



American Judo

A Journal of the United States Judo Association

Winter 2010

New Referreeing Rules



American Judo

A Journal of the United States Judo Association

Fall 2009

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American Judo is a technical and informational publication of the United States Judo Association, Inc. (USJA). It is published four times per year in electronic form and is available from the USJA's Web site (www.usja-judo.org).

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From the office of: Katrina R. Davis, USJA Executive Director

February 4, 2010

Dear Members of the USJA:

With the recent elections that were held and the appointment of positions within the USJA the organization is in a better place than it has been in a long time. The Board of Directors is a diverse group of professionals that are dedicated to working together for the sole purpose of growing Judo.

It is our intent to reach out to all our members that are both active and inactive. For those of you that are active we thank you and urge you to remain loyal and reap the rewards as we move forward. Without your support and donations we would not exist. We rely solely on donations as all non-profits do.

For those that are currently inactive **WE WANT YOU BACK!** We ask you to consider taking a look at the USJA and find out where we are heading, www.usja-judo.org. If you have been holding off on sending in your promotion because you owe back fees, we are offering you a chance to update your life membership with a \$25.00 donation anytime this year, 2010, and all back fees will be waived.

We understand these difficult economic times and we don't want you to throw away all your personal contributions and accomplishments because of monetary issues. Growing judo is much more important.

When you call the USJA National Headquarters you will reach Robin Ridley. She has been a dedicated employee for almost 3 years now and receives many accolades from those that she assists on a daily basis. DeeDee Weller has been with the USJA for 17 years and performs the duties of data entry. Michael Lucadamo, has been with the USJA for 8 years and performs a myriad of tasks mainly focusing on bookkeeping, sanctions, certificates of insurance, keeping our events up to date on our website, and maintaining and updating our grass roots points on our website.

I do not have to introduce myself to many of you as I have been with the USJA for 18 years. I am proud to say that I have recently been promoted as the Executive Director and I accept the duties with a deep appreciation of what the job entails and I intend to honor the position to the best of my abilities. It is my good fortune to have the office staff I have which allows me to delegate some of my responsibilities and allows me to do my job while attending to all of our membership needs. Every member of the office staff is active on the telephone or through emails to resolve any issues that require attention in a timely fashion.

We want you back and wish to prove to you that being a member with the USJA will be a most rewarding experience as we are fully and completely dedicated to providing our membership with better service than any other organization claims to offer.

Our partnership with the USJF is only one example of our desire to have the great sport of Judo recognized to a degree once thought to be a goal that could not be achieved. It is my belief that we have only scratched the surface, and judo will be brought to the height of its glory through the efforts of the USJA.

In analyzing data from our year end financial reports, the USJA remains on a positive financial trend.

The current assets of the Association total almost \$69K. We have no outstanding liabilities like we once had. Our liabilities consist of our current operating expenses that get paid on a monthly basis. All our loans and lines of credit from 2005 have been completely paid off when we were in debt close to \$72K.

The USJA's Endowment Fund has grown from \$17K in 2005, to almost \$32K. These funds are maintained in a completely separate account so they are not commingled with our operational liabilities.

Within the next month, the "Coaches Portal" will be released so that all coaches will **finally** be able to view, and or print, their roster at any time. Coaches will also be able to view any member of their club in detail to get rank history, donations, etc.... We have been testing this for a few weeks to try and work out any glitches. Without John Moe, our IT guy, this would not be possible. His service has been invaluable to the USJA.

Thanks to the generous offer from our current top donor, Dr. James Lally, the office will be replacing all our PCs with an upgrade. Thus, providing better service and alleviating some extra unnecessary steps to ensure we meet our members' needs.

Please feel free to call upon me anytime. I've been here for a long time and although I've met quite a few of you through the years, I always look forward to meeting more. I attend most board meetings; please seek me out, as I would love to meet you.

Sincerely,

Katrina R. Davis

USJA Executive Director

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International Judo Federation

REFEREEING

New rules for the period from 1/01/2010 to 31/12/2012

Introduction

The IJF's wish is to defend fundamental judo values.

Within this scope IJF particularly devotes itself to preserve and develop education, physic and mental trumps of Judo.

« Judo is a physic and mental education system ».

From the other side, IJF would like to change Refereeing rules during Olympic qualification period. For this reason it has proceed to experimentations and decided new rules for the period from 1 January 2010 to 31 December 2012.

The experimentations have been tested during the World Championship Juniors 2009 in Paris and thereafter they have continued at the following IJF competitions: Grand Prix of Abu Dhabi on Nov. 20 and 21 2009, Grand Prix of Qingdao (China) on Nov. 28 and 29 2009, World Cup of Suwon (Korea) on Dec. 4 and 5 2009, and Big Slam of Tokyo (Japan) on Dec. 11, 12 and 13 2009.

