



American Judo

A Journal of the United States Judo Association

Spring 2009



American Judo

A Journal of the United States Judo Association

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2009 New York Open

The 2009 New York Open was held on Sunday, March 8, 2009.

This year, for the first time, there was an exhibition Women's Team Competition between the USA and a visiting country.



Photographing the New York Open Judo Championship by Sasha Shapiro

My experience photographing the New York Open Judo Championship was exciting. When you walk through the double doors into the tournament, you know automatically how great both the judo and the audience will be.

Your heart starts to pound faster from all the energy in the atmosphere of the room. You can see the players warming up and getting ready for their matches. Since my mom and I were substituting for the regular photographer, I was able to take my spot on the side of the mat where I had the best view of everything. I was in the center, I could shoot everything. I got to enjoy high level judo and see remarkable players who came from other countries, like France, Mongolia, Canada, and Italy.

Seeing players from my own dojo competing was really exciting. The fact that I play judo helped my photography since I knew just when to push the shutter button down. You get the right timing and a beautiful shot.

I learned how to use the new flash and gained knowledge of the digital camera and its settings.

Lots of awards and honors were given to people who helped contribute to the judo competition. This year history was made when a US women's judo team coached by Rusty Kanokogi and Jimmy Pedro competed in a demonstration against a Japanese women's team. I felt proud when I saw women competing in this tournament for the first time. It meant a lot to Rusty Kanokogi. The day was long and tiring but it was all worth it to get the photographs.



Rusty Kanokogi, photo taken by Deborah Shapiro



photo taken by Deborah Shapiro



photo taken by Sasha Shapiro



Letter from Jim Bregman

Dear Mel and the NYAC Judo Executive Committee,

I would like to express my heartfelt appreciation for this award and thank you, the NYAC players and Mr. Ishikawa and Mr. Donn Draeger (my early teachers, my mentors, and my friends).

Having Seki San there from Meiji was a coincidence that made the award all that much more significant. He was my “sempai” at Meiji University and taught me how to “fight”. Mr. Draeger and Mr. Ishikawa taught me the techniques and Seki San taught me how to apply them in “reality”. After four years, I guess I learned a thing or two by “osmosis”. We had a great conversation and he is looking very fit and trim and prospering.

This award is the conclusion of my involvement with judo at the “national level” and it marks a significant transitional moment for me to continue to teach and coach and leave the management and administration to a younger generation. “You have to know when to hold ‘em and know when to fold ‘em.

This moment and your amazing award comes at a great time in my life and is deeply appreciated. Having Terry and Josh there with me was both comforting and reassuring. They have always taken good care of me!

Having Heiko, Kerry and Jeff there restores my faith in American Judo and its future. Seeing Jimmy Pedro and Jason Morris always reminds me of the wonderful players who have followed in our Gentle Way. They are outstanding judoka and role models.

Peace,
Jim Bregman



Photo taken by Deborah Shapiro



What Is A Person's Best Effort? by Steve Scott



How many times as a coach or parent have you heard or even said, "I'm doing my best!"? What really is your best?

It took judo to make me understand what my best effort was. That, along with my coaches, made me work harder than I thought possible. After learning in judo how to take and dish out the lumps of life, the process wasn't so difficult with other things that tested me.

But here's the rub. Our culture seemingly has adopted the idea that pushing oneself or others to the limit is too competitive or even cruel. A parent once described me as cruel for having the audacity to require her son to perform skills correctly before advancing to green belt. This judo mom explained that her son's schoolteachers allowed him to "learn under his rules." It wasn't long before he and his mom left my club, but not before she offered me \$100 to promote her son. I turned her down.

My question to her was and still is: How does any kid know what "his rules" are until a mature adult teaches him how to define them or until an event, traumatic situation, or just plain hard work forces that individual to suck it up and do what is necessary to survive or thrive? Sometimes it's not pleasant. But when did we assume that life should be only pleasant?

Don't get me wrong. Not every parent has that attitude, though an alarming and increasing number do. Many parents send their kids to learn self-discipline from martial arts classes that offer the atmosphere necessary to expand their children's limits. Other sports, such as wrestling, also teach this discipline and push kids to their limits. No, it's not always pleasant and in fact, it's often rough going for kids, but again, when did we assume that life should be only pleasant?

Everything we do requires a minimum standard of performance. All too often people seem to strive and accept only that. Minimum may suffice, and if that's all someone wants to achieve, then I surely don't want that person flying my airplane, servicing my car, waiting on me in a restaurant, or teaching me jujitsu or anything else. Effort is a reflection of attitude. The only way a person can take pride in something is to have earned it. Winning is rewarding only if you push yourself to your limits to achieve it, and that takes competing against an opponent with the same attitude.

I often tell coaches in my clinics, "Every group requires an adult, and you're that designated adult." What I mean is that coaches are obligated to impart wisdom and skill and accept from their athletes an attitude and effort no less than excellent. Not everyone can win first place, and not everyone has the same limits, but everyone can strive to push to achieve best effort. The only way to find out your best effort and ultimately your limits is to try and fail. After sufficient trying and failing, we try and achieve, though to make this happen takes much work, advice, and introspection.

Perfection may not be possible, but excellence is. Discipline isn't natural for most of us, and instilling the concept of self-discipline is tougher. The only way to impart the concept of excellence and the discipline it takes to achieve it is to have earned and experienced it. It takes a parent, coach, or mentor to help push us to find out what our best effort is. That's where coaches and instructors come in. If we allow an athlete or student to "learn under his rules," we're failing him or her. These folks may feel good about themselves, but that's not enough. It's easy to feel good, but in reality, self-esteem isn't as important as self-discipline. Self-discipline leads to self-confidence, which infinitely is more important.

While working for many years for a municipal government, I observed how some employees actually felt good when they performed the minimum required. To them, minimum effort was their standard of excellence. One employee thought I should put him in for a pay raise because he arrived at least four out of five days on time at work. He couldn't seem to grasp the concept that timeliness was expected. Not all public employees have that attitude, but those who do are ones the public remembers.

As a coach (of any subject, not just martial arts), we can do two major things for our students and athletes: Raise their level of expectations for themselves and ultimately others and create opportunities for them while teaching them how to create their own opportunities. Doing this will go a long way towards helping them define their best efforts.

Steve Scott holds high dan rank in both Shingitai Jujitsu and Kodokan Judo and is a member of the U.S. Sombo Association Hall of Fame. He has authored several books, available from www.TurtlePress.com. Steve maintains a website at www.WelcomeMatJudoClub.com.



Coast Guard Judo Trains Hard, Plays Hard by Mark Jones



"Hajime!" shouts a man in a blue uniform at the Coast Guard training center in Yorktown, Virginia. Two fighters in white uniforms facing each other burst into action. Each attempts to bypass the other's defenses, trying to hold and throw the other. If they both go down, they continue struggling until one emerges victorious. Then they get up and do it again.

This is part of Coast Guard Judo's daily practice, and the blue uniform is not a Coast Guard uniform -- it and the white are judogi. The blue judogi identifies Coast Guard Chief Warrant Officer coach Peter Mantel.

Mantel, chief of the Boat Forces Standardization team, has practiced judo for 33 years and is a 5th degree black belt certified instructor and rank examiner of the United States Judo Association. He started the club in 2004 with Robbie McGuinness, a now-retired Coast Guard boatswain's mate, when they discovered a martial arts practice room at the training center. Since then the club has grown, and many pass through the training center for job training. These temporary members learn valuable skills from judo, strengthening their overall education.

