



American Judo

A Journal of the United States Judo Association

Spring 2010

“As long as they believe that they have used their mental and physical energy most effectively, human beings will never lose hope, nor will they suffer undue anxiety.”

Jigoro Kano -
Mind over Muscle

American Judo

A Journal of the United States Judo Association

Spring 2010

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All submissions to *American Judo* are carefully reviewed by the Editor. If you wish to submit material to *American Judo* please send those articles, photos, regional, national or international tournaments/camps, or such items to the Editor. If you are submitting a photo, please send it in digital format to the Editor with a relevant caption; and please be sure that the photo is of high-quality (e.g., good contrast, some action is preferred but line-up photos are welcomed, without shadowy faces that are unrecognizable, totally black backgrounds, etc.). The copyright for all articles/photographs remains with the authors/photographers.

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FOR IMMEDIATE RELEASE – April 12, 2010

New Interim Officers Named

Following the resignations of AnnMaria De Mars and Jim Pedro, Sr. an emergency conference call was held in which Board Member Gary Goltz was elected interim President, Joan Love was elected interim Vice President, and Bill Montgomery was named Coaching Committee Chairman. These positions will be affirmed at the July Board of Directors meeting to be held at the first USJA/USJF Joint Junior Nationals in July, 2010.

Goltz stated “the business of the USJA is supporting grassroots judo clubs with quality services such as a fully staffed office, a modern database, a fair promotion system, tournament sanctions, an up to date website, and programs to help grow judo throughout the country. The USJA is eager to build on our positive relationship with the USJF via our Grassroots Judo™ initiative which now includes a Modern Kodokan Throwing Techniques Certification Program.”

Ms. Love added “our Executive Director, Katrina Davis has been with the organization for over 20 years. She knows our club leaders and their members well and has set a very high standard for customer service in the USJA National Office. Meeting and exceeding expectations is the goal of every transaction. We also have the utmost appreciation for the network of Regional Coordinators and other numerous committee volunteers who are the foundation of our grassroots organization.”

Mr. Montgomery said “the USJA pioneered the first coaching courses in the 1970's. We intend to supplement the present program with seminars covering topics beyond judo that address innovative teaching methods in order to develop better-rounded coaches in this country.”

USJA Legal Counsel, Glenn Nakawaki commented “we are on schedule to meet with USA Judo along with the USOC to present our vision on how to get judo back on track. It involves creating goal congruent missions for the NGB to focus all their efforts on developing our Olympic team while supporting the USJA and USJF in their efforts to grow judo at the grassroots level.”



Information On USJA Coach Certification

Note: There has been no change in coach certification requirements. We reprint this information twice a year to be sure we reach as many of our members as possible.

Coaching Levels. Three Coaching Levels are recognized:

Assistant Coaches are Brown Belts who are interested in Teaching Judo and Coaching Judo at tournaments sanctioned by the USJF or the USJA.

Coaches are Black Belts who are interested in Teaching Judo and Coaching Judo at tournaments sanctioned by the USJF or the USJA.

National Coaches are Black Belts who are interested in Teaching Judo and Coaching Judo at tournaments sanctioned by the USJF or the USJA and who have demonstrated a commitment to coaching through above average hours of coaching and continuing education.

Requirements for Certification.

Certification requires successful completion of a Certification Clinic (usually 6- 8 hours long), conducted by Clinician approved by the Coach Development Committee that covers all topics identified in the Program Plan. All coaches must also submit a coach application form and pass a background check.

Renewal Procedures.

Assistant Coaches, Coaches and National Coaches have two options for renewal. They may re-certify or they can apply for renewal to the Coach Certification Chair if they are

- a) Coaching and
- b) earning Continuing Education Units as described in detail below

Assistant Coaches must renew every 4 years. They must

- a) have coached 50 hours per year in the past 4 years and attended two APPROVED continuing education activities within the past 4 years or
- b) re-certify

Coaches must renew every 4 years. They must have

- a) coached 100 hours per year in the past 4 years and attended two APPROVED continuing education activities within the past 4 years or
- b) re-certify.

National Coaches must renew every 4 years. They must have

- a) coached 100 hours per year in the past 4 years,
- b) been a certified coach for at least four years, and
- c) attended FOUR APPROVED continuing education activities within the past 4 years.
- d) Minimum rank of shodan

Continuing education activity = 4 hours or more of instruction at a Certification Clinic or Continuing Education Clinic approved by the Coach Development Committee. College Credit in a subject approved by the Coach Development Committee, e.g., a P.E. course on strength training for young athletes, a course on Classroom Management taught in the School of Education, etc.



Frequently asked questions:

How do I get a coaches badge?

EMAIL a 300 dpi photo to Katrina.Davis@usja-judo.org INCLUDE your name and mailing address. The cost is paid through a donation from Zebra mats. (Thank you, Zebra Mats) You will receive your card in the mail approximately one month after all of your paperwork, including background check, is received.

Do I have to be a USJA member to get certified?

No. You need to meet the requirements stated above for USJA coach certification. You do not need to be a USJA member. USJA and USJF have reciprocity. Also, anyone who passes a USJA clinic can submit the application and fee to USJF for their certification for USJF certification.

I am a sixth degree black belt and have a Ph.D. in Physical Education which I received in 1975. My degree included 10 courses in Child Development, Motivation and related topics. Can I count this as my continuing education activity?

No. Continuing education is just that, continuing education. The National Coach designation is a recognition of those who have made a major effort, often at considerable expense and personal time dedicated to furthering their knowledge of teaching judo. As with other professions, the requirement is for continuing education.

I want to take a class on business management because I think it will help me run my judo club. Will that count as continuing education?

Course credit will be approved on an individual basis. Generally, almost any course in P.E. or Education departments will qualify.



USJA National Tournament Preparation and Planning Manual

| | |
|-----------------------------|--|
| Event Name: | |
| Event Date: | |
| Event City: | |
| Tournament Director: | |

Please let us express our appreciation to you for agreeing to host this USJA Tournament. It would be impossible for this Organization to conduct successful Tournaments for our members without the cooperation and support rendered by individuals such as yourself.

Tournament Subcommittee Chairman: Lowell F. Slaven

Your TSC Chairman is there to assist you in planning and moving your event forward. Tournament Directors will be asked to meet specific steps in their planning and to report their progress to the TSC Chairman. The TSC Chairman will keep the TSC and the USJA Board of Directors briefed on your progress.

Again, we appreciate your hosting this event and if you have any questions or if I can help you in any way, please contact me at lsraven1512@comcast.net (765) 891-0130.

Upon the completion of your event you will be evaluated in the following areas:

- Local Organizing Committee
- Meetings, Training Sessions and Clinics for LOC
- Tournament Staff
- Tournament Venue and Competition Area
- Check-in and Registration Procedure
- Weigh-in Setup and Procedure
- Hospitality at Tournament Headquarters Hotel
- Headquarters Hotel Accessibility to Venue
- Transportation to Venue
- Plan/Timetable for Registration and Competition

A checklist has been provided for each of the categories listed above. An attempt has been made to make it as complete as possible for your particular event. However, there may be items on the checklist that are not necessary for the above stated event and there may be items that need to be added. Therefore, the checklist is a guideline and not a list of absolute requirements.