Strict application of the refereeing rules in the following fields

FORBIDDEN: Grips of legs and blocking:

All direct attacks or blocking with one or two hands or with one or two arms below the belt are prohibited.

Punishment: First attack: **HANSOKUMAKE**

Examples:



HANSOKUMAKE =>



HANSOKUMAKE =>



HANSOKUMAKE =>



HANSOKUMAKE =>



HANSOKUMAKE =>



AUTHORIZED: Grips of legs in sequence of technique

Grips of legs are authorized after a technique if it's real and well-differentiated in the time. (Real technique is a technique whose intention is to make fall. It's the contrary to the false attack). Simultaneous or quasi-simultaneous attacks with grips of legs are prohibited.

Punishment : **HANSOKUMAKE**

Examples :



AUTHORIZED: Grips of legs in counterattack

Grips of legs in counterattack are allowed.

These counterattacks are allowed only within a sequence (continuity) of techniques started by the opponent. The principles of Go No Sen. (Counterattack). Without bodies contact the grip of leg(s) is prohibited.

Examples:



Bodies contact

EXCEPTION:

Grip of leg is authorized when the opponent is in the position of cross guard.





PROHIBITED:

In a normal Kumi-Kata position to escape by passing the head under the opponent's arm, then by gripping the leg is prohibited.

Punishment : **HANSOKUMAKE**



HANSOKUMAKE =>

EXTREME DEFENSIVE POSITION



For better understanding of the new rules, while giving a punishment referees will explain it by an appropriate gesture.

Refereeing system

The contests will be conducted by one Referee and two (2) Judges at opposite corners.

The "Care" system with two (2) cameras filming the contest at two (2) different angles will be set up to help the Referees.

Control and supervision of the "Care" system will be done by the IJF Refereeing commission.

Golden Score

Regarding Golden Score part of contest the entire marking of refereeing scoreboard resulting of initial contest, will be maintained during this period except the contest duration.

At the end of Golden Score and if no advantage was marked, the referees will take a decision for the period of initial contest and its Golden Score part.

Action against the spirit of judo

Any action against the spirit of Judo can be punished by a direct **HANSOKUMAKE** at anytime of the contest.



2010 Refereeing Rule Adjustments

Implemented January 1, 2010

Approved by the USA Judo Referee Commission (December 28, 2009)

Leg Grabbing Throws (*Ashi Dori Waza*)

All direct (initial) attacks (or blocking) with one or two hands or with one or two arms below the belt are not allowed.

First attack — *Hansoku make* (only that contest)

Throws like *Kata ashi dori*, *Kata guruma*, *Ku chiki taoshi*, *Kibisu gaeshi*, *Morote gari*, and *Sukui nage*, just to name a few are no longer allowed as initial attacks.



Leg grabbing throws (*Ashi dori waza*) are allowed as the *Kaeshi waza* (countering technique(s)), as long as the action is continuous.

Without body contact the grip of leg(s) is prohibited.



Leg grabbing throws (*Ashi dori waza*) are allowed as the second or follow up attack(s) in *Renraku waza* (Combination techniques). The action must be continuous.





Exception

Grabbing of the leg is authorized when the opponent is in the position of a cross over back grip. (two hands same side.)

In a normal Kumi-Kata position to escape by **ducking (passing)** the head under the opponent's arm, placing them in the cross over back grip and then gripping the leg is prohibited. *Hansoku make-white.*



If one contestant attacks with *Ashi dori waza* and the other contestant counters for a score, the score should be given. If the score is Ippon, there is no need for the penalty. If the score for the counter is *Yuko* or *Waza-ari*, stop the contest at an appropriate time, consult with the judges then, if the team agrees there was *Ashi dori waza*, administer *Hansoku make*.

The referee gesture will be an arm sweeping motion in front and then to you. This simulates the leg grabbing arm motion when doing *Kata ashi dori* or *Ku chiki taoshi*.

Golden Score Rule Change

When the initial contest ends and the scores and penalties are even, all scores and penalties on the scoreboard for the initial contest will remain on the scoreboard for the Golden Score Contest. (Only the contest time is reset).

If at the end of the Golden Score contest, the scoreboard is even, the decision as to which contestant should win must be based on the *Kinsa* (Advantage) each player has accumulated during the Initial Contest **and** the Golden Score Contest.

In any case of extremely defensive position, the referee must penalize either or both contestant(s) with the appropriate penalty. (Reiteration)
Any action against the spirit of Judo can be punished by a direct *Hansoku Make* at any time of the contest. (Reiteration)
Contests will be conducted with one referee and two judges.(Reiteration)



Basic Physical Principles of Martial Arts and Ways by Ed Thibedeau

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When martial arts or ways instructors mention “principles,” the implication is that you have to understand them in order to perform them. Usually instructors will define a Japanese term without exploring its full meaning, often intentionally, implying that students should discover the principle on their own through physical and mental practice. Often this frustrates students, who soon quit. Some instructors shorten definitions to the extent that any semblance to the original meaning or intent is lost. Students and instructors consequently perform maneuvers with little or no comprehension as to why they do it.