"The benefit for self-discipline is huge," Mantel elaborated.

Judo helps players face challenges in new ways. This helps with life in the field or at sea, where any day can present unexpected problems.

"Judo opens your mind to more than one way to do the same thing. The more judo you learn, the more you realize that there may be 20 or 30 different ways to do the same throw. You decide how to perform it based on the situation," Mantel said.



Michelle Simmons does arm bar

According to Tom Beaudoin, an A-School instructor and club member, judo has strongly affected his health. He has lost 20 pounds and gets more exercise than before. Mornings before work, the team runs and lifts weights. They do judo during lunch hour and sometimes after work. They train about four hours daily and more when preparing for competition.

All this hard work pays off. Club members competed in over 50 local, state, and national tournaments and last fall, winning three gold medals. Recently Mantel and Michelle Simmons competed in the Continental Crown tournament in Seattle, Washington, where Mantel placed 4th in the men's elite division and Simmons won the bronze medal in the women's elite division. Elite events allow the top eight players to earn points that determine the Olympic judo team. Though he competes whenever he can, Mantel does not plan to compete in the 2012 Olympics.

"I am just thankful to be in good enough shape to still be competing and able to teach judo and help others," said Mantel.

Simmons, whose mother is in the Navy, joined the club along with twin sister Jennifer, when McGuinness began working with her father. Simmons hopes to go to the Olympics and, according to teammates, has a pretty good chance. For someone practicing only three years to place in national elite-level competition is almost unheard of, according to Beaudoin. While Simmons credits the small club and personalized instruction, her teammates insist her success results from her character.

"She's just really strong," said Beaudoin. "She is dedicated to learning judo, works hard, and trains hard."

Simmons arranges her college schedule around practice. When unable to make practice, Mantel works with her so that she doesn't lose training time. It's not always easy for team members to practice due to job responsibilities. For instance, Beaudoin often goes underway, and Mantel travels with the Standardization team.

"When I go out, I miss practice," said Beaudoin. "So when I get back, I train hard to make up for lost time."



Mantel Sensei throws Michelle Simmons



Training is free, but competition entry fees and traveling costs are out-of-pocket. It can be expensive, but worth it, according to club members.

"I compete because it makes me feel alive," said Mantel.

Coast Guard Judo strives continuously for excellence, and its members attain greater skill every training day. The club welcomes new members and is free for active duty, reserve, and retired Coast Guard and other military personnel and their dependents.

"Just come to the mat, and we'll take care of the rest," said Mantel.



Thomas Beaudoin chokes Mantel Sensei

Petty Officer Mark Jones, a public affairs specialist, writes for the Coast Guard. He took the photos. In gathering material for this article, he has been inspired to return to the martial arts after years of hiatus.

Remembering A Fighter by Ronald Allan Charles



I think often of Chuck Ormerod. Referred to me by his karate sensei, Chuck arrived with skills but no credentials. After working with him a long while, I validated his judo rank to brown belt. He clawed his way up the ladder to sandan, then died. That's the short story.

But to make a short story long, as I often do, let me describe this judoka. Chuck devoured our art. If he saw or read about something that might enhance his skills, he threw himself into learning it. While throwing oneself does not earn you Ippon, Chuck persisted learning. He'd rattle off names and descriptions of techniques even I didn't know. I envisioned him spending the wee hours in a dungeon alcove piled with dusty tomes and ancient scrolls from the masters, searching by candlelight for judo's most obscure moves. "Baffle Sensei" must have been the name of his game.

Because Chuck's finances were squeaky tight, he never was able to travel to camps or tournaments. When the Judo Association began charging \$15 for sanctions for up to ten tournaments, I took advantage of the incentive and scheduled ten. I hosted tournaments every two weeks for a long while, each with a free clinic preceding the event. Everyone earned lots of promotion points and Chuck got to test his skills. Most events were free to Life Members; others paid \$1. Chuck helped me run these. Because he couldn't travel, I brought players to him. He'd clean our mats with most.

I got creative at naming events. In addition to the mundanely named South Carolina USJA State Tournament, Coastal Carolina Championship, Deep South Regional, Samurai Invitational, Southern Shiai, and variations of these, I hosted the Wild Eyed Samurai Regional Tournament, Ninja Mama Regional, Seppuku Wide Open, Swamp State Tournament, Dixie Cup Regional, Halloween Shiai, Pearl Harbor Day Tournament, Leaping Lizard Shiai, True Grit Regional, Swamp Fox Regional, Banzai Bloody Ridge Regional, St. Valentine's Day Massacre, Near Death Shiai, April Fools Day Survivors Tournament, Mean Mutha's Day Tournament, Rebel Yell Regional, Dragging Obi Tournament, Mariannas Turkey Shoot Regional, Candy Classic, Splitting Rolls Open Tournament, Torn Tatami Tournament, and the Chuck Ormerod Memorial Tournament.

The tournaments did not take place in this order. The one named for Chuck wasn't last. Chuck didn't attend the Memorial Tournament in his name. But he learned the results. Oh, how could this be, you wonder? That's another part of this story.

Chuck informed me after receiving his first place certificate for victories in the Near Death Tournament that his kidney had been bothering him and that he was going to see a doctor. Next day Chuck was in the hospital diagnosed with stomach cancer. He never got out alive.



Cathi and Cindy, two of our players and club leaders, suggested that because Chuck had no insurance, we host a tournament to raise money to help him. I embraced that idea, and we planned the Chuck Ormerod Memorial Tournament.

I visited Chuck before leaving for judo camp at the National Judo Institute in Colorado, expecting that to be our last time together. After judo camp, I camped in national parks, returning a month later expecting Chuck to be an inactive Life Member of our Samurai Judo Association club. But this tough fighter still hung on.

I received a letter from the Executive Director of the Judo Association suggesting care in naming my tournaments. After all, how could I explain a serious injury if it happened in the Rip Your Opponent Open Tournament? I got the message and complied. But Chuck already had won his Near Death award. Now, at age 46, he was in a different bout, with a predictably unpleasant conclusion.

Chuck phoned. A judoka had visited and, showing Chuck the flyer, informed him he was going to compete. Imagine dying while reading a flyer for your memorial tournament. I explained that Memorial Tournament was suggested and that I never thought to use better words: Benefit Tournament. I apologized. He understood my intent and thanked me. We chuckled over my gaffe.

We raised \$900 for Chuck's family. One of our military students mailed his entry fee from Europe, knowing he wouldn't attend. He sent \$100, keep the change. Sweet. We donated food items to sell. Chuck's wife reported our gesture to the welfare folks, who decided with that sort of money, she didn't need help that month. So we saved the government money in a win-win situation. Judo helps everyone.