The *USJA National Tournament Preparation and Planning Manual* is intended to assist you and your Tournament Staff and Personnel in conducting a successful Tournament. This Manual will help you and the TSC insure that the Event is progressing in a satisfactory manner and should any problem areas arise that they can be remedied as quickly as possible. We wish you and your Tournament Staff a most successful event.



Local Organizing Committee Composition

Attach a list of the Committees and Subcommittees for the LOC. Include the purpose of each Committee and the tasks that will be assigned to each group.

Meetings, Training Sessions And Clinics

List dates for each Meeting, Training Session and Clinic, including those that have already been conducted.

Provide a copy of the minutes for all Committee and Subcommittee meetings. Include a copy of the outline and training materials that were used at all training sessions.

| | |
|---|--|
| Technical Officials (timing/scoring) Train on electronic scoreboards, runners for each table | |
| Bracket Officials (Pool Sheets/Texas Match, Athlete ID) | |
| Registration & Check-in (set-up of registration area, signs, weigh-in rooms and scales) Pre-registration and On-site Registration | |
| Security (maintain clearing around competition mats and scoring tables, secure area for athletes, coaches and tournament officials) Crowd Control | |
| Opening/Closing Ceremony and Awards Presentation | |
| Venue (mat setup, venue setup of tables, chairs, scoreboards, etc.) Mat Crew during Tournament | |
| Medical (medical aid stations at mats, Medical personnel at event, supplies) | |

This is just a list of some of the main Committees that must conduct training sessions/clinics prior to the Tournament. All Committees/Tournament Staff should conduct meetings before the Tournament (Marketing, Announcer, Hospitality, Merchandise Sales, etc.)



Pre-Event Preparation

| Item | Requirements | Evaluator's Comments |
|--|--|----------------------|
| Entry Form and Information Packet | USJA provides the template in electronic form; the LOC adds local information. | |
| Entry Form and Information Packet Distribution | USJA will distribute in packets to States and on the USJA webpage. Tournament Committee should distribute via E-mail and flyers. | |
| Computer Database | USJA will provide a computer database for entering competitors information | |
| Entry Forms Processing | LOC must enter all information into computer database and verify all required information. LOC must notify individuals of missing or incomplete items in Entry Form. | |
| Competitor Packets | Provided by LOC. At a minimum the packet should contain a Certificate of Participation, event program booklet, schedule of events, ID Badge, shuttle schedule (if provided), and any other information deemed necessary. A map of the city, restaurant locations, special attractions and entertainment facilities should be included. Any free items obtained through the city or businesses (ink pens, coupon booklets, hats, etc) | |
| Office Supplies, Weigh-in Slips, Printer, Copier | LOC must provide sufficient office supplies for Texas match cards, weigh-in slips (colored paper), laser printer and paper, copier, labels for Texas Match cards, pens, pencils, markers, wite-out, staplers, scotch tape, paper clips, etc. | |
| Athlete Credentials | Describe the type of Athlete credential that will provide Athlete verification at weigh-in and access into the venue and onto the competition floor | |
| Coach Credentials | Describe the type of Coach credential that will provide Coach access into the venue and onto the competition floor. | |
| Media Credentials | Describe the type of Media credential that will provide the Media access into the venue and the competition floor | |
| Officials Credentials | Describe the type of Officials credential that will provide Officials access into the venue and the competition floor. Also method for Official meal. | |
| Volunteer Credentials | Describe the type of Volunteer credential that will provide Volunteers access into the venue and to the areas they have been assigned to work. Also method for Volunteer meal. | |



Check-In/Registration/Weigh-In Procedures

| Item | Requirement (LOC) | Evaluator's Comments |
|--|---|----------------------|
| Room Configuration | Provide the layout of the room configuration, including walk-up, pre-registered and "problem" areas, coach/official/dignitary area. Show entrance and exit doors. | |
| Signage | Post signs at Tournament Headquarters stating what time and where registration and weigh-ins will take place. Signs giving clear instructions should be posted outside the registration/check-in room informing what each contestant must do or is needed for registration/weigh-in. Venue location, shuttle schedule, and procedures for athletes to get inside the venue should be posted as well as coach information, procedure for obtaining necessary credentials, etc. | |
| Registration/ Check-in Procedure | Describe procedure/flow of those Athletes, Coaches, Officials and Dignitaries registering/checking-in. Verify that time periods and location listed in the Entry Form will be adhered to. Note any reasons for modification. | |
| Availability/Location of Practice Scales | Verify that calibrated scales will be available 24 hours prior to weigh-in and location of scales. Note type of scale. | |
| Weigh-in Procedures | Verify the type of weigh-in procedure that will be used. Post the times and locations of weigh-ins. Sufficient personnel to conduct the weigh-ins must be available. | |
| Media Check-in Procedures | Describe the procedure for the media to obtain their credentials for access to the competition venue and floor. Include any procedure for obtaining credentials prior to the event and the procedure at the tournament venue. | |

Hospitality/Amenities At Hotel Headquarters

Note plans for amenities which will be provided at the Hotel Headquarters for volunteers during Registration/Check-in:

| | |
|---|--|
| Volunteer Meals | ____ YES ____ NO |
| Time, Type (breakfast, lunch, etc.) | Time Period _____ Type _____ Time Period _____ Type _____ Time Period _____ Type _____ |
| Break Room Provided | ____ YES ____ NO Time Period _____ Type of Refreshments _____ |
| Describe any other amenities that will be provided to volunteers such as t-shirts, etc. | |



VIP Hospitality functions for Officials and Dignitaries:

Secure Officials and Dignitaries travel itineraries and designate a Transportation Coordinator to make necessary out-of-town travel pickups.

| | |
|---|-----------------------------------|
| Provide a description of the types of receptions/activities that will be provided and the groups (Officials only, USJA Board of Directors only, etc.) that are invited to each one. | Activity_____ Date_____ Time_____ |
| | Group Invited_____ |
| | |
| | Activity_____ Date_____ Time_____ |
| | Group Invited_____ |
| | |
| | Activity_____ Date_____ Time_____ |
| | Group Invited_____ |

Hotel Headquarters, Location And Transportation

| | |
|--|--|
| Name of Hotel Headquarters | |
| Address | |
| Hotel/Airport Transportation Available | |
| LOC and Hotel Signed Contract? | YES_____ NO_____ |
| Distance from Competition Venue | |
| Hotel/Competition Venue Transportation Type Available | |
| List # of Rooms blocked per night (list only number of nights necessary for this event) | Night #1 Date:_____ # of Rooms:_____ Night #2 Date:_____ # of Rooms:_____ Night #3 Date:_____ # of Rooms:_____ Night #4 Date:_____ # of Rooms:_____ Night #5 Date:_____ # of Rooms:_____ |
| List Restaurants located in Hotel Headquarters, hours of operation and relative price ranges | #1_____ Open ___ am-___ pm Price_____ #2_____ Open ___ am-___ pm Price_____ #3_____ Open ___ am-___ pm Price_____ |
| List additional Restaurants located within walking distance of the Hotel Headquarters. (i.e. pizza, sandwich shop, fast food, fine dining, etc.) | Type:_____ Price:_____ Type:_____ Price:_____ Type:_____ Price:_____ Type:_____ Price:_____ |