This article aims to provide an understanding of major mechanical or physical principles related to effective execution of techniques, beginning with working definitions.

Taisabaki

In its simplest form taisabaki is body movement. In reality it is an intricate principle that must be fully appreciated in order to perform any martial arts technique. In a deeper sense taisabaki is management of body movement. It is not simply moving your body but rather managing body movement in a controlled and explicit manner to allow performance and proper execution of techniques.

Ashi sabaki

This is the principle of foot movement in specific ways depending on the intent of movement and the distance or maai from an opponent. There are two general types of ashi sabaki related to martial arts:

Tsugi ashi – following/sliding foot, which can occur in any direction.

Ayumi ashi – normal walking. usually done forward or rearward.

Kamai

Kamai is posture. In judo and jujitsu kamae implies defensive posture. Basic natural posture with hands at our sides is known as hontai. Jigo hontai, self-defense posture, is a slightly wider than normal stance, legs bent slightly at the knees. Knees are flexible, not locked. Most importantly hands are raised to mid-torso in a position to enable parrying, blocking, or performing strikes or grappling. Variations of jigo hontai are numerous. Weapons training requires employing kamae differ from those used with empty hands.

It is important for empty-handed techniques that when one foot slides forward, the hand for the forward foot must also move forward of the other hand. Depending on the style, the forward hand may be at the same height or higher than the other. Having the forward hand higher than the other is preferable as this permits parrying and blocking to protect the head and shoulder area while the lower hand can do the same for the torso and hip area. In the case of weapons the type of weapon dictates which hand is forward. For swords the right hand (assuming the usual right hand grip) always will be forward. In the case of jo and depending on the technique being executed the hand of the forward foot may or may not move forward with the foot. The goal of good kamae is to maintain a posture where you are centered, balanced, and ready to move without hesitation in as many different directions as possible.

Maai

This is usually considered engagement space or distance between combatants. Like taisabaki, maai has a deeper meaning and is a principle that must be appreciated fully in order to perform techniques effectively. Maai is not simply engagement distance but the principle of knowing the correct distance to execute a technique effectively. Conversely and more importantly, maai is knowing what techniques are effective for any given distance between opponents.

Along with appreciation of distance there also must be appreciation for the angle of attack between two people. Although specific techniques work at certain distances, they may not work at certain attack angles even though distance or spacing between opponents is correct.



Kuzushi

This is breaking an opponent's posture, unbalancing and off-centering an opponent. In a deeper sense it is unbalancing your opponent while maintaining your own center and balance. Terms such as hara, tanden, jushin, and shindashi define center of balance or gravity. It is possible to disturb a person's center and balance by contact or movement without actual contact.

Tsukuri

Tsukuri is the entry into a technique. While this term generally is used in the context of fitting in for a throw, it applies to all techniques, even grappling. Tsukuri means to position your body correctly in order to most efficiently and effectively execute a technique. This could be as simple as stepping forward when striking with a jo or the required stepping, turning, and lowering of center required to perform a koshi nage (forward hip throw).

Kake

Kake means attack or execution of the technique. This would be the actual swinging and striking with a jo or the hip and torso rotation required to throw a person with a koshi nage.

Applying the Principles

Now that we have a set of definitions, let's see how these principles work together to correctly perform or execute techniques in the context of a judo shiai. The descriptions are detailed enough that actions can be transferred to any martial art.

To begin, two opponents (uke and tori) face and bow to each other at a distance. Using taisabaki with ayumi ashi they approach each other. As the distance closes to within a couple of feet, they begin walking in tsugi ashi, which allows them to take measured steps while maintaining balance, until they have the correct maai for actual engagement. At the same time they start tsugi ashi they should adopt their offensive/defensive kamai, namely raise their arms in front, which allows them to grip, while taking a slightly wider stance and lowering their center.

Uke and tori move around in tsugi ashi feeling each other out while trying to adopt a maai that will afford the opportunity to get a grip and perform a technique. Once they grip, the next objective is to perform kuzushi. Once kuzushi is in effect, tori moves into a position to perform a throw. This is the tsukuri. Actually kuzushi and tsukuri occur almost simultaneously. Kuzushi must be maintained during tsukuri.

Once kuzushi and tsukuri have occurred, all that remains is the kake or completion of the throw. This is done while tori is holding uke in an unbalanced position and then manipulating his own body (leg sweep, hip rotation, etc.) to complete the throw. The goal is to perform kuzushi, tsukuri, and kake quickly and smoothly, expending minimum energy.