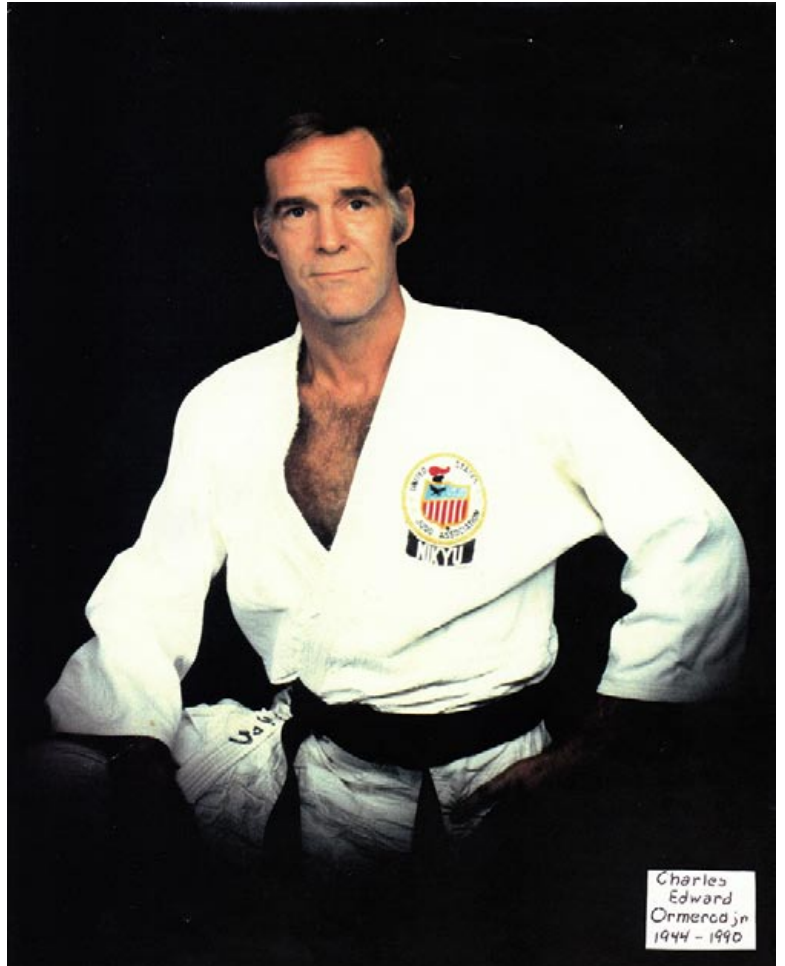
Next time I visited Chuck, he was taking morphine. There was never enough, and considering his high pain threshold, you know this had to be rough. He'd close his eyes and drift off during our conversation. I was used to this. I am a teacher. When Chuck came back from his sleep, I asked if he dreamt about judo during these naps.

"I dream I'm fighting judo matches," Chuck replied.

"Do you win any?" I asked.

"I win them all."

Not long after, Chuck won his last match. Though this occurred nearly 20 years ago, I often recall my old friend, and his fighting spirit continues to inspire me. I was honored to speak about him and this episode at his funeral. Our closest judo friends smile when we speculate that Chuck has sufficient time-in-grave for his next promotion. It's black humor, true, but I have learned from Chuck never to count someone completely out.



Ronald Allan Charles, Ph.D., holds 8th dan judo and 6th dan jujitsu ranks and teaches in his Samurai Judo Association club in Goose Creek, SC.



Short People by E. E. Carol



"Karin, take Steve to the other side of the mat and do uchikomi: de-ashi-harai, osoto-gari, and ippon seoi-nage, about ten times each," I said.

Hai, Sensei Ed!"

I continued working with two new students on their falls and supervising two brown belts preparing for promotion testing. Karin was 13 years old and had been training with me since she was seven. She was my most reliable junior blue belt, even though she really didn't like to teach. She was one of my short people, about 4'8" tall. She weighed less than 90 pounds.

Karin was attractive, shy, intelligent, strong as an ox, and short on self-confidence, especially when it came to judo. Possibly it was because she fell generally in the middle range of my students, too old for the kids group and too small for the adults. She dominated smaller players and believed that the older, bigger ones

allowed her to throw them.

Today was no exception. Though Steve was a 5'9", 170-pound, 25-year-old deputy sheriff, Karin was in charge of him. I heard a swoosh, then a wham! Swoosh, wham! Swoosh, wham!

"Karin, you don't have to throw Steve every time!" I suggested.

"I'm trying not to, Sensei Ed," came her apologetic reply.

I returned to my other students only to hear swoosh, wham! Swoosh, wham!

"Steve", I informed him, "you don't have to take a fall every time."

"Oh Sensei, I'm trying NOT to."

I watched Karin turn under Steve with her legs bent in a perfect seoi-nage stance. Effortlessly Steve flew over her arm, snap-turned while airborne, and slammed onto his back. Karin seemed frustrated as she bounced Steve around like a basketball.

Trying to restrain laughter, I coached them on fitting in without throwing or being thrown. Later Steve came to me and said, "Sensei, Karin was throwing me so easily that she couldn't stop and I couldn't stop her."

"Yup, that's what judo is all about."

"Well, Sensei Ed, the Sheriff learned that I was taking judo and appointed me Self-Defense Instructor of the Sheriff's Office. That's fine, but I am the smallest deputy and guys are always picking on me and laughing about Self-Defense training. Is there something you can teach me that I can pass on to the men?"

After some questioning, I discovered that bigger deputies had been snatching Steve's pistol and throwing it in the trash. When he protested, they picked him up and dumped him in after his gun! With cops for friends, you don't need any enemies.

It took about 15 minutes to teach him Sensei Vince Tamura's simple method of pistol retention. Over the next several weeks we worked on this technique at least twice per class. One day Steve showed up wearing a big grin. Since he was bursting to tell us something, I gathered up the class to listen.

It seems that the biggest deputy in the department was into terrorizing supervisors and had picked Steve as his favorite target. Dumping Steve's pistol in the trash was his game. Today when he'd grabbed Steve's pistol from behind, Steve executed Tamura's pistol retention technique. The big deputy's wrist snapped like a matchstick! Though Steve regretted hurting the deputy, he was certain that he wasn't going to have any more problems teaching or supervising at the Sheriff's Department.

"Sensei, I couldn't have done that if Karin hadn't been able to throw me around so easily. She convinced me that this stuff works."

Steve trained with us until he got promoted to Lieutenant and was transferred to a district at the other end of the county. Karin stayed with me until she was 15 and decided that judo was not a ladylike pursuit. She remains my adopted granddaughter, but that is another story.

E. E. Carol, former Police Olympics silver medalist, studied for over 30 years under Vince Tamura. Carol Sensei teaches at his Ichi Ni San Judo and Jujitsu Club in Kemp, Texas, where he is terrorized by seven-year-olds. He holds yodan judo and sandan jujitsu ranks.



2008 USJA National Awards

Outstanding Male Competitor	Jeff Fong
Outstanding Female Competitor	Ronda Rousey
Outstanding Male Masters Competitor	Arthur Canario
Outstanding Female Masters Competitor	Deborah Fergus
Outstanding Life Member Contributor	Dr. James M. Lally
Outstanding Kata Competitor	Ray Hosokawa
Coach Of the Year	William E. Andreas

2008 USJA State Awards

State	Category	Outstanding Competitor	Coach of Outstanding Competitor
Alaska	Senior Male	Michael J. Pitaro, Jr.	Jacob Dempsey
Arizona	Senior Male	Alexander Malinovskiy	Walter Van Helder
Arkansas	Junior Male	Brent Aaron Michael	Jarvis Cherron Kolen
	Junior Female	Serenit Danielle Kolen	Jarvis Cherron Kolen
	Senior Male	Jarvis Cherron Kolen	Jarvis Cherron Kolen
California	Junior Male	Bradley Maratea	Rory Rebmann
	Junior Female	Kendyl Post	Tara Clark
	Senior Male	Grayson Lindstrom	Rory Rebmann
	Senior Female	Natalie Laursen	Rory Rebmann
	Masters Male	JoeySilva	Rory Rebmann
	Junior Kata Male	Josh Rodrigues-Lahann	Tara Clark
	Junior Kata Female	Kendyl Post and Victoria Burke	Tara Clark
	Senior Kata Male	Jarra Maratea	Rory Rebmann
	Senior Kata Female	Tara Clark	Rory Rebmann
	Mixed Kata	Maddyson Post and Bradley Maratea	Rory Rebmann
Florida	Junior Male	Prenel Jaquet	Mike Szejter
	Senior Male	Pedro Landrau	Mike Szejter
	Senior Female	Nicole Powell-Dunford	Dr. H.G. Robby Robinson
	Mixed Kata	Melinda Buehman and Scott Huitt	Mike Szejter
Georgia	Junior Male	Cody Wojcik	David Wojcik
	Junior Female	Breonna Wojcik	David Wojcik
	Senior Male	Derek Wojcik	David Wojcik
Indiana	Junior Male	Jordan Beechler	Fred Chiappetta
	Junior Female	Beth Morgan	Mike Morgan
	Senior Male	Justin Ford	Richard Hahn
Louisiana	Junior Male	Drew Landry	James Wall
	Senior Male	Andrew Melton	James Wall
	Senior Kata Male	Andrew Wilson and John King	James Wall