Rooms Required At Hotel Headquarters

| Item | Requirements | Evaluator's Comments |
|-----------------------------|---|----------------------|
| Registration/Check-in Room | A large room that can accommodate tables and chairs for workers and with approximately 100-200 athletes/parents, etc. at any one time. Easy flow in and out. | |
| Computer Room | A room located near the registration/check-in room where computer operations can be performed. Room for 2-3 tables and chairs. This room should be isolated and quiet with controlled access. | |
| Officials/Referees Meeting | A room to conduct the officials/referees meeting. Usually takes place on the evening prior to the first day of competition. | |
| Technical Officials Meeting | A room to conduct the technical officials meeting on the evening prior to the first day of competition. This training may occur at the competition venue if it is in close proximity to the Hotel Headquarters. | |
| Coaches Meeting | A room to conduct a briefing on the rules of competition on the evening before the first day of competition. Usually conducted by the Chief Referee. | |

Hotel Rooms Provided For USJA Staff

| Group/Individual | Required | # Provided |
|--------------------------------------|----------|------------|
| Tournament Subcommittee | 2 | |
| Chief Referee | 1 | |
| Executive Committee (USJA President) | 1 | |
| Other Rooms Provided | | |

Tournament Venue

| | |
|---|---------------------------------|
| Number of Contest Areas | |
| Dimension of Contest Areas (8m, 9m or 10m) | |
| Type and capacity of spectator seating | |
| Number of Merchandise Vendors expected | |
| Prime space reserved for USJA Merchandise Rep. | _____ YES _____ NO |
| Adequate access for shuttle buses | _____ YES _____ NO |
| Adequate parking available | _____ YES _____ NO |
| Describe venue entry procedure for Spectators | |
| Separate entry for Athletes, Officials, Coaches | _____ YES _____ NO Describe: |



Competition Playing Area (And Surrounding Area)

| | |
|--|--|
| Brand of Tatami Mat | |
| Surface of Venue (carpet, concrete, etc.) | |
| Type of Mat underlayment (i.e. necessary if surface of venue is concrete) | |
| Provide a drawing (to scale) of the competition venue and identify and provide, at a minimum, the items listed to the right. | <ol style="list-style-type: none"> 1. Dimensions of competition floor. 2. Location and dimensions of rooms required at the competition venue (staff room, lunch room, media area, etc.). 3. Location and seating capacity of spectator seating. 4. Dimensions of each contest area and safety area. 5. Configuration of contest area (square, in-line, etc.) 6. Location of timers/scorers tables 7. Location of Head Table (Joseki). 8. Location of Officials/Referees tables. 9. Location of Medical tables (minimum of one per every two mats). 10. Location of coaches chairs. 11. Location of USJA National Coaching Staff tables. 12. Location of Referee Evaluators table (if any) 13. Location of Competitors warm-up area. 14. Location and set-up of Awards area. 15. Location and set-up of merchandise Vendor area. 16. Location for Media and Photos. 17. Location of Athlete staging area (if any). |

Scoring/Timing Equipment

List/Inventory of Scoring/Timing Equipment (enough for all contest areas)

| Item | Supplied and Evaluator's Comments |
|--|-----------------------------------|
| Electronic Scoreboards (visible to competition area and spectators) | ____ YES ____ NO |
| Electronic Clocks (visible to competition area and spectators) | ____ YES ____ NO |
| Visible Texas Match Numbers | ____ YES ____ NO |
| Backup Timing/Scoring Devices | ____ YES ____ NO |
| Manual Backup Scoreboard | ____ YES ____ NO |
| Bean Bag backup (to indicate end of match) | ____ YES ____ NO |
| Audible Signals | ____ YES ____ NO |
| Flags/Holders for Referees/Judges | ____ YES ____ NO |
| Flags for Timing and Injury Signals | ____ YES ____ NO |
| Mat Number Signs | ____ YES ____ NO |
| Backup Paddles for Scoring/Penalties | ____ YES ____ NO |
| Office Supplies for Timing/Scoring tables (i.e. pencils, sharpeners, tape, notepads, etc.) | ____ YES ____ NO |



Administrative Office Supplies And Equipment

| Item | Supplied and Evaluator's Comments |
|---|-----------------------------------|
| Office supplies for Administrative Staff (pens, pencils, staplers, scotch tape, notepads, etc.) | _____ YES _____ NO |
| Computer and Printer for Administration needs (extra name badges, floor passes, etc.) | _____ YES _____ NO |
| Copy Machine (copies of pool sheets, etc.) | _____ YES _____ NO |
| Office Supplies for USJA Staff/ Referees/Officials | _____ YES _____ NO |
| Adequate power for Computers and Printers and Electronic Scoreboards (power outlets, extension cords, power strips, etc.) | _____ YES _____ NO |

Tournament Venue Hospitality

| Item | Supplied and Evaluator's Comments |
|---|-----------------------------------|
| Coffee/Donuts for morning Referees meeting | _____ YES _____ NO |
| Shirts provided to Volunteers and Technical Officials with Event and/or Position specific information | _____ YES _____ NO |
| Water and hard candy on tables for Volunteers/Referees | _____ YES _____ NO |
| Refreshments in Volunteer/Officials Lounge | _____ YES _____ NO |
| Lunch provided for all Volunteers/Staff/Officials | _____ YES _____ NO |
| Access to refreshments for Media, VIP's, etc. | _____ YES _____ NO |
| Describe any other Hospitality provided | |

Ceremonies

| Item | Requirements | Evaluator's Comments |
|------------------------|---|----------------------|
| Pre-Event Music | Ingress and warm-up music to be played while spectators are arriving and athletes are warming-up. Please provide music list. | |
| Opening Ceremonies | Provide description and time-line of Opening Ceremonies conducted. | |
| National Anthem/Colors | Pre-recorded music or live singer? Presentation of Colors | |
| Announcer | A professional announcer should be used. If not familiar with Judo provide "fill-in" information (when Judo started, founder, introduced as an Olympic Sport, etc.). Provide script for venue announcements, acknowledge sponsors and merchandise vendors, etc. | |
| Entertainment | Short entertainment may be provided at beginning of tournament. Please provide description. | |



Awards

| Item | Requirements | Evaluator's Comments |
|------------------------------|---|----------------------|
| Awards Area | The Awards Area should be far enough from the competition area that when the ceremony begins the crowd of people will not impede access to the competition area, scorers/timers tables, referees and officials. | |
| Awards Stand | Provide description. | |
| P/A System | The public address system for the awards should be separate and local to the Awards Area. | |
| Medals/Trophies/Certificates | Provide description and number. | |
| Special Awards | Provide description and number. | |
| Time of Awards Presentation | During competition, top of each hour, conclusion of event, etc. Provide description. | |