While tori has some control over how uke will move, he will not have full control. The level of resistance and difference in experience levels between uke and tori will be major factors as to how much tori can unbalance and control uke. Except in kata, you cannot predetermine that you will perform a specific technique. The actual maai and angle of attack between uke and tori permit certain techniques while attempting others would waste time and energy. This is why it is important to know techniques and their variations so that for any particular maai and angle of attack you'll be able to execute an appropriate and effective technique.

In addition to standing techniques, tachi waza, these principles apply to techniques while lying, sitting, or kneeling on the mat, often referred to as newaza or suwari waza. Proper appreciation and use of these principles in newaza will greatly improve techniques while expending minimum energy.

I have described each principle in a sequential linear way. In actual practice many of these principles can and should occur simultaneously. Furthermore, certain mechanical principles commonly are repeated: the maai may close to engagement distance and then open up again; switching between ayumi ashi and tsugi ashi may occur; depending on the maai and the reaction of uke, kuzushi may be gained, lost, and regained. It is important to appreciate proper flow and sequence of these principles in order to perform a technique as quickly and efficiently as possible.

Ed Thibedeau is 3rd dan in jujitsu, 4th dan in judo, and 1st dan in karate. He also is a national referee, Regional Coordinator, national kata judge and instructor, and approved coach certification instructor. He is chief instructor at Arkansas Goshinkan (<http://www.ArkansasGoshinkan.org/>).



Real Judo by E.E. Carol



The two judoka bowed onto the mat. From their determined look it was obvious that this battle was serious. Onlookers hushed and tensed as the competitors bowed to the referee and each other, then waited for the referee's signal.

"Hajime!" cried the referee, and without hesitation the two lunged at each other attempting a grip advantage. It quickly became apparent that they were evenly matched and neither could gain the better grip. The match became more dance than fight.

Suddenly the referee hollered, "Matte" and grabbing each fighter by his collar, lifted them. He swung them around back to back, put them down, and sang, "You

put your right foot in, you put your right foot out, and you shake it all about!" The two 7-year-old competitors giggled and did as the song directed. The crowd laughed.

The referee restarted the match. This time there was an obvious difference between the competitors. Now they were having fun playing judo. The fight was no less technical, nor was there less effort on the part of the participants, but the tension was gone.

After four or five matches, awards were presented: ten medals for ten players. Almost as one the crowd leaned forward with camera phones to capture delighted faces of family members receiving recognition of their first judo win. The referee, a large dark man with solid, economical movements, completed arrangements for the next set of matches and turned the mat over to a new referee.

When Rubin Martin hosts his annual Beginners Tournament, half his floor is covered with mats and the other half with chairs. Spectators always outnumber competitors at this event where everyone receives a medal. There is much in-house joking: "Why does the chicken cross the road?" shouts Martin Sensei. "To get to the other side!" respond his giggling students.

Martin's intensity while coaching borders on dangerous. He concentrates on helping his students do their best and have the best possible learning experience. If someone saw him only in that role, he would appear unfriendly and unapproachable. However he exposes his true personality at his Beginners Tournaments.

Martin Sensei enjoys his judo and sharing that joy. He doesn't take judo or teaching lightly, but his sense of humor and affection for judo reflect what judo is all about.

If we cannot laugh at ourselves, play judo, and respect the sport, we have nothing. Martin Sensei has it all and has brought it to his Burleson, Texas, 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.



A Personal Reflection on the Passing of Rusty Kanokogi

When I got the news that Rusty had passed, I was at a loss for words. I sat at my desk with tears in my eyes. Even though I knew exactly how sick she was, somehow I wanted to believe she would beat it.

When she first called me and told me she was sick, she told me she had been thrown for a koka. I wanted to take her word for it.

That night, in my sleep (honest!) the core of this song came to me. It's based on the classic Union song "Joe Hill." He was a Union organizer in the early years of the Union movement who was killed by men against his Union efforts.

Connie Halporn
Director of Publications, USJA

Rusty Kanokogi

(Sung to the tune of "Joe Hill")