State	Category	Outstanding Competitor	Coach of Outstanding Competitor
Maryland	Junior Male	Connor Dantzler	Mark Dantzler
	Junior Female	Makenna Hutchinson	Marshall R. Coffman
	Senior Male	Andrew Nichols	Marshall R. Coffman
	Junior Kata Male	Andrew Stone and Connor Dantzler	Mark Dantzler
Michigan	Junior Female	Jasmine Strickler	Joe Van Den Boom and Ron Blake
Minnesota	Junior Male	Joel Robertson	David Radunz
	Senior Kata Female	Michelle Holtze	Tom Crone
Mississippi	Junior Male	James R. Foster, III	James Hunt
Missouri	Senior Male	Andy Dodd	Randy Pierce
	Senior Female	Crystal Pierce	Randy Pierce
	Masters Male	Randy Pierce	Randy Pierce
Nevada	Junior Male	Sergio Sanchez, Jr.	Sergio Sanchez
	Junior Female	Aileen Hernandez	Sergio Sanchez
	Senior Female	Lucia Alvarez	Sergio Sanchez
	Masters Male	Norman Valentine	John B. Weiner
New Hampshire	Junior Male	Nathan Alper	Cal Potter
	Junior Female	Gabrielle Proksa	Robert Proksa
	Senior Male	J.J. Melfi	Cal Potter
	Senior Female	Nona MacMaster	Cal Potter
	Masters Male	Jake Freedman	Cal Potter
New Mexico	Junior Male	Julius Galles	Lorenzo Schipp
	Junior Female	Alisha "Lee" Galles	Lorenzo Schipp
	Senior Male	John Gabriel Little	Lorenzo Schipp
	Senior Female	Tee Ya Nee Williams	Lorenzo Schipp
	Masters Male	Lorenzo Schipp	Lorenzo Schipp
New York	Junior Male	Patrick Baum	Marc Cohen
	Junior Female	Casey Bento	Charles Schweizer
	Senior Male	Joseph Tamburello	Charles Schweizer
	Senior Female	Claire Chadderton	Charles Schweizer
	Masters Female	Maria DiDio	Charles Schweizer
	Junior Kata Male	Suresh Singh	Charles Schweizer
	Junior Kata Female	Gianna Casini-Lendino and Andrea Laisure	Charles Schweizer
	Senior Kata Male	Paul Larocca and Brian Schweitzer	Charles Schweizer
	Senior Kata Female	Kirsten Weisbeck	Heiko Rommelmann
	Mixed Kata	Vidya Singh and Suresh Singh	Charles Schweizer



State	Category	Outstanding Competitor	Coach of Outstanding Competitor
North Carolina	Junior Male	Rodney Shepard, III	Darian Stokes
	Junior Female	Camilla A. Kaluzny	Ken Nazemetz
	Senior Male	Jesse Wells	Joseph Wells
	Masters Male	Jason Baldwin	Roger Rodolphe
Ohio	Junior Male	Anthony Kalani	Mark Hunter
	Junior Female	Allison Cofrancesco	Mark Hunter
	Senior Male	Joseph Cofrancesco	Mark Hunter
	Senior Female	Susan Cofrancesco	Mark Hunter
	Junior Kata	Female Jessica Hunter and Hannah Radabaugh	Mark Hunter
Oklahoma	Junior Male	Marc Enriquez	David Seidner
	Junior Female	Taya Sloan	David Seidner
	Senior Male	John Ben Seidner	David Seidner
	Masters Male	Billy Golden	Jason A. Junkens
Pennsylvania	Junior Female	Sierra Widmar	Joseph Bufagna
South Carolina	Senior Male	Nicholas James Price	Dr. Ronald Allan Charles
	Masters Male	Sorin Avadenei	Dr. Ronald Allan Charles
South Dakota	Junior Female	Bailey Weavil	Johnny Tureaud
Tennessee	Junior Male	Buddy Knox	Ronald C. Thompson
	Junior Female	Miriam Thauer	Ronald C. Thompson
	Senior Male	Justin H. Shields	Ronald C. Thompson
	Senior Female	Jessica Meyer	Eric P. Schwalm
Texas	Junior Male	Douglas R. Newcomer	Mike Woodson
	Junior Female	Mina M. Fiorentino	Roy L. Hash
	Senior Male	Aaron Mahurin	Roy L. Hash
	Senior Female	Mary Anderson	Roy L. Hash
	Masters Male	Carl Plummer	Roy L. Hash
	Masters Female	Sid Silvano	Roy L. Hash
	Junior Kata Male	Douglas R. Newcomer	Mike Woodson
	Senior Kata Male	Wil Newcomer and Douglas Newcomer	Mike Woodson
	Mixed Kata	Douglas H. Newcomer and Suzanne Newcomer	Ron Stokes
Virginia	Senior Female	Michelle Simmons	Peter C. Mantel



New Membership Form



UNITED STATES JUDO ASSOCIATION

Membership Application

21 North Union Boulevard Suite 200, Colorado Springs, Colorado 80909-5784

Telephone: (719) 633-7750 • Fax: (719) 633-4041 • Toll Free: (877) 411-3409

Web site: www.usja-judo.org • Email: membership@usja-judo.org

See reverse side for additional information and instructions



Section 1 - Membership Information

Name: _____ ☐ Current USJA Life Member
 Address: _____ ☐ New Member
 City: _____ ☐ Renewal (Member Number) _____
 State: _____ Zip: _____ Occupation: _____
 Home Telephone: (____) _____ Business Telephone: (____) _____
 Fax: (____) _____ Email: _____ Martial Art: _____
 Rank: _____ Date of Rank: _____ Date Started Martial Art: _____
 Birth Date: _____ Age: _____ Sex: ☐ Male ☐ Female
 U.S. Citizen? ☐ Yes ☐ No ☐ Junior (up to 16) or ☐ Senior (17 and over)

Section 2 - Club Information

Return Membership Card to: ☐ Club Coach ☐ Club Secretary ☐ Individual

Club Name: _____ Club Coach: _____
 USJA Club Number: _____ Address: _____
 Date Registered by Coach: _____

Section 3 - Individual Membership Plans

Individual Membership Fees: Choose Regular/Primary, Secondary or Sustaining Life Member • Excess Accident Medical Insurance is included with the Regular/Primary & Sustaining Life Membership • NO INSURANCE with Secondary. Secondary Membership expires with USJA/USA Judo Primary expiration date. Please attach copy of Primary USJA/USA membership card.