Rooms Required At The Competition Venue

| Item | Requirements | Evaluator's Comments |
|-----------------------------|---|---|
| Changing Rooms for Athletes | Separate rooms for Male and Female | ____ YES ____ NO If No, give reason: |
| Warmup Area/Room | Should be close to the competition room/hall and be of sufficient size to accommodate 30-50 athletes without overcrowding | ____ YES ____ NO If No, give reason: |
| Medical Room | A Medical Room equipped with a telephone for emergencies. Should be close to the competition floor. | ____ YES ____ NO If No, give reason: |
| Referee/Officials Room | A place where referees/officials can hold their meetings and where they can relax when not on competition floor. | ____ YES ____ NO If No, give reason: |
| Volunteer Room | A place where Volunteers/Tournament Staff have a place to relax. | ____ YES ____ NO If No, give reason: |
| USJA Staff Room | Should be close to the competition floor and have a reliable power source for copying machine, computers, laptops and printers. | ____ YES ____ NO If No, give reason: |
| Lunch Room | Should be of sufficient size to allow for Tournament Personnel (volunteers, referees, etc.) to eat. Approximately 30-40 people at one time. | ____ YES ____ NO If No, give reason: |
| Media Work Room | Should be close to the competition floor with a reliable power source and telephone lines. | ____ YES ____ NO If No, give reason: |

Additional Information: Provide any additional information that you feel is pertinent to the successful conduct of this Event.



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TOURNAMENT STAFF

List the names of the individuals who will be filling the following positions. Same positions may be filled by the same person and some positions may be unnecessary. Add any individual positions you fill are necessary to run a successful Event.

| Position | Name |
|---|------|
| Tournament Director | |
| Tournament Assistant Director or Tournament Coordinator | |
| Tournament Headquarters Coordinator | |
| Competition Facilities Coordinator | |
| Chief Referee | |
| Chief Physician | |
| Medical Supervisor | |
| Registration/Check-in Supervisor | |
| Contestants | |
| Technical Officials | |
| Referees/Officials | |
| Coaches | |
| Dignitaries/VIP's | |
| Weigh-in Supervisor | |
| Texas Match Draw Supervisor | |
| Chief Scorekeeper | |
| Technical Officials Supervisor | |
| Mat Supervisor | |
| Hospitality Director | |
| Security Staff Supervisor | |
| Announcer | |
| Award Ceremonies Supervisor | |
| Commemorative Program Director | |
| Media/Public Relations Director | |
| Sales/Marketing Director | |
| Merchandise Vendor Supervisor | |
| Transportation Coordinator | |



Martial Arts Stamps by Ronald Allan Charles



Peruse any Black Belt magazine or watch the History Channel's Human Weapon series or the Discovery Channel's Fight Quest series and you're bound to discover a martial art you've never heard of before. There are more martial arts, it seems, than you can shake a stick at. And some specialize in shaking sticks. Well, striking with them, or stabbing or slicing with a sharpened or bladed end. For starters there are arnis, kali, escrima, tambo, bojitsu, and naginata.

Those who prefer safer dabbling in the martial arts collect stamps, an aspect of martial arts in which there have been no recorded injuries. Most stamps feature judo, which in 1964 became the first martial art elevated to Olympic status. Taekwondo was added in 2000. Because many enjoy collecting sports stamps, especially Olympic items, countries issue stamps of judo and taekwondo.

Occasionally they feature other arts. Below is a sampling. With about 1,500 judo stamps and hundreds of taekwondo stamps from which to choose, indeed this is a sampling.

To see nearly 2000 stamps, phone cards, and coins depicting martial arts, visit <http://usja-judo.org/~judo.stamps>, a collection best viewed with a computer monitor.

This article shows stamps featuring aikido, arnis, bojitsu, capoeira, jeet kune do, judo, jujitsu, karate, kendo, kobudo, kung fu, kyudo, Lao art, muay Thai, naginata-do, ninjutsu, nunchaku, pencak silat, shaolin, sambo, ssirum, sumo, taekwondo, tai chi chuan, tonfa, wushu, and yabusame. Besides these arts and weapons, some stamps illustrate historical martial arts and samurai. Some are cartoon stamps, others more serious. Often stamps show only a silhouette or logo, sometimes on the border of a souvenir sheet or bloc. Others depict action, drawn or photographed. Cancellations feature martial arts as well, though there are nowhere near as many as stamps.

Included also for your viewing merriment are a few cinderellas (not official stamp-like items) for the USA, which has not issued its share of martial arts stamps. Third world countries have done better, maybe not with judo or taekwondo achievements in the world arena, but with marketing martial arts stamps.



