning a Masters, Doctor of philosophy, and Post-doctoral Masters in education. As a middle school teacher in the Charleston, SC, area, he started a USJA club at that school, while teaching at a USJA club at the Naval Weapons Station that he'd started, and at the same time started a USJA club at The Citadel, his alma mater. In 1980 he merged all these clubs into the Samurai Judo Association.





Meantime, he discovered judo camps, starting with Camp Bushido at the National Judo Institute in Colorado. Ronald took students from the middle school where he taught and a couple of brown belts from his Navy club to their first camp. He went to many other camps, earning credentials and eventually offering some sessions and certification clinics. It was a perfect way to make friends, learn from great teachers, and have fun all at the same time. After a career as an instructor at the University of South Carolina, North Charleston High School, and Brentwood Middle School, he gave up gainful employment to devote more time to teaching judo free of charge. He taught sailors college courses for USC while aboard a guided missile destroyer for an entire Mediterranean cruise for six months and found a small area to teach judo to a few crew members.

He returned to his Alma Mater, The Citadel, for several years as a PE course instructor and club leader. Ronald built the Samurai Judo Association (<https://www.samurajudoassociation.com/>) into a Gold Star-chartered club that was for many years the USJA's largest, and he helped others develop clubs around the country, in Florida, South Carolina, Michigan, Pennsylvania, and Alaska, plus on U.S. military bases in Germany, England, Italy, and Puerto Rico.

For decades he has supported the Coach Education Program as an authorized course instructor, strongly encouraging every brown and black belt to become certified. He also supports kata in this way.

Over the decades he has contributed to the USJA in many capacities. These included directing and officiating at tournaments, examining judoka for promotion, teaching and judging kata, and serving on the publications, scholastic, kata, regional coordinator, national awards, and coach education committees, plus on the promotion board. He happily assists whenever asked and has served USJA and club leaders as a sounding board and advisor.

The USJA has just promoted Dr. Ronald Allan Charles to Kudan, 9th dan rank. He follows in the footsteps of founder, Dr. Jigoro Kano, carrying on traditions of judo through his mission to spread the art in the spirit of mutual benefit. His lifetime of service to judo and our organization and his work as an ambassador of the art is extraordinary.





Making Your Judo Work

<https://cronejudo.blogspot.com/2022/06/>

More Pull - Get Lower

"More pull. Get lower." Perhaps you've heard these admonishments. Little did I know, in my early judo days when first I heard them, how critically important the advice was to successful judo throwing. The one we care about here is the first one, "More pull".

I had to learn the appreciation of this the hard way. When a high grade Japanese sensei with whom we often trained gave this command, we pulled harder (while also trying to get lower at the same time). The sensei would come around again, stop, observe with inscrutable scrutiny, perhaps with a head nod or two, then say, "Okay, but more pull!" I pulled harder, and harder, and thought my fingernails might get ripped off. Then, a while later when he came around again, it was More pull! ("Wash, Rinse, Repeat"). There was no satisfying this man. Obviously, we weren't putting enough beef into it. Or, so we thought.

Some years went by and I had an epiphany. So I asked my visiting Japanese friend, Kazuo Hirayama, Shorinji Kempo master and judo nidan, "When the Japanese sensei tells us 'More pull!', does that mean 'Pull harder' or does it mean, 'Pull more', as in don't stop pulling?" I have no idea how difficult it was for Kazuo to make his tone and expression neutral and allow me to save face, having asked a question with such an obvious answer.

"Don't stop pulling", he said.

Yet, we do.

When we do, the flow of the throw, and most often the complete throw, is abated. This is where throws get stuck. The brakes slam on. Dead stop. You've done everything up to this point, the kuzushi, the fitting in with good form, and for some reason the throw stops dead. Maybe, at this point, you can horse it over; but if you do, it's no longer a judo throw, just a throw being done in a judo class.

As a sensei, it took me way too long to realize this was where my students were having a problem. I've come to call it the "two part throw effort". Take time to watch others in randori and see how often a failed throw also has a dead pulling hand (the sleeve hand, hikite).

Test it yourself on a familiar front throw. There's a good chance your form will be good, so if you actually used kuzushi, and focused on more pull as you do the throw, you will feel a smoother, effortless throw. If, on the other hand, when attempting your throw, you feel you have to bend over really big, face looking down to the mat, it means you didn't do more pull. At the point where you want to bend over so as to use your butt to throw, pull! (Better late than never.) If you are bent over and looking straight down and see the mat instead of uke, then you strain and uke shows up on the mat, but that's not a judo throw. Other throws that are not over the back or hip types sometimes require some manner of "second effort". All "hopping" throws, like o-soto-gari and uchi mata, can of course be done without hopping or driving to the ground. If the only way you can make them work is by adding the second effort, you don't have the throw skill down. Probably, adding continued pull will make a big difference. It's not entirely your fault. Much of this has to do with what happens when we first learn a throw. Throws have their own unique form. It is making this form that becomes our first goal. We have to make our throw look like the throw. Therefore, we have "check" point.