REGULAR/PRIMARY

- ☐ \$60 Membership includes a 1-Year Black Belt Magazine Subscription and a 20% Discount on Books and DVDs
☐ \$45 Membership alone

LIFE MEMBERSHIP

- ☐ \$415 Membership includes a 1-Year Black Belt Magazine Subscription and a 20% Discount on Books and DVDs
☐ \$400 Membership alone

SECONDARY

- ☐ \$40 with USJF Primary includes a 1-Year Black Belt Magazine Subscription and a 20% Discount on Books and DVDs
☐ \$25 with USJF Primary alone
☐ \$40 with USA Judo Secondary includes a 1-Year Black Belt Magazine Subscription and a 20% Discount on Books and DVDs
☐ \$25 with USA Judo Primary alone

SUSTAINING LIFE MEMBERS

- ☐ \$40 includes Insurance, a 1-Year Black Belt Magazine Subscription and a 20% Discount on Books and DVDs
☐ \$25 Insurance alone

Section 4 - Family Membership Plans

The USJA Family Membership Plan is limited to seven family members. All family members must be covered by insurance, reside at the same address, select the same membership plan and belong to the same club. Please indicate your membership plan and list all additional family members on the other side in Section 5. (The primary family member is indicated in Section 1.)

3 MEMBERS

- ☐ \$130 Membership includes a 1-Year Black Belt Magazine Subscription and a 20% Discount on Books and DVDs
☐ \$115 Membership alone

4 MEMBERS

- ☐ \$159 Membership includes a 1-Year Black Belt Magazine Subscription and a 20% Discount on Books and DVDs
☐ \$144 Membership alone

5 MEMBERS

- ☐ \$181 Membership includes a 1-Year Black Belt Magazine Subscription and a 20% Discount on Books and DVDs
☐ \$166 Membership alone

6 MEMBERS

- ☐ \$202 Membership includes a 1-Year Black Belt Magazine Subscription and a 20% Discount on Books and DVDs
☐ \$187 Membership alone

7 MEMBERS

- ☐ \$217 Membership includes a 1-Year Black Belt Magazine Subscription and a 20% Discount on Books and DVDs
☐ \$202 Membership alone

* Payment information on back.



Black Belt Magazine Offer for USJA Members



BLACK BELT
World's Leading Magazine of Martial Arts

• Katrina Davis, General Manager • Gary Goltz, Chief Operating Officer • Dr. AnnMaria DeMars, President

We are pleased to announce starting May 1, 2009 Black Belt Magazine will offer an exclusive to USJA members for half off their subscription price along with a 20% discount code towards purchases of videos and books from their extensive on line martial arts catalog, shopblackbelt.com. Black Belt also plans to feature more articles on judo and a section devoted to the activities of the USJA!

Our new [USJA & Black Belt Magazine Membership Form](#) reflects the Black Belt Magazine subscription option. In addition to this exciting new benefit, the USJA is still the best value of all the national judo organizations as we include with your membership the following:

Free Liability Insurance: As soon as a club registers five or more members, it receives free liability insurance coverage. This insurance covers all club officials at the club practice sessions. It includes the coach, assistant coach, president, secretary and all other club officials.

Privileges of Making Nationally Recognized Promotions in Judo: USJA ranks are recognized nationally. Other ranks may not be recognized at the national level. The USJA issues a rank certificate and rank membership card to every individual promoted by the USJA. This is an important benefit.

The Right of Exclusive Sanctions for Judo Tournaments: USJA chartered clubs can apply for exclusive sanctions for their tournaments and other events. Each year the USJA co hosts the widely attended Junior Nationals followed by the Winter Nationals which is open everyone!

Club Charter Certificates: Each USJA chartered club receives a beautiful certificate as soon as it registers five members or when it progresses to a higher charter level. There is a certificate for each level and all are issued free of charge. All USJA chartered clubs are recognized on our website usja-judo.org on a continuing basis via our highly efficient and up-to-date-database.

Family Memberships. The USJA offers a family membership plan as another way for a family to save money. If you have three or more members in the same family you qualify for a significant discount.

USJA Summer Camps. Each year the USJA sanctions a series of summer camps at many locations throughout the United States for both juniors and seniors. These camps feature certifications in all USJA certification areas, as well as promotion exams, competition techniques and fun for the entire family.

USJA Grassroots Clinics. As a USJA member, you will have an opportunity to attend clinics given by top coaches and competitors every year. These clinics give you an opportunity to meet, talk to, learn from, and practice with some of the best judo leaders throughout the country.

Coach, Rank Examiner, Kata, and Referee Certification. The USJA has developed and administers a comprehensive certification program in each of these areas. This means that you will receive the best coaching and officiating possible as a USJA member in a USJA club, school, or competitive event.

Purchasing Power. The USJA currently has agreements in addition to Black Belt Magazine with Golden Tiger Martial Arts, Zebra Mats, and several other companies. These arrangements offer USJA club leaders and members significant discounts on gis, tatamis, and other equipment.

National Board or Directors. The USJA is a highly democratic organization that is responsive to the needs of our members. The USJA has a national board of directors who are elected by the senior membership. As a USJA senior member (18 years of age and older), you are eligible to run and vote for the leaders of your choice giving you the member a direct and clear voice at the national level.

Note: If you are already an active member and want to take advantage of the Black Belt Magazine offer please contact our office at 877-411-3409 or membership@usja-judo.org. We also encourage everyone to confirm with us that we have your up-to-date information on file.



Doctor Koiwai



Eichi K. Koiwai, M.D.

President, United States Judo Federation

President: IJF Medical Subcommittee

Chairman: USJF Medical Committee, Pan American Judo Union Medical Committee

Past President: Middle Atlantic AAU Association, Eastern Collegiate Judo Association, Shufu Yudanshaki

Past Chairman: National AAU Judo Committee, U.S. Olympic Judo Committee, Middle Atlantic AAU Judo Committee

Member: USJF Board of Governors and Examiners, AAU International Section

Medical Consultant: International Judo Federation, Journal of the AMA, Journal of Sports Medicine and Physical Fitness

(taken from the USJF manual)

Tuesday, February 24, 2009, 10:05 AM
To All

Some brief thoughts:

I received this late yesterday and wanted all of you to know, in case you have not heard yet. I suspect some of you have already heard about Dr. Eichi Koiwai, International A Referee, former president of USJF, Head Instructor of the Philadelphia Judo Club for many years.

DOC was one of those true gentle men who has influenced many lives, including mine. It is a deep, deep loss to the Judo community as well to the Medical community and to the many thousands of folks who have been privileged to know him. We will miss him, but we will honor him by keeping alive what he has taught us. Only though "passing it down" does a legacy become alive.

Kei Narimatsu

-----Original Message-----

Sent: Monday, February 23, 2009 7:05 PM

Subject: Dr., Koiwai

About two and half weeks ago Doc went into the hospital with cancer – biopsies showed it was in the pancreas and liver. On Saturday, we celebrated with him, his 89th birthday – he was at home and on hospice. His whole family was there too. This morning at 3:45 Doc died. He was ready and said his good-byes on Saturday – he also laughed and smiled. His pain was being maintained but he was a Doctor even to the end – he knew what was happening and so it is a blessing that he did not suffer. The Judo community has lost a great, great man – we who lived near him and grew up with him as one of our senseis were very fortunate and we know it. I first met Doc 44 years ago at Ishikawa's Dojo in Philadelphia. I suspect by now he is smoking a cigar and Phyllis is talking his ear off – all good.

Susan Oles



Virgil Bowles



It is with great sadness that we announce the death of long time USJA board member and supporter, Virgil Bowles.