Aikido



Arnis



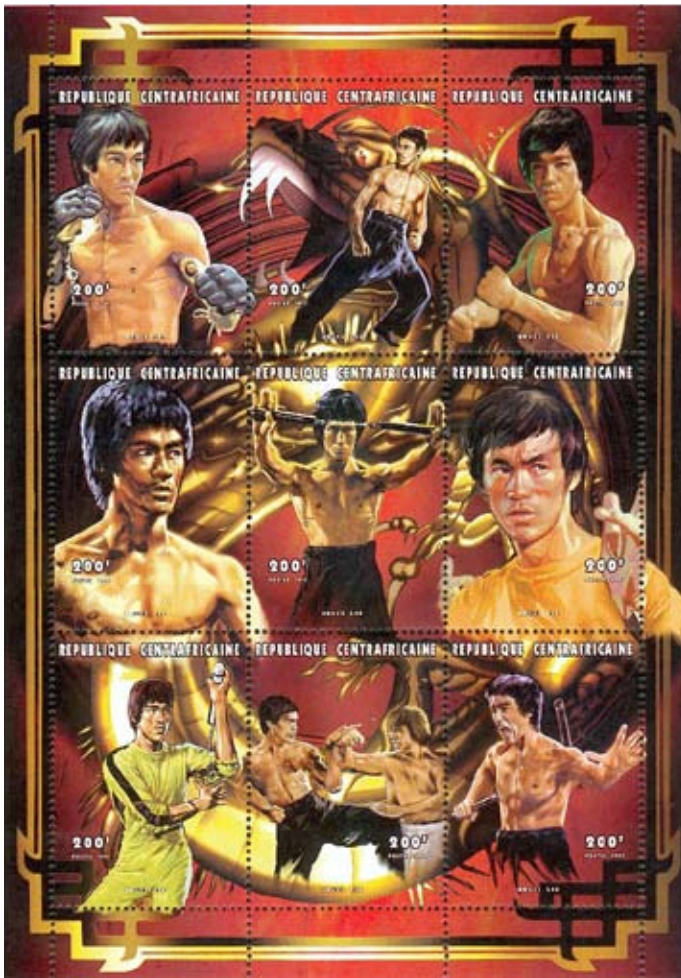
Bojitsu



Capoeira



History



Jeet Kune Do



Jujitsu



Judo



Jujitsu



Karate



Kendo



Kenpo



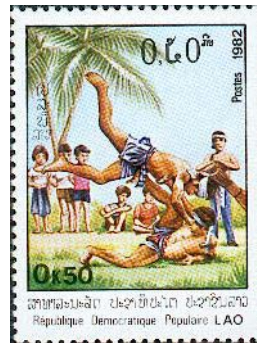
Kobudo



Kung Fu



Kyudo



Lao Art



Naginata-do



Nunchaku



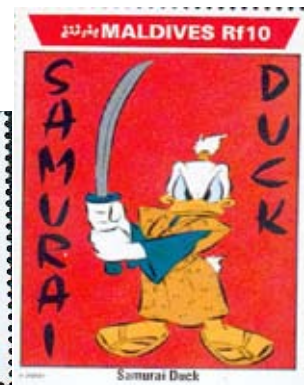
Ninjutsu



Pencak Silat



Samurai



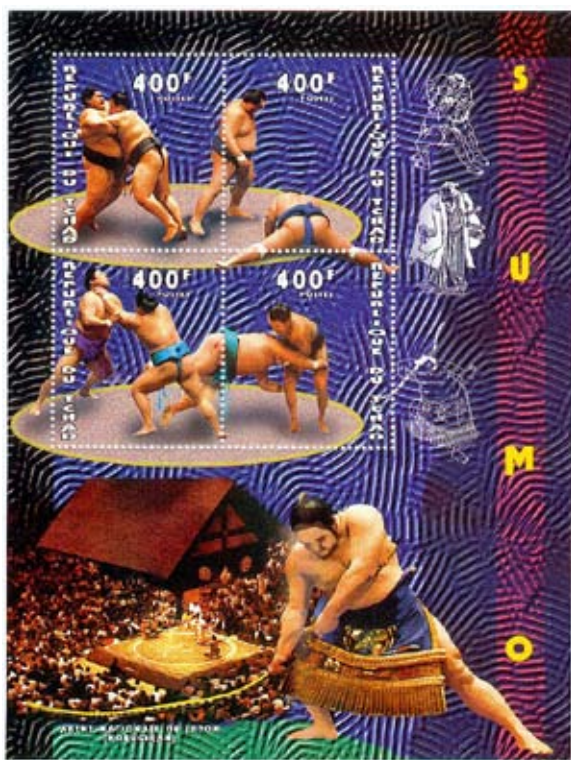
Sambo



Shaolin



Ssirum



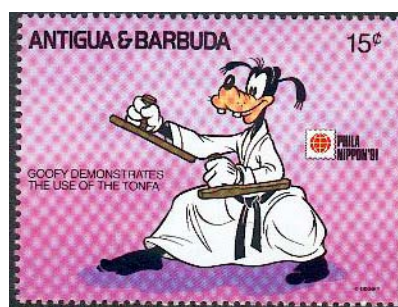
Sumo



Taekwondo



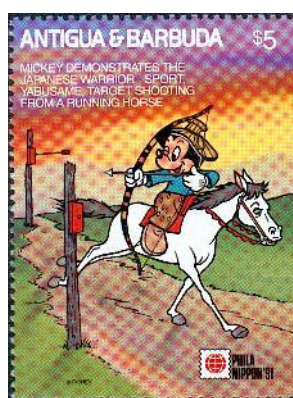
Tai Chi Chuan



Tonfa



Wushu



Yabusame



Souvenir sheet from the Philippines naming the most martial arts of any stamp item: Arnis, Judo, Karate, Muay Thai, Pencak silat, and Taekwondo. Two of these are not actually stamps but are on the border of the souvenir sheet, but still of interest to collectors.



This cinderella, a stamp-like item without postal value, features the author throwing Terry Q. Aumock. Barry Stebbins applied his technical wizardry in creating this novel item.

Dr. Ronald Allan Charles is an 8th dan in judo and 6th in jujitsu. He teaches free in his Samurai Judo Association club, the largest club in the United States Judo Association, near Charleston, SC, at MWR Athletics, Naval Weapons Station in beautiful, romantic Goose Creek.



USJA and JA debut New Sport Jujitsu Program by Eric Renner

The United States Judo Association (USJA) and Jujitsu America (JA) are proud to announce their new Sport Jujitsu program for competitive Jujitsu. This program combines the depth and reach of USJA's strong national presence and membership base with the history and experience of USJA's longstanding Sport Jujitsu program. By uniting their efforts, the two organizations have together developed an even stronger program with a dynamic updated rule-set. Heading up this joint venture are veteran coaches such as Willy Cahill (Co-founder of Jujitsu America, 2x Olympic Judo Coach, 5x World Team coach, 2x Pan-American Team coach, 2x Goodwill Games coach, and has coached over 1000 national and international medal winners, 10th degree black belt Kodokan Jujitsu and 8th degree black belt Judo) and Lowell Slaven (USJA Jujitsu Program Director and member of USJA Board of Directors, host of over 75 tournaments including over 30 Judo National Championship tournaments, involved with the sport since 1967 as competitor, coach, and referee, 7th degree black belt Judo and Jujitsu).

The goal of the USJA/JA Sport Jujitsu program is to promote a balanced and vigorous approach to competition Jujitsu that provides equal opportunity for competitors from any martial arts background to succeed. The training focus may be in any style of Jujitsu, Judo, or any other arts combining or including striking and kicking, throwing and takedowns, or grappling. Recent tournaments have included practitioners of many different styles of Jujitsu, as well as Judo, Hapkido, Kajukenbo, Karate, Kung Fu, Muay Thai, Tae Kwon Do, and others. Providing a safe format for aggressive competition in this open-style format offers a fun competition experience for all.

Strong competition provides a healthy opportunity for participants to test their skills while allowing the athletes to develop physically, mentally, and culturally. Beyond dynamic competition, good sportsmanship and competitor safety are of prime concern within the USJA/JA Sport Jujitsu program. Competitors range in age from 6 to 60+, with most competitors planning to compete with 100% focus on tournament day, then going back to school or work the next day. In order to ensure this, the USJA/JA Sport Jujitsu program has employed a range of safety rules designed to protect the athletes, while allowing them to fully test their skills and techniques in competition.

The USJA/JA Sport Jujitsu program delivers an exciting, balanced, and fair competition format. Points are awarded for striking or kicking to legal target areas, for effective throws and takedowns, and for matwork (pins and submissions). Matches consist of two two-minute rounds with a one-minute break. Points are totaled at the end of each round and the winner is determined based on accumulation of points or by immediate win if a competitor accrues two submissions during the course of the match.

On Dec. 5, 2009, JA sent a team of instructors and competitors to perform a series of exhibition matches at the USJA Winter Nationals Judo Tournament, hosted by Gary Goltz, near Los Angeles. The JA team presented five matches showcasing the new USJA/JA Sport Jujitsu rules and format. The spectators, Judo coaches and competitors, and USJA leadership at the event all witnessed immediately how the Sport Jujitsu format complements Judo competition through the strong use of throwing and matwork skills, combined with striking and kicking in a continuous fighting format. It's clear that athletes with a background in Jujitsu or Judo, or any other similar arts, with the interest to compete, could all do well and have fun participating in this format.



All photos courtesy of Eric Renner



Brief Summary of USJA/JA Sport Jujitsu Rules

Each match consists of two two-minute rounds of continuous fighting with a one-minute break. Matches are governed by one Mat Referee assisted by two Side Referees. Competitors are matched based on gender, age, weight, and training experience.