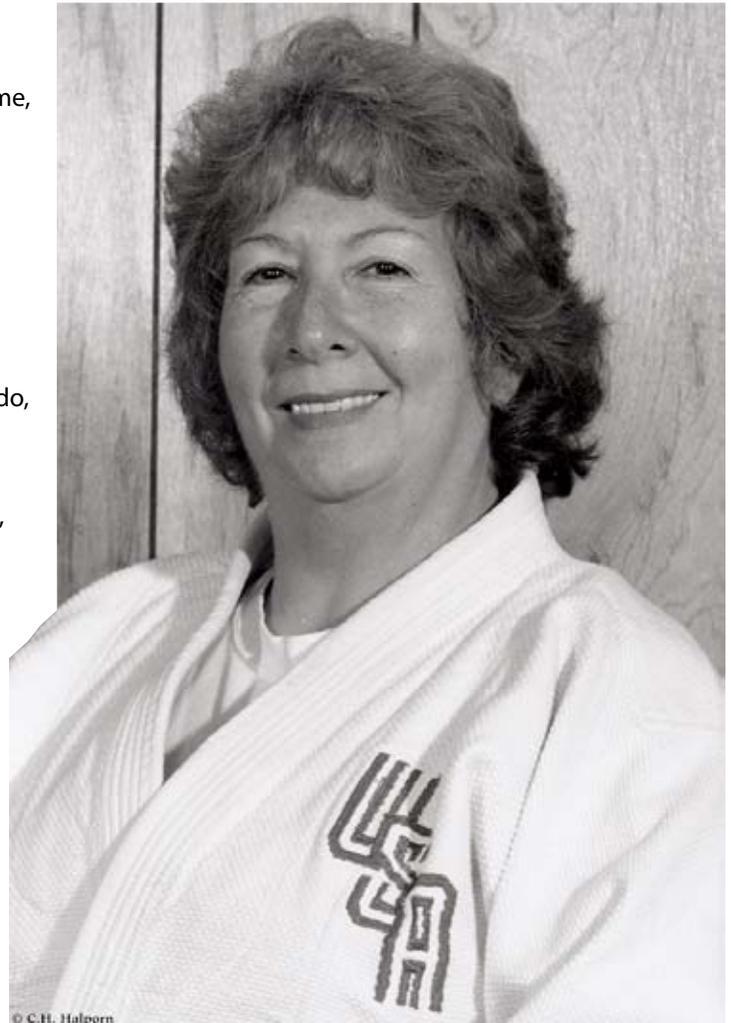
I dreamed I saw Rusty Kanokogi last night, alive as you and me,
Says I, but Rusty you've gone away, I never died says she,
I never died says she.

The cancer finally caught you; it threw you for ippon,
Takes more than that to push me out,
Says Rusty I didn't die,
Says Rusty I didn't die.

And standing there as big as life, and smiling with her eyes,
She says what didn't leave the earth, goes on to promote Judo,
goes on to promote Judo.

From Brooklyn NY and to the West, in every club and mat,
where women go to play Judo, that's where you'll find Rusty,
That's where you'll find Rusty.

I dreamed I saw Rusty last night, alive as you and me,
Says I, but Rusty you've left us now,
I never died says she, I never died says she.



© C.H. Halporn



Rusty Kanokogi Memorial



The Memorial for Ms. Rusty Kanokogi was held at the Huntington Hilton, 598 Broadhollow Road (Route 110), Melville, NY 11747 on Saturday January 23, 2010

The speakers included Jean Kanokogi, Ryohei Kanokogi, Eve Arnoff-Trivella, Jimmy Pedro and Parnell Legros.

Several videos of interviews with and about Rusty were shown. It was fun to see many of the attendees in the audience, in their younger years, participating in the videos.

The Women's Sports Foundation with Rusty created the Rusty Kanokogi Fund for the Advancement of U.S. Judo.

"The fund supports the development of US female judo players by providing direct financial assistance to support travel and training expenses for aspiring female athletes with successful competitive records who have the potential to achieve even higher performance levels and rankings"

Contributions can be made on-line at www.WomensSportsFoundation.org/Rustfund

Checks made out to WSF-Rusty Fund can be mailed to
Women's Sports Foundation
Eisenhower Park
1899 Hempstead Turnpike, Suite 400
East Meadow, NY 11554







When an avid judoka asked Professor Kano how best to improve his judo, Kano reportedly replied, "Never miss practice." Droll as that may seem, he wasn't kidding. It is possible the student hoped for an "inner secret", perhaps something to do with a technical application, maybe a kuzushi gimmick. If so, Kano's reply might have seemed sardonic. There's irony for you. Let us pile irony on top of irony. Judo practice teaches the value of perseverance. However, one cannot gain it unless one endeavors to never miss practice.

The true price one pays for judo is not made with the currency of the realm. It is paid with a dearer and more precious commodity, ones time. Do not short change yourself.

I once heard a sales training guru say, "The difference between those who succeed and those who fail is simple. Those who succeed are willing to do things those who fail will not." He wasn't talking about climbing Everest; he was talking about little things, about showing up.

There are two ways to miss practice. One, don't show up at all; the other, show up physically but not wholeheartedly. The first is easy to spot, but the second is insidious. I suspect the latter often evolves into the former. Since there are bound to be days when you just can't get into it, your spirit is elsewhere, here, then...