We step in and check it out. If you see a picture of a throw just before it is applied to kake, you can identify it. When we learn to complete a throw, this is where we tend to stop and examine all the pieces once again to see if they are in the correct place. We fit in, we stop and do a pre-flight check, then launch. This is the time when the "judo" goes away. There should be no pre-flight check in the successful judo throw. If that stoppage of pull exists, the launch effort then becomes the application of force at the point of critical mass. For example, seoi nage. The stoppage makes emphasis suddenly go totally into the forceful use of the butt, created by a strong bending over at the waist and a forcing backward of the butt.



This actually creates counter leverage and the need for more force. All too often, uke's feet are solidly on the ground when this happens. (That's because the stopping can cause uke's balance to return and the kuzushi is lost.)

Just before all the "Atomic Butt" action, the pulling stopped. Tori was in a seoi nage pose position. The throw becomes a two part action. When the pull stops, the judo stops. In teaching throws, when I see this, I force students to step in and only focus on continued pull of the hikite (usually the sleeve hand). I don't let them stop the action at any time, forcing them all the while to keep pulling. That sometimes means standing there coaxing, "pull!, pull!, pull!, pull! From start to finish. Sometimes, in the stuck position, just when everything is telling you to bend over, try just pulling, and very often the throw works from that alone. Once the throw is in the "We have lift-off" mode, uke's feet just coming off the mat, the Atomic Butt, or the sweeping/reaping leg can come into play.

Ways to Make Your Judo Work

- Mentally, see the whole throw at the very beginning of your throw. Our early judo experience compels us to think that just getting in is all that matters, because it's the most challenging. When we get in, there comes a "What's next?" moment. That is where we'd stop and check to see if the form was correct. Don't stop in your pre-throw visualization. See it all, from start to finish. Try to imagine how it feels. Then try it.

- Uchi komi is good for kuzushi and tsukuri. It isn't as functional for training the tsukuri to the kake. Some Sensei have pointed out that it actually trains the judoka to stop; so don't let it. Do throwing practice to offset that. A "step in, step in, throw" drill is a good way to combine the two.

- Do a lot of nage komi. It is important to do complete throws. Put emphasis on the continued pulling as its own task. Focus on the hikite pull (pulling or usually sleeve hand).

- Keep saying "pull!, pull!, pull!, pull!" to yourself.

- Make this a conscious effort, a major part of your next dozen or so practices. It feels so good when it is working for you that it won't be long before your throws will begin to want to just do it.

Here, in the photos from *Tom Crone's Judo Basics*, is hikite doing its job. As the pull continues across, it does not suddenly drop to tori's belly. It keeps pulling. In frame 2, the uke is already going around and over. You can see the continued pull by looking at the stress lines on uke's sleeve in the triceps area. (Of note: Tori is not bent over at the waist but angled at the hip. It is uki goshi, and the continued pull at this point is already bringing uke over. For all intents and purposes, this throw is over. We have lift off!)



Many think the idea is to get in and lift uke up, then dump uke onto the mat. However, that causes a stoppage in the process if the thought is two-part. The best idea is to think of throws as singular circular actions, with uke being brought around, not just up. The arrows in the above photo show this. This continued circular idea is what Kyuzo Mifune emphasized.

This won't do you any service if you only try it a couple of times but don't make it a complete part of your judo. This is where the mental part of judo comes into play. We hear about "focus" in martial arts study, and I think our definition should include what I am going to call "long-range focus". Go beyond focusing on the task at hand, of the moment, and focus on focusing the next time. How? before you get on the mat, and ask yourself what you will focus on. Do this many times, and again as needed. Ask it just before or as you bow onto the class area. Focus is the simplest and possibly the most difficult aspect of any learning process. If you focus on "More Pull!" it will make your judo work.



From Tom Gustin one of our Regional Coordinators

At the Tohkan Tournament.

On Friday June 3 to 5, 2022, Sensei Gary Takamoto presented an update on the new Judo Rules. After the presentation the referees got a first hand update on the new CARE System. Henry Hummel and Marc Barbaccic (Wisconsin) were involved with the new system.

Saturday, we started with kata competition at the Rosemont Dome on Jenny Finch Way. When the competition was ready, all lined up, Sensei Tono (who had an in with the traffic control tower), during the singing of the National Anthem, had a fly over during the song.

The Dome is by one of the O'Hare Airport's runway. So it was difficult hearing anything over the PA System.

Competition involved over 450 competitors. There were 30 referees, at least one testing for the N1 slot and passed. One IJF referee was from Mongolia and other referees came from: California, Colorado, Missouri, Indiana, New York, Minnesota, Illinois, Ohio, Michigan, and Wisconsin.

Sunday, Marti Malloy and Megumi Ishikawa, hosted a clinic with many competitors and referees participating. At noon Referees were treated to a Japanese lunch. At 1:00 pm the Global Kids Judo Network Team Competition started. There were at approximately 8 teams. This event was exciting and interesting. Everything was completed before 4:00 pm.

In the future try and attend this event, it is everything you hear about. It is an evaluation event if you are interested in becoming an N1 referee or want to learn from Olympians.

Tom Gustin
Regional Coordinator