There are three parts in the Sport Jujitsu competition format:

Part 1: Strikes and kicks

Part 2: Throws and takedowns

Part 3: Matwork – pins and submissions

(Part 1) Strikes and kicks to legal target zones score one point, with kicks to the head scoring two points. Legal targets include sides of the head, front and side of torso, and thighs.

- All strikes and kicks are delivered with control.
- No strikes or kicks allowed to the back or top of the head, neck, back, groin, or knees or below.

Once a competitor secures a grip with at least one hand on the opponent, then no more strikes or kicks are allowed by either opponent **(Part 2)**.

- Throws and takedowns score one, three, or five points depending on the quality and strength of the throw.
- No throws which land the opponent directly on the head or neck are allowed.

(Part 3) Pins score as follows:

- 10-second pin scores one point.
- 20-second pin scores two additional points for a total of three points.

Juniors have divisions for submissions (10 yo+, green belt+) and divisions without submissions.

1. No joint-locks on the neck or spinal column, nor rotational locks on the knee or ankle are allowed.
2. The first submission scored by a competitor scores five points. The second submission by the same competitor automatically wins the match.
3. If neither competitor scores two submissions, then the match winner is determined by total of points at the end of two rounds. A runaway will be called if the competitor is ahead of the opponent by at least 15 points as scored by each of the two Side Referees (total of at least 30 point lead at the end of the first round). A tie will go to a one-minute third round to determine the winner.

USJA, JA, and longtime JA partner Tiger Claw are working closely together presenting a series of Sport Jujitsu events including tournaments, training seminars, and Referee Certification & Competitor Orientation clinics. USJA and JA rolled out the first joint clinic in January 2010 at Cahill's Judo Academy in San Bruno, CA (San Francisco area), and are also planning clinics and tournaments around the country. These planned events include the combined USJA/JA US National Championship Sport Jujitsu Tournament which will be presented in Fort Lauderdale, FL, on Sept. 4, 2010. This will be an open tournament welcoming all competitors.

Complete USJA/JA Sport Jujitsu Rules, competition and training event listings, and detailed program information are all available online at www.usja-judo.org and www.jujitsuamerica.org/sportjujitsu.php.

Eric Renner holds 6th degree black belt in Kodokan Jujitsu and 2nd degree black belt in Judo. He is on the Jujitsu Executive Committee with US Judo Association, and is Chairman of the Sport Jujitsu Committee and President of Jujitsu America. He is Chief Instructor of Renner Jujitsu Club and a Senior Instructor at Cahill's Judo Academy in San Bruno, CA.



USJA Modifications for Training Tournaments

USJA Modifications to be used for Training Tournaments sanctioned by the USJA approved by the USJA Referee Commission
Dr. Martin Bregman, Chair, USJA Referee Committee

The referee committee has recommended the following modification of rules be used for the purpose of developmental or training tournaments.

1. That the tournament be named a "Training Tournament" on the flyer submitted for sanction.
2. That the Senior Novice Division include White, Yellow (Rokyu), Orange (Gokyu) and Green Belts (Yonkyu).
3. That the Senior Novice Division not be allowed the use of Kansetsu Waza. The use of Shime Waza is to be used at the discretion of the Tournament Director, but must be indicated on the flyer if allowed or not, and for which age group, i.e., teens, seniors.
4. That the Junior Novice Division include all juniors with competition experience in less than three events, or who have never placed in a competition, or who have never won a match in competition. This lack of experience or lack of success would be acknowledged by the player's coach under the honor system.
5. That the following rule modifications be included in the Novice Divisions:
 - a. Attempting throws by grabbing the legs will result in a shido the first time, with an explanation by the referee to the offender that the next time that is done in the match, Hansoku Make will result.
 - b. That the first false attack penalty will not be called in the novice divisions, however for repeated attacks (more than one) that would normally receive this penalty a verbal direction by the referee will be given that the next such attempt will get a shido.
 - c. That for all other infractions that would invoke a penalty of shido a verbal instructional warning will be given before the first shido for that infraction be given.
 - d. That novice divisions tied at the end of regulation time will not go to Golden Score but be decided upon by the referee and judges at the end of the regulation match.
 - e. That should a novice be wearing a short or tight gi onto the mat he/ she will be given a shido and instruction to change into an approved judogi and be allowed to continue after changing the uniform, rather than having them lose a match or be removed from the event.
6. That should smaller competition areas be used for Training Tournaments, i.e. 6 meters x 6 meters, the Safety Area used must still be a minimum of 3 meters (9 feet) wide. In the case of such smaller competition areas being used, the "stepping out of bounds" shido as currently assessed, will not be assessed, but the match will be halted with "Matte". 7. Should an "Advanced" tournament share the same venue, the flyer must include the fact that that event will operate under standard IJF rules, or USJA Junior National Rules (i.e., no Shime Waza under 13 years of age, no Kansetsu Waza under 17 years of age) where applicable. An additional suggestion has been made that these tournaments also use the pre-2003 medical rules, where a player is not penalized for calling for medical attention.

The referee committee is interested in hearing the opinions on these proposed rules from USJA coaches, athletes and all other USJA members. Please email your comments to mlbregman@aol.com



There Are No Shortcuts to Good Coaching by James Pedro, Sr.

A lot of people think that the whole purpose of our coaching certification program is to make great coaches. Some people think that we can teach you to be a good coach by just doing these clinics. Most of our coaches go to no more than one or two clinics a year. If someone is putting on one or two clinics a year that will make people great coaches, sign me up. I think being a great coach, or even a good coach, requires much more than that. Our clinics are just one necessary piece of making a good coach, and nowhere near the biggest piece.

My feeling is that first of all, the purpose is to protect our USJA coaches against lawsuits by informing them about ways to minimize risk; such as having good equipment, good skills of managing the class, not having too many people on the mat and so on. A primary purpose is to make sure that all of our coaches can coach their students matside at all the tournaments. Part of the requirements is that the coach submit to a background check for the students' safety and to limit the liability to our organization that certifies these coaches and sanctions events. There are other important aspects of the coach certification, to refresh all of our coaches with certain techniques that they may not have used for years, or to introduce them to new techniques they may not have seen.

Secondly, most U.S. judo coaches don't spend that much time on the mat teaching or coaching because most of them do judo part-time as a hobby and have another full-time profession. One of the most important things of being a good coach is to have a good mentor. Attending clinics and meeting other coaches provides you the opportunity for mentoring while you are there and the possibility of meeting one or two people who may become your mentor. If you are one of the lucky coaches who had a good mentor you have a better chance of being a good coach yourself. You also have to be a student of judo. By this I mean that you have to keep learning and trying to get better and never be satisfied that you know it all. You can always keep learning.

If you look at all of our pro sport coaches and you listen to them when they're interviewed, all of them say the same thing, that they worked under very talented coaches, learned from them and were inspired by them, which helped them achieve their goals. The number two reason is the number of hours that they put into their sport, which a lot of our coaches are not able to do or don't want to do. Each coach has to make that decision on his or her own, to choose among competing priorities.