His funeral was 11:00am, Saturday April 18th at Legacy Funeral Center located at 9350 East Washington Street. Indianapolis, IN 46229. Viewing was on Friday April 17th from 4:00pm until 8:00pm.

Virgil had a small website for his club. Please take a few minutes and look at his Gallery, which is packed with pictures.

The USJA Judo Forum has also been getting lots of traffic from Virgil's judo friends and students.

Those of you wishing to send a condolence card can do so to his home at 645 S. Franklin Road, Indianapolis, IN 46239.

Memories of Virgil Bowles by Gene Fodor

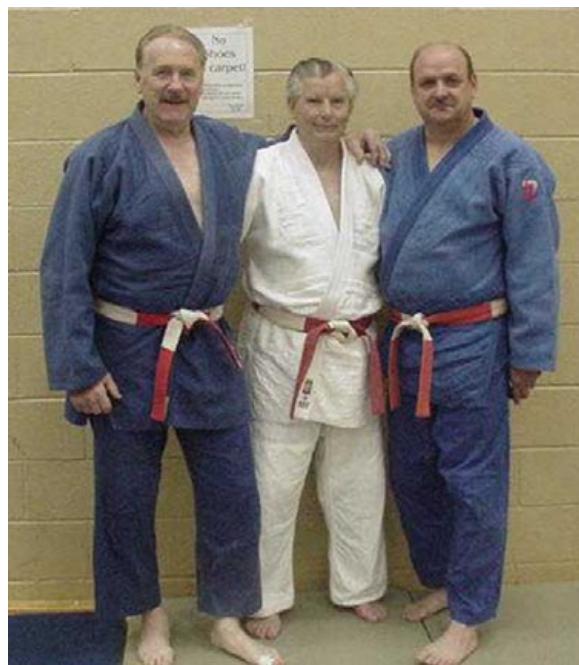
The other day while going through the events of the passing of a dear friend Virgil Bowles, I went to the rivers edge where I feed the deer and animals every day. Virgil and I used to talk at least once a week and we would catch up on events and such, Judo was his life.

Virgil would tell me of his feeding of the animals around his property. He also talked about his prostate cancer treatments before he began them. He asked about mine and he said he would be fine with the treatment prescribed, I of course wished him well, because there are complications. I also told him California may be in doubt for me, as I was going in for a stomach operation, which has been done.

Well, the mind is a great thing, and the imagination is even greater. I looked in the water and saw my reflection, then I believed I saw the water ripple and when I looked again, I saw Virgil standing beside me, smiling, standing in his white gi and his arm around me.

He never spoke, only smiled, the lines of life were lifted from his face, and he was at peace. I believe he knows what those that care about him were doing and saying about him. The water rippled again and the only reflection there was mine. Did I dream this or only imagined it? The mind is a powerful thing. I know I will see him many times in my mind, I hope he never leaves yours.

The picture here is one taken at the Carolina Camp, it is my memory. Virgil had a favorite picture of me, taken at a Jr. Nationals that Pat Szejter put on in Carolina. That picture was one in which Virgil asked me to take an extremely large ham bone, hold it and pretend I was biting it. I looked like a cave man attacking a large bone, he showed it to many, that also was Virgil. Things like that are etched in my mind.



Corny, maybe, but that is how I will remember him. How will you remember this man?



I met Dr. Koiwai while practicing at Ishikawa Sensei's dojo at the Philadelphia YMCA in 1961. Since that time he has been a friend and a mentor. When I wanted to become a referee he encouraged me and gave me excellent guidance. Doc was extremely generous with his advice and gave his heart and soul to Judo. It was a great pleasure and honor for me to be able to present him with the prestigious NYAC Lifetime Achievement Award at the New York Open in 2003. I treasured our friendship and will miss him.

Mel Appelbaum, New York Athletic Club

It is with great sadness that I pass along news received from Mr. Richard Hugh that Dr. Eichi Koiwai passed away at 4:00 am Monday, February 23, 2009 at his home. For over fifty years, Dr. Koiwai gave so much of himself to Judo. His kindness, friendship, expertise, and leadership will be missed. Dr. Koiwai was indeed one of the most respected people in Judo. Few people could ever equal his wisdom, numerous accomplishments, or years of dedicated service. He will be always remembered as a great sensei.



A service will be held on Saturday, March 7th at the Community Room of 1515 The Fairway, Jenkintown, PA 19046.

Michael Landstreet

Memories of Doc by Sue Oles

"Those of us from the Philadelphia area were fortunate enough to have had Doctor Koiwai (Doc as we called him) in our Judo lives since we began our Judo journey. I don't think we ever realized how really great a man he was. That may have been because he always made others feel that they were the special ones. We knew he was there to teach us, guide us, support us and take care of us and we knew he always would be. He never let us down. He had a way, a gentle, loving way of making us feel important and special no matter what we were doing. He did not speak loudly, or often (I think that was what he had Phyllis for) but when he spoke to us, we listened. We would lean in so as not to miss what he was saying and in that way, we learned and he taught. With his death, we now know more about his life. He never spoke much about himself, but we realize what a gentle, kind, caring and yes brilliant man Doc was. I was fortunate to spend the last days of his life with him, celebrating his life as we made him an 89th birthday party. He was still with us, smiling and being the same kind, gentle man he had always been. Even at the end, he made his passing easy for us by smiling and sharing, again he made us feel special.

In life, if you are lucky, you are given the opportunity to know some remarkable people, Doctor Eichi K. Koiwai was one of those people. He made a difference in the lives of not just his Judo family, but in the many, many doctors that learned from him. If you did not know, Doc was a pathologist and professor. I know every time I had a medical question, it was Doc I turned to. It was a standing joke as we would end the conversation with, "but of course you work on dead people". Doc was a gentle man and a gentleman. He will be greatly missed but I will smile when I think of him with his big cigar and soft smile."



A Passing of a Great Friend of the Beginning of Martial Arts in the USA, Hidetaka Nishiyama, 9th Dan 1928 – 2008



1953—Prof. S. Kotani (back row, center) was the leader as well as the organizer of the group of martial artists invited to the U. S. in 1953 by SAC and the USAF. The purpose of the trip was to train Air Force personnel and to exhibit martial arts at various cities throughout the U.S. This was the beginning of the great expansion of judo together with the lesser-known martial arts, such as karate and aikido, in the U.S. Standing, left to right: Prof. Kobayashi (judo), Ishikawa (judo), Kotani (judo), Prof. Tomiki (aikido), and E. Bruno (chief of SAC project). Kneeling left to right: Nishiyama (karate), Kamata (karate).

For those of us involved in the early development of martial arts in the United States Air Force during the early 1950's, the name Hidetaka Nishiyama was already legend in Karate circles. Born in Tokyo, Japan in 1928, at the age of 15, Nishiyama began his Karate training under Gichin Funakoshi, founder of the modern Shodokan Karate. Completing his Master of Arts degree in Economics at Takushoku University in 1951, he co-founded the All Japan Collegiate Karate Federation and was elected its first Chairman.

In 1952, he was selected as a member of the martial arts combat instruction staff for the United States' Strategic Air Command (SAC) Combat Training Program. In this program, SAC personnel received training in Judo, Aikido and Karate from top martial arts instructors including Gichin Funakoshi, Masatoshi Nakayama and Isao Obata. In 1953, the late General Le May, Commanding General, SAC invited Nishiyama as part of a ten-member Budo Mission from Japan to visit SAC bases in the United States for three months to give instruction in the martial arts.