FROM A NORTH STAR
STUDENT TO T. CRONE:

Within the famous Paine publication American Crisis, "These are the times that try men's souls..." is this line I thought applicable to perseverance in all matters Judo, "What we attain too cheap, we esteem too lightly-'Tis dearness only that gives every thing its value."

The Great Bowing Secret

I learned this back in my college judo days, and even applied it in spirit to my regular classes. I swear it made a significant difference in my GPA.

Most bow in to the dojo, or onto the tatami, or both. Envision the edge of the bowing place as an invisible doorway. You bow, unlocking it, and when you step through, all else behind you is gone. All your preoccupations and concerns are left behind. You tell yourself, "I am here for judo." (Mentally, actually say it.)

At the start of class, when you bow, tell yourself you will let nothing and no one interfere with your judo improvement. If other distractions exist on the mat, you must find ways to eliminate them. They steal your time.

At the end of class, as you prepare to bow out, revisit a positive and successful judo experience your session provided. Be there again, with feeling, if only for a second.

Do this always. It is a shame to miss practice once you've shown up.

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

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

Previous issues archived: www.judominnesota.com



Hope For Hope by E. E. Carol



My current class consists of four misused and abused children recently adopted by their foster mother, three kids who are home schooled and naively self-confident, and four normal children. Well, kinda normal. Hope and her brother Jacob are two of my supposedly normal kids.

Hope is beautiful, and she knows it. Hope is eight. When she began judo, I told her she'd have to pay attention, work hard, and attend regularly to attain promotions.

Her reply was, "I don't have to do that. You're a man, and all men do what I want because I'm pretty!" Now is that a challenge or what?

Hope is physically coordinated and works hard at judo. She attends class regularly and

has learned well. When she finally earned her promotion and was returning to her place in line with her new yellow belt, she told her mother, "Momma! I got this myself, not just because I'm pretty."

Though she earned this over a month ago, I'm told that she still sleeps with the belt. Hope tends to wait for others to fall on the mat for her because she wants them to. Getting her to attack is like pulling teeth, though when she does, she generally throws her opponent. She's more defensive than aggressive and waits for her looks to dominate.

Another of my other normal kids likes Hope. He's nine, an age at which demonstration of affection hurts. The rest of the kids are unimpressed by her looks and go after her like a dog on a bone. Getting Hope to throw around my black belts doesn't increase her confidence in her judo abilities because she expects men to obey her and hasn't connected her actions with the results.

Hope won't always be beautiful. Neither will her beauty stop bad people.

Her personal confidence level has skyrocketed with judo practice. She insists that adults treat her fairly and will not obey her elders blindly. That doesn't bother me, because I'm used to explaining to kids why I want them to do something a certain way.

I worry about Hope. How can I get her to rely on herself and not her looks? Did I mention that she earns straight A's in school and usually is the teacher's pet? In reality she's a neat child, typical of those in class right now. Each has his or her own challenges.

Doesn't everybody enjoy teaching kids? Even though Hope is one of my blessed children she is still a challenge. Her character grows with each class. I'm pleased that all children are not alike and am open to suggestions on how to teach judo successfully to Hope.



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.



New Student by E. E. Carol



About twenty years ago, Virgil approached me at Vince Tamura's dojo and asked me to teach his daughter jujitsu. Besides being my best friend, Virgil was a nidan in judo, a karate master, a master pistol shooter and concealed handgun carrier, and an attorney. He also was a big guy. I asked why he didn't train her himself.

He replied that he really didn't have time. I just looked at him without saying anything, which surprised him because I nearly always have something to say. Virgil looked down and sheepishly confessed that his kids never paid attention to anything he said and he didn't want to go through all that bother.

Hmm. So Virgil wants me to train his spoiled brat kid! And here I thought that he liked me! Tamura Sensei had often assigned the newbie's— those whom no one else would touch— to me, so I figured I could handle Virgil's request. I could always just choke out his daughter until her attitude changed!

I had met D'laine briefly during a workout on an earlier occasion. I was hot and sweaty, intent on applying a new technique on longtime judo nemesis Robin Tidwell, so didn't pay any attention to the child. Virgil and I set a time for D'laine to come for lessons, and I forgot the matter.

On the appointed day I entered the dojo late to find a stunningly beautiful young woman in judogi patiently waiting. Wow! She introduced herself as D'laine and told me that she appreciated my taking time to teach her. I got my eyes back into my head, shook her hand, and told her to get on the mat and stretch out while I donned my judogi.

While I was changing, another student inquired about the new student. I told him I was teaching her jujitsu. On the spot he offered me \$100 to work out with her! I declined.

Our first session was delightful! She was attentive, hardworking, and tireless. I quickly forgot how lovely she was and concentrated on teaching judo and jujitsu. All the while I was training D'laine she remained the perfect student. She didn't seem to notice judogi and mat burns on her face after class.