The U.S. is a lot different from the rest of the world when it comes to judo, because every other country in the world compensates their coaches, either part-time or full-time. Just look at the work you are doing in your job now. If you were doing judo 40 or 50 hours a week for a salary instead, think how much better you would be. It just makes sense.

If you figure out 40 hours a week times ten to twenty years, it is 20,000 hours in ten years, 40,000 in twenty years. You can imagine how much better you could be as a coach if you had that time to devote to judo. Most coaches in this country put in less than ten hours a week on teaching and coaching, times 50 weeks, so by the time they can even get close to the number of hours they need to be a good coach they have either retired or gotten too old.

I know when I started my judo school, I used to put in 40 or 50 hours on the mat every week for 10 or 15 years. I had three or four classes every night and classes that went from 8-4 on Saturdays. So, even today I put around 15 hours a week in on the mat teaching and coaching, plus reading all types of coaching books, plus going over videos so that I can learn as much about coaching as possible, from all sports. When I watch other sports, football, wrestling, basketball, the Olympics, I try to observe the top coaches closely and learn what I can from those who are experts in their field. Similarly, I don't limit myself to reading books about coaching from judo coaches only, but from anyone who has been successful in any sport. So, if you want to be a better coach, you need, like anything else in life to put more time in it.

Of course clinics are important, but they are only one piece of becoming a good coach. My advice to anyone who wants to improve is to keep studying and that includes going to more coaching clinics so that you can pick up new techniques and see something that you may be able to use, whether taught by the clinician or another coach in attendance. Never think that you know it all but be confident in the things that you do know and in yourself. That confidence comes with time.



Getting Past Hate by E. E. Carol



Don Gentry is a veteran of WWII. He had won the Silver Medal for heroic action against the enemy. That enemy was the Japanese in the Philippines.

I respect and admire Don. Apparently he trusted me, because he allowed me to marry his eldest daughter. I wanted to show him judo, the sport to which his grandchildren and I had become addicted.

My family and I had traveled to Topeka, Kansas, to visit the Gentry clan. There I planned to visit Arden Cowherd's dojo with my youngest son Terry. Terry was close to being Don's favorite grandchild, if he had a favorite.

As we prepared our judogi, Don wanted to know where we were going. I told him for a workout at the local dojo and invited him along. He agreed but seemed hesitant. We were warmly welcomed to the dojo, an old garage that used to be the Gentry Grocery store. But not by Arden! This was a Japanese who spoke broken English. It seems we were the only two to show up that night. Don sat on the viewer's bench as though ready to run out.

Terry and I suited and warmed up, then proceeded to do falls, fit-ins, and typical workouts. Tamura Sensei had promoted me to nikkyu, and I felt as though I had it all together. The instructor was smaller than I and obviously a good black belt. We randoried on the mat, where he was like a snake crawling over me to gain control. He could have arm-barred or choked me at his pleasure but refrained. He and I then did standing randori, and he casually threw me with different throws.

I glanced at Don and saw him standing with anger showing. Then the instructor randoried with Terry. Terry was a green belt then, a good one. When Terry initiated a good throw, the instructor took a fall. When Terry slid in for pins, Sensei turned, twisted and, upon ascertaining that Terry had the pin properly, surrendered. He worked with Terry longer than with me. I peeked at Don while this was going on, who now was sitting comfortably wearing a small smile. I had no idea what he was thinking.

After class Terry and I bowed out and went in the back to change. Don and Sensei apparently chatted. When we returned Don was shaking hands with Sensei. On the ride home Don told me what they'd talked about.

Sensei's grandparents had been in Nagasaki when the atomic bomb dropped. They had not survived. Sensei told Don that his son-in-law, me, was energetic but had a long way to go. However his grandson Terry was a natural and could be a great judo teacher someday. He also stated that he had come to the United States to get his master's degree at the University of Kansas. I think what put the final nail in their friendship was his asking Don to give him a brief explanation of the sport of basketball. Basketball is big in Kansas.

Don was silent for a while, then said, "He likes my grandson. He can't be all bad." That is when I remembered stories he had told about Japanese torturing his men in battle. And the sport of Judo let him see that men are men.



Don Gentry



Arden's dojo

E. E. Carol, former Police Olympics silver medalist, has practiced martial arts for 40 years, including 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.



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Passion by E.E. Carol



Teaching in Bert Becerra's Judo school is enlightening. The first time I saw Becerra Sensei teaching, he angered me. I was ready to step onto the mat to see if he really was as good as he thought. He berated kids and shook a stick at them. This was not the type of teaching I'd been exposed to. When the bow-out signaled end of class, every junior ran to hug Sensei Bert. He called each by name and reminded them what they had to work on to be better at judo.

I had to rethink my position on Becerra Sensei's teaching methods. He loves his students and proves it every class by knowing their names, families, language, successes, and failures. Becerra Sensei is the ultimate profiler. If you become his student, he'll know all about you in very short order. No one keeps secrets from Becerra Sensei.

Now that I've been around him awhile, both in class and at tournaments, I think I've discovered his secret for success in teaching judo: passion. Becerra Sensei is passionate about judo and doesn't mind who sees this in him. He transfers his passion to those whom he teaches. The children are devastated when they lose, but with tears streaming down their faces, they rise with determination and concentration for the next match. You can see the passion Becerra Sensei has instilled. Being passionate about judo and his students creates the desire in his students never to fail him.



Anyone who attends one of Becerra's classes is struck by the anticipation of children and adults. Their willingness to strain to improve their physical conditioning becomes obvious. Teaching a new technique or improving an older one receives students' full concentration. Eagerness in the air is thick enough to cut with a knife! Students undergo uchi-komi with a desire to improve with each move, and approach randori like it is the last thing they ever will do in life! Sensei's passion is reflected in each face.



Teaching for Sensei is fun too. Students always are attentive and fired up to do whatever the instructor asks, without question. Becerra Sensei meanwhile sits back watching all the mistakes I make and with subtle suggestions encourages me not to repeat them. Never missing a move, he'll point out students' errors from across the mat. I have heard students say they can do no wrong while Sensei is there. Sensei will point out that wrong to everyone!



Even bowing out is more a sad ritual than a relief. As students help put up mats, they chat and tease one another. When mats are stacked, students hang around and talk, reluctant to leave. And Becerra Sensei has time for each of them.

Passion is Bert Becerra's secret for a successful judo program. You see it in every move of the man, and he's able to transfer that passion to each of his students. One second of praise from Becerra Sensei makes all the effort worthwhile.

E. E. Carol, former Police Olympics silver medalist, has practiced martial arts for 40 years, including 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.



The Jujitsuist by E.E. Carol



I was teaching judo in my garage in Kaufman, Texas, a small class of about ten kids and four adults. A stranger showed up one evening during the kids' class and stood in the driveway watching. I assumed he was related to one of the children and ignored him.

A thirty-minute break between the kids' and adult classes allows me time to answer questions, get paperwork done, and plan the adult class. The stranger stood quietly allowing me finish my work, then asked to speak to me.