My first meeting and training with Nishiyama Sensei in 1953 was at Fairchild Air Force Base, Spokane, Washington. He was a young man then, as were we all, and his speed and snap was amazing. Over the years I got to train with Nishiyama Sensei several times at the old Kodokan during the SAC combative instructor training. Reassigned from Camp Crawford, Sapporo, Japan to Green Park, Tokyo, Japan in 1959, I trained at Fuchu Air Force Base under Nishiyama Sensei. Nelson Cross, a former USAF Judo champion and a somewhat giant of a man, also assigned at Fuchu, took part in the Shotokan classes.

In recognition of Nishiyama's decades of effort on behalf of Traditional Karate and his contribution towards the physical and psychological health of Americans through Karate, the U.S. National Flag was flown over the Capitol in Washington, D.C. on October 10, 1999 on the occasion of his 71st birthday.

In May 2000, Nishiyama was further honored when the Nishiyama Cup was held in Moscow, the first official Karate event conducted in Russia since the end of the Soviet Union. Then in November of 2000, the Emperor of Japan awarded Nishiyama with "Kun-Yoto" – Fourth Order of Merit – and was decorated with "Zuiho-sho" – The Order of the Sacred Treasure – for his many contributions to promote Japanese culture through Traditional Karate.



In addition, the Republic of Poland honored Nishiyama in October 2001 when the President of the Republic of Poland, Mr. Alexander Kwasniewski, bestowed upon him one of the highest medals in Poland, the Officer's Cross of the Order of Merit of the Republic of Poland, on the occasion of the first Traditional Karate World Cup.

Because of his superior technical expertise and disciplined instruction, Nishiyama's reputation has spread worldwide. He has trained thousands of students, many of them now well known themselves as national and international champions and instructors.

The year 2005 marked the completion of his over three decade's long study. He said, "At this time, I am very proud to have finally completed this lifelong project and have confidence that we can now pass on the true art of Traditional Karate to future generations. Now it is your time to meet the new challenges and accept the opportunities offered by this body of knowledge so that Traditional Karate may continue to grow and develop for the benefit of all that strive for higher levels of understanding both mind and body."

The passing of Sensei Nishiyama is indeed a sad occasion, but one tempered with the wonderful and rich memories of the past when many of us were privileged to train under his amazing skills.

International Traditional Karate Federation





INTERNATIONAL TRADITIONAL KARATE FEDERATION

INTERNATIONAL OFFICE
1930 WILSHIRE BLVD., SUITE 1007 • LOS ANGELES, CALIFORNIA 90057 • U.S.A.
PHONE: 213/483-8262 • FAX: 213/483-4060 • E-MAIL: ITKF@ITKF.ORG

MEDIA RELEASE

For Immediate Release, November 8, 2008

JAPAN'S LIVING LEGEND DIES AT 80

(Los Angeles, CA)

The International Traditional Karate Federation (ITKF) is in mourning today following the passing of their President and Chairman, Hidetaka Nishiyama at the age of 80. Mr. Nishiyama was a world renowned karate master well known for his steadfast dedication to the preservation and protection of the Martial Art of Traditional Karate.

“Mr. Nishiyama passed away peacefully following his struggle with cancer”, a family spokesperson said.

Mr. Nishiyama dedicated his life to the Budo principles on which his beloved Martial Art of Traditional Karate is based. As a Charter Member of the Japan Karate Association and founding President of the Japan Karate Association International of America and the International Traditional Karate Federation, his influence on the modern day practice of Traditional Karate is unparalleled.

“He was truly one of a kind”, said Acting ITKF Chairman, Rick Jorgensen. “He has greatly influenced and impacted the lives of those who practice Traditional Karate.”

“His vision was very broad. It included people of all ages and all styles of karate”, said Jorgensen. “Sensei Nishiyama strongly held the belief that the Martial Art of Traditional Karate was a path of self development. School children, adults and seniors can use the principles of Traditional Karate to achieve their highest potential through the human development of mind, body and spirit. In the last years of his life, he created a system of training these Budo principles for the use in all styles of karate. He believed that creation of a universal system for self development through Budo training was his greatest achievement. He left the ITKF with that treasure of knowledge.”

“It is now up to the ITKF to ensure Sensei Nishiyama’s life work carries on and that we are unwavering in our commitment to preserve for future generations the Budo principles of the Martial Art that he saw as the necessary underpinnings for those who practice Traditional Karate”.

Born in Tokyo, Japan, on October 10, 1928, Mr. Nishiyama had a long history of Martial Art training beginning at a very early age. He began training in Kendo under the instruction of his father, an accomplished Kendo master, at the age of 5. At the age of 10 he began his training in Judo and in 1943 he joined



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the Shotokan karate dojo where he achieved his first degree black belt in 1946 under Master Gichin Funakoshi.

Regardless of where Mr. Nishiyama traveled, he left his mark as a leader. He was named captain of the Takushoku University Karate Team and was co-founder of the All Japan Collegiate Karate Federation. He received a Master of Arts degree in economics from Takushoku University and in 1951 he co-founded the Japan Karate Association and was elected to its Board of Directors.

In 1960 he published his first book: *Karate: The Art of Empty-Hand Fighting*. Today, his book still remains one of the foremost authoritative writings on the Martial Art of Traditional Karate.

In 1961, following his move to the United States, Mr. Nishiyama formed the American Amateur Karate Federation (AAKF). He later formed the JKA-US that set standards for the practice of the JKA style of karate. In 1973, he formed the International Amateur Karate Federation (which later became the International Traditional Karate Federation) and in 1976 submitted the first application to the International Olympic Committee for recognition of Traditional Karate on behalf of its athletes representing different styles of Traditional Karate.

In 1999, Mr. Nishiyama received an American flag which had flown over the Capitol Building in his honor on October 10 – the date of his birthday. The flag was in recognition of his unwavering effort on behalf of Traditional Karate and to acknowledge his significant contribution to the physical and psychological health of Americans.

In 2000, Mr. Nishiyama was honored by the Emperor of Japan who presented him with the *Order of the Sacred Treasure, Gold Rays with Rosette* on the grounds of the Imperial Palace in Tokyo.

The Republic of Poland also honored Mr. Nishiyama in 2001 with the *Officer's Cross of the Order of Merit of the Republic of Poland*, which was presented in Warsaw by the nation's President, Aleksander Kwasniewski at the opening ceremony of the first Traditional Karate World Cup.

-END-

For More Information Contact:

Rick Jorgensen, Acting Chairman
International Traditional Karate Federation

Tel: (905) 984-0117
E-mail: chairman@itkf.org
Website: www.itkf.org

THE INTERNATIONAL GOVERNING BODY OF TRADITIONAL KARATE



Basic Principles Of Midori Ryu Jujitsu by Hal Zeidman

Midori Ryu jujitsu is a system built around principles rather than techniques. The student learns to understand techniques by emphasizing their underlying principles.

Principle Number One:

Use the assailant's kuzushi. When the assailant attacks, the attack has both direction and energy. For example, if the attack is a fast and hard straight punch, the direction is towards you and the attack carries a lot of energy. This direction and energy, or kuzushi, in Midori Ryu is maintained or enhanced. We do not seek to stop the attack so that we can initiate our own; rather we allow the assailant's kuzushi to continue so that his or her own attack is self-defeating. This brings us to our next principle.

Principle Number Two:

Extend the assailant's attack. We continue the attacker's motion (both direction and energy) until he or she will fall unless undertaking another action to regain balance. To do this we fully must accept the attack. The assailant's speed drives the speed of our acceptance. We do not seek to add speed or power; attempting to add, we only end up subtracting.