And she learned fast! I knew that because I began acquiring as many judogi and mat burns as she! I asked the guy who had offered me \$100 to work out with her if his offer still stood. He looked at me oddly and said he wasn't into being beaten up by pretty girls.

After D'laine left Tamura's, her dad informed me that she'd gone to New York City to become a model, and he'd wanted her to be able to defend herself. I really enjoyed teaching D'laine. She was a welcome diversion from my personal training, and I think she taught me as much as I taught her. I never underestimated another pretty lady on a judo mat again!

Thanks for the experience, Virg!



E. E. Carol, former Police Olympics silver medalist, studied for over 30 years under Vince Tamura. He 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.



Judo

For male and female players of all ages.

David Starbrook, 2010 Guest Instructor

International Judo Camp



August 15 to 21, 2010

www.newyorkymcacamp.org/judo



Community

We are a closely knit community built upon the YMCA core values of caring, honesty, respect and responsibility. Our focus is to support each child and adult to learn new skills and to perfect their existing ones.

Join our family

We offer world class training for dedicated and determined athletes from the Northeast and around the world.



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2010 International Judo Camp

Learn from Olympians and National Champions

Co-Directors George Harris and George Pasiuk lead a staff of top competitors from around the globe. With a low camper to instructor ratio our instructors teach every day, gearing their classes to each camper's ability.

We make sure only the best staff work with your child. Our coaches and dorm staff go through a rigorous selection process that includes three references, professionally conducted background check and a drug test.

During daily practice and evening Randori, our coaches take the time to meet each player to evaluate skills and develop an individualized, appropriate training program.

Returning campers know they will receive expert coaching and develop new skills, no matter what their rank.

Daily Program that Provides Balance

Begin your training each day with Tai Chi or jogging on a scenic mountain trail. Continue your morning and afternoon classes in small groups and participate in self defense classes. Each evening includes Randori, a time to practice new skills learned that day and a self-defense class.

Join our daily Kata clinic for the formal demonstration and instruction of techniques. The week wraps up with an awards ceremony and optional tournament.

The Dojo

- 16,000 square foot Fieldhouse surrounded by walls of windows for cross ventilation and comfort
- Olympic quality Tatami mats
- 4,000 square feet of puzzle mats
- Showers, locker rooms and saunas
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- Complete training room
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2010 Guest Instructor David Starbrook



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World-Recognized Instructors

David Starbrook

We are pleased to introduce David Starbrook, our 2010 guest instructor; he took the Silver Medal at the 1971 World Judo Championships, Silver at the 1972 Judo Olympics, Bronze at the 1973 World Championships, and Bronze at the 1976 Olympics. He has also medaled in the European Judo Championships and many Open Judo Championships.

George Harris

Co-Director; 9th Dan; Olympian, 4-Time Grand Champion

George Pasiuk

Co-Director; 6th Dan; President Metropolitan Judo Association

Clyde Worthen

Assistant Camp Director; 6th Dan; National Champion

Jim Bregman

9th Dan; 1964 Olympic Bronze Medalist

Harry Glackin

7th Dan; Self-defense and Tai Chi Instructor

Rick Celotto

7th Dan; International Judo Federation Class "A" Referee

Bonnie Korte

8th Dan; British Open Gold Medalist; 10-Time US National Champion

Sid Kelly

8th Dan; 1999 World Masters Champion; British International Player

David Kiang

5th Dan; Kodokan-Certified Kata Instructor

Noriyasu Kudo

8th Dan; Judo Instructor, Tokyo Police

Konstantyn Tshovrebashvili

5th Dan; 7-Time Ukrainian National Champion

Joe Walters

5th Dan; 1994 World Masters Silver Medalist

Bill Montgomery

5th Dan; Coaching Certification

Mike Berkowitz

3rd Dan; Nursing Staff

Heiko Rommelmann

4th Dan; Recreation Director

Penny Bruso

Director of Dorm Room Staff, Camp Mom



International Judo Camp

Camper / Participant Information					
Last Name	First Name	MI	Birth Date	Age	Sex <input type="checkbox"/> M <input type="checkbox"/> F
Street Address		PO Box #	Apt #	City	State Zip Code
()					
Home Phone	Judo Club / School Name		Camper / Participant Email (optional)		
Free T-Shirt if registered by July 24, 2010:					
<input type="checkbox"/> Child S <input type="checkbox"/> Child M <input type="checkbox"/> Child L <input type="checkbox"/> Adult S <input type="checkbox"/> Adult M <input type="checkbox"/> Adult L <input type="checkbox"/> Adult XL <input type="checkbox"/> Adult XXL					