Steve had come two years earlier from South Africa, where he'd studied a Japanese style of jujitsu for seventeen years. He'd been looking for a place to teach or study jujitsu. I told him that I'd like to see his skills before letting him teach with me. He agreed, eager to begin. He returned from his car with a frayed gi and black belt.

I introduced Steve to my class, and he jumped right into teaching his style. I joined in. It never hurts to learn something new.

Steve concentrated on complex techniques with difficult, rarely workable entries. My class was mostly beginners except for Glenn Long, who'd studied several martial arts and recently earned judo ikkyu rank.

Glenn was frowning at Steve's teachings, so I asked what was bothering him. Glenn didn't like complicated stuff in a fight and he didn't see any kuzushi in Steve's style. I watched more critically and sure enough, Steve wasn't using kuzushi. I asked him about that, and he responded that kuzushi wasn't necessary in his style. I let him continue. By the end class every student was frowning. We did some randori, which brought back the smiles.

When the class departed, I asked Steve to randori. He was very strong but without kuzushi couldn't even move me. I waited until he was frustrated and then started throwing him, repeatedly. In desperation he dragged me onto the mat. I actually felt sorry for him then. Mat work has always been my strong point. When he began striking me, I arm-barred him twice, after which we stopped to discuss the workout. I explained that I wasn't as good or strong as he was but that kuzushi was giving me a distinct advantage. Steve didn't agree but agreed to look into it.

He was with us for about four months. After one of my green belts threw him, Steve saw the light and began trying to use kuzushi. Seventeen years of practice was hard to break, and although he didn't get the job done in the time he was with us, he got a start.

I still hear occasionally from Steve. He is living in another Texas town and has a good-sized jujitsu class of his own. His rank is now recognized in one international and several national organizations.

And one thing more: The word "Kuzushi" is included in the name of his school!

E. E. Carol, former Police Olympics silver medalist, has practiced martial arts for 40 years, including 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.

Welcome to the first joint USJF/USJA Junior National Judo Championships

**Congratulations to all
competitors, officials,
parents, friends
and volunteers.**



Mark your calendars:

5th Winter Nationals December 3-5, 2010 in La Verne, California
for more information contact <http://www.GoltzJudo.com>

2nd Annual USJA/USJF Junior National Judo Championships
July 2-3, 2011 in Holland, Ohio
for more information contact JudanJudoToledo@bex.net



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The Judo Compass



When you practice judo, ask yourself, "What improved?" Keep a little notebook or journal of your judo practice*, and after each, answer that question. Your judo experience and rank have no bearing on this.

Improvement can happen at every practice, and in many ways.

The dojo is a place where physical, mental, and spiritual / moral victories can be won. Improvement can be the tiniest, "little bit better" thing. If you are among the very best judokas at the dojo, what can you improve? If you are among the very least skilled, what? One's first response is to think in the physical skills area, but what about the other areas of personal development judo can improve?

Seiryoku zenyo, best use of your energies –

Did you apply this to learning a skill? Can you create a better practice drill? Can you improve your ability to observe and learn? If you change a particular position of your hands, will it improve a *waza*? If you are content to do things exactly the same way, practice after practice, simply because that works, you are missing the chance for *seiryoku zenyo*. There is no level of judo where this does not apply. The more advanced in judo you become, the more you should be able to apply this, while at the same time, the more there is a danger of being content. More importantly, there is no requirement to wait for judo longevity. As soon as you start this quest, at any level, your judo will improve more rapidly.

This concept works well outside the dojo. The dojo is where you practice skills in the judo manner; outside the judo dojo, you can practice life skills in the judo manner.

Kano makes an all-encompassing statement above. He says a judo principle is a complete pre-emptive against despair and undue anxiety. Constant application of this judo principle will assure this great benefit, whether it is needed in judo contest or in daily life.

The secret keys to victory are not hidden, merely cloaked in simplicity.

"As long as they believe that they have used their mental and physical energy most effectively, human beings will never lose hope, nor will they suffer undue anxiety."

Jigoro Kano –

Mind Over Muscle

The *Judo Compass* is conceived, written and sent by Tom Crone. www.northstarjudo.com

Previous issues archived: www.judominnesota.com

To be taken off the mailing, simply reply and add REMOVE.

* Some find keeping track fun and valuable. Attached are two versions of judo journals you might enjoy.



My Judo Journal

Today _____, I achieved **maximum efficiency via best use of my resources** in judo practice by:

and ... Outside the dojo by:

Today _____, I created **mutual benefit and welfare** in judo practice by:

and... Outside the dojo by:

NOTES:



My Judo Journal

Maximum Use of My Resources and Energies (D = Dojo / O.D. = Outside Dojo)

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Mutual Benefit and Welfare

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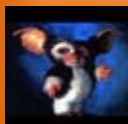
The taming of Gremlins might rank as one of the most valuable and useful endeavors you can pursue to put the *do* in your judo and life, as per Maximum Efficiency.

GREMLIN

TAMING FOR

JUDOKA

-PART ONE-



Gremlins:

- 👤 They ruin judo techniques.
- 👤 They make learning frustrating and unnecessarily slow.
- 👤 They cause injuries.
- 👤 Everybody has them.
- 👤 They are stronger than you.
- 👤 You can never be sure you have destroyed them.

WHAT'S A GREMLIN? It is a reflex, a habit, a "thing you just do". Sometimes, they are bred of survival reflexes. As a frequently tipping toddler, you instinctively protected yourself from injury by sticking out an arm. That gremlin says, "Better I should give you a broken arm than a broken head." Survival.

After many decades in judo, a seasoned veteran was enjoying randori. Right before my eyes he was suddenly airborne via an overly over-the-top seoinage. He panicked, stuck out his hand to stop the fall. It took three hours for the hospital people to get the elbow joint back in place.

Sometimes, they just *are*.

Controlling them is not easy. Try these taming methods.

- 👤 Isolate the Gremlins. You have to seek, then destroy. Fix one thing at a time, and then go on to the next.
 - Make a Gremlin-of-the- (Week / Month) list. Pick one and work it until it is tamed. Here are a few from the list of 4,598 most common Judo Gremlins.

Osoto support foot points at the wrong angle - Leaving collar hand behind doing tai - Reaching back when doing rear ukemi - Not low enough on... - Stiff arms in randori - Stepping in flat-footed, etc.
- 👤 When you identify a Gremlin, tame it immediately. Example: A new student learning ukemi might incessantly slap at too wide an angle. Fix it before getting up, not succumbing to the "I'll get it next time" response and standing up without first doing it right.
- When you go to the dojo to train, you bring your Gremlins. They like to train, too. The more they are indulged, the stronger they get. Instant Gremlin taming is a valuable addition to ones learning in judo and in all things. According to Jigoro Kano, doing this in judo will help to do so in life's daily pursuits.



"There were various reasons why I chose not to use the term 'jujutsu', which described what was ordinarily practiced, and instead employed the name 'judo'. The main reason was that 'do' (way) is the major focus on what the Kodokan teaches, whereas 'jutsu' (skill) is incidental. I also wanted to make it clear that judo was a means of embarking on the do." – Jigoro Kano

Gremlins II- coming in May, 2010.

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