Principle Number Three:

Gake occurs the moment the assailant attempts to regain balance. We accomplish this either by placing our body as a barrier so the assailant cannot regain balance or by using the assailant's physiological limitations so that he or she, in essence, creates his or her own barrier while we continue to direct the assailant in the circular line that all attacks follow until the line (and therefore the assailant) intersects with the ground or another obstacle. Many students have ended up attacking my fist with their solar plexus.

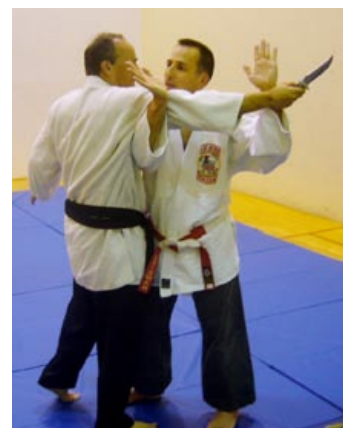
Principle Number Four:

The assailant's body must be "overloaded." In order to foster the assailant's fervent efforts to violently intersect with an obstacle, such as the ground or my fist, we "overload" his or her balance. An assailant often can regain balance despite our efforts to continue his or her motion if we only seek to continue that motion in a straight line. However the assailant's motion is circular, so we must continue that motion simultaneously in two directions to continue the circle. Many times I can help the assailant continue this circular motion by overloading key muscle groups with motion in two directions. Many joint locking or breaking techniques use this principle, in addition to certain throwing techniques.

Principle Number Five:

Control yourself. Let's end at the beginning. From the beginning of the attack through its conclusion we must control ourselves. This means relaxing through our hara, moving from our hara rather than our limbs, and breathing through our hara. We cannot accept the assailant's attack until we can control self. In fact an advanced Midori Ryu technique involves extending control of self to controlling the assailant, forming an unbreakable connection.

These principles are enough for a lifetime of study. As I focus on them during practice I continually am amazed at insights they bring in my efforts to master the gentle art of jujitsu.



Keep the kuzushi flowing.
Hal Zeidman and Alan Acker



Use of barrier



Face strikes elbow

Hal Zeidman, 6th dan in USJA Jujitsu and vice-chair of the USJA Jujitsu Committee, has been studying martial arts for 35 years. He is head instructor of Midori Ryu Jujitsu, about which he conducts many seminars. Zeidman Sensei lives in Connecticut.



Jim Bregman Visits Goltz Judo

More than 75 judoka were on hand at Goltz Judo Club on December 3, as 1964 Olympic Bronze Medalist, Jim Bregman graced the mats. He was there for the USJA/USJF Winter Nationals just visiting. He was greeted by host & USJA COO, Gary Goltz. Jim showed several of his favorite ashi waza.





Gary Goltz Visits Dynamo Club

Gary visited the Dynamo Club at Beverly Hills High School 90210 in December! Boris Brezhnev, 6th dan is the head coach where he teaches judo, sambo, wrestling, and grappling. The team recently competed at the USJA/USJF Winter Nationals, where they took many medals, and also in Russia at the World Youth Sambo Tournament.





2009 Liberty Bell Classic



The twenty-second annual Liberty Bell Judo Classic was held April 5-6 at Lincoln High School in Philadelphia, PA. Five hundred-ninety athletes competed in the USA Judo Senior E-Level Point Tournament in Philadelphia, Pa.







2009 International Judo Camp

August 16-22

37th Year - Oldest Judo Camp in America!



This year's guest instructor

Yonah Melnik

Head Coach and Director of the Budokan Judo School

Former Head Coach of the Israeli National Team

George Harris, Director, International Judo Legend

George Pasiuk, Director, Grand Champion



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2009 Camper Application



INTERNATIONAL JUDO CAMP PARTICIPATION APPLICATION

CAMPER INFORMATION

					Sex: <input type="checkbox"/> M <input type="checkbox"/> F	
Last Name	First Name	MI	Birth date	Age	Sex	

PO Box #	Apt#	Street Address	City	State	ZIP Code
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()

Home Phone	Judo Club/Team Name	Camper Email (optional)
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Free T-Shirt if registered by July 24, 2009: ☐ Youth S ☐ Youth M ☐ Youth L ☐ Adult S ☐ Adult M ☐ Adult L ☐ Adult XL ☐ Adult XXL

FAMILY INFORMATION

Camper lives with: ☐ Both Parents ☐ Mother ☐ Father ☐ Self ☐ Other (specify):

YMCA Member #	YMCA Branch Name	Roommate Request: (One request per camper. Each camper must list the other)
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() ()

1st Parent / Guardian & Relationship	Work Phone	Cell	Email
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Occupation	Business Name & Address	Work Email
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() ()

2nd Parent / Guardian & Relationship	Work Phone	Cell	Email
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Occupation	Business Name & Address	Work Email
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() ()

Other Emergency Contact Name & Relationship	Phone	Cell
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The information below is optional and used only for statistical purposes. Please check appropriate information. Thank you.

Racial/Ethnic Category: ☐ American Indian or Alaskan ☐ Asian or Pacific Islander ☐ African American

☐ Hispanic ☐ Caucasian ☐ Other _____

PARTICIPANT AGREEMENT & REFUND POLICY

Please READ & SIGN this statement.

I give permission for me / my child to attend camp. I agree to pay the balance of camp fees on or before July 24, 2009. I understand I will receive a full refund minus \$100 deposit & \$20 YMCA Membership Fee if cancelled by June 1, 2009. No refunds after June 1st. I understand I will receive no refund if my child is sent home for any reason. I grant camp permission to take and publish photographs, videotapes, and recordings of the camper registered above. I acknowledge that you will be the sole owner of all rights arising out of their use for all purposes and that I shall receive no compensation for their use.

Please send a deposit of \$10, plus a \$20 YMCA membership fee for non-members with your application.

Parent / Guardian / Adult Participant Signature	Date
---	------



Camper's Last Name

Camper's First Name

SESSION & PAYMENT INFORMATION*Additional financial assistance is available. Please call for more information.*Session 1: August 16th – 22nd

This year's fee: \$588

Late fee of \$50 if registered after July 24, 2009

Voluntary Contribution - I want to help a deserving child attend camp; please accept my Strong Kids Campaign Donation: ☐ \$35 ☐ \$55 ☐ \$100 ☐ \$200 ☐ \$ _____Horseback Riding Lesson - A single riding lesson per session. ☐ \$35YMCA Membership Fee for non-members. ☐ \$20

Total \$

(See requirement below) Enclosed Deposit \$

Total Amount Due July 24, 2009 \$



Minimum Deposit Required	\$20 (YMCA Membership Fee for non-members) + \$100 = \$ _____
Type of Payment	<input type="checkbox"/> Check/ Money Order (made payable to New York YMCA Camp) Credit Card: <input type="checkbox"/> MasterCard <input type="checkbox"/> VISA <input type="checkbox"/> American Express

Card Number	Verification Code (3 digits MC/V, 4 digits AmEx)	Expiration Date
		()
Name on Credit Card	Signature	Daytime Phone #

Mail completed form to:
Camp Registrar
New York YMCA Camp
PO Box 622
300 Big Pond Road
Huguenot, NY 12746-0622

Questions? Call our Camp Registrar:
Phone: 877-30-YCAMP
Fax: 845-858-7823
E-Mail: camps@ymcanyc.org

CANCELLATION POLICY
Full refund minus \$100 deposit &
\$20 YMCA Membership Fee if
cancelled by June 1, 2009
No refunds after June 1st