Family Information		
Camper Lives with: <input type="checkbox"/> Both Parents <input type="checkbox"/> Mother <input type="checkbox"/> Father <input type="checkbox"/> Other (specify):		
YMCA Member #	YMCA Branch Name	Roommate Request: (One request per camper. Each camper must list the other.)
		()
1st Parent / Guardian & Relationship	Email	Cell Phone
		()
Occupation	Business Name & Address	Work Phone
		()
2nd Parent / Guardian & Relationship	Email	Cell Phone
		()
Occupation	Business Name & Address	Work Phone
		()
Other Emergency Contact Name & Relationship	Phone	Cell Phone
The information below is optional and used only for statistical purposes. Please check appropriate information. Thank you.		
Racial/Ethnic Category: <input type="checkbox"/> American Indian or Alaskan <input type="checkbox"/> Asian or Pacific Islander <input type="checkbox"/> African American		
<input type="checkbox"/> Hispanic <input type="checkbox"/> Caucasian <input type="checkbox"/> Other _____		

Participant Agreement & Refund Policy	
Please READ & SIGN this statement.	
<p>I give permission for my child to attend camp. I agree to pay the balance of camp fees by July 24, 2010. If registering after July 24th, payment in full is required. I understand I will receive a full refund minus \$100 deposit & \$22 YMCA Membership Fee if cancelled by July 24, 2010. No refunds after July 24th. 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. A deposit of \$100, plus a \$22 YMCA membership fee for non-members is required with my application.</p>	
Parent / Guardian Adult Participant Signature	Date



Camper's Last Name

Camper's First Name

Session Information

August 15 to 21, 2010

Arrival Time: Sunday, 2-4 PM

Departure Time: Saturday, 9 AM

Payment Information

No family is ever turned away because of an inability to pay. Call us at 877-30-YCAMP for scholarship information or to set up a payment plan that works for you.

If registration is postmarked on or before July 24, 2010: \$599 = _____

If registration is postmarked after July 24, 2010: \$649 = _____

Horseback Riding Lesson - An hour and a half riding lesson at our ranch. \$35 = _____

YMCA Membership Fee for non-members \$22 = _____

Voluntary Contribution - I want to help a deserving child attend camp; please accept my
Strong Kids Campaign Donation: \$35 \$55 \$100 \$200 \$_____ = _____

Total \$ _____

(See requirement below) **Enclosed Deposit** - _____

Total Amount Due July 24, 2010 \$ _____

Minimum Deposit Required \$22 (YMCA Fee for non-Members) + \$100 = \$ _____

Type of Payment

Check / Money Order (Payable to New York YMCA Camp)
Credit Card: MasterCard VISA American Express

Card Number

Verification Code (3 digits MC / Visa, 4 digits AmEx)

Expiration Date

Name on Credit Card

Signature

Daytime Phone

Mail Completed Form to:
Camp Registrar
International Judo Camp
New York YMCA Camp
PO Box 622
Huguenot, NY 12746

Questions? Contact our Camp Registrar
Toll Free: 877-30-YCAMP
Phone: 845-858-2200
E-mail: camps@ymcanyc.org
Fax: 845-858-7823

Cancellation Policy
Full refund minus the \$100 deposit (per session) & \$22 YMCA Membership Fee if cancelled by July 24, 2010.
No refunds after July 24th.



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 The mechanical principles of Judo

Level D Certifications

Curricula and lesson plans
 Development of training drills

Level C Certifications

Development of Integrated Attack
 Systems for individual players

Certification courses by Bill Montgomery
Certification fee: \$25 plus \$15 materials fee

Judo Camp Alumni:
 Eve Aronoff-Travella (US)
 Marueen Braziel (US)
 Freddy Glock (US)
 Ed Liddie (US)
 Yoichiro Matsumura (Japan)
 Poochie Montgomery (US)
 Jason Morris (US)
 Liliko Ogasawara (US)
 Nagayasu Ogasawara (US)
 Marissa Pedulla (US)
 John Saylor (US)
 Celita Schutz (US)
 Peter Seisenbacher (Austria)
 Clyde Worthen (US)

Previous Guest Instructors:

Yonah Melnik (Israel)
 Pat Burris (US)
 Byeong Kun Ahn (Korea)
 Tony MacConnell (Great Britain)
 Jon Bluming (Holland)
 Ruslan Mashurenko (Ukraine)
 Sylwester Gawel (Poland)
 K.G. Mehdi (Brazil)
 Ho San Han (Germany)
 Toishikazu Okada (Japan)
 Radomir Kovacevic (Yugoslavia)
 Angelo Parisi (France)
 Suk Chan Lee (Korea)
 Jimmy Pedro (US)
 Bernard Lepfokoker (US)
 Alan Petherbridge (Great Britain)
 Lutz Lischka (Austria)
 Peter Seisenbacher (Austria)
 Mohammed Maach (Morocco)
 Andre Tsupachenko (Russia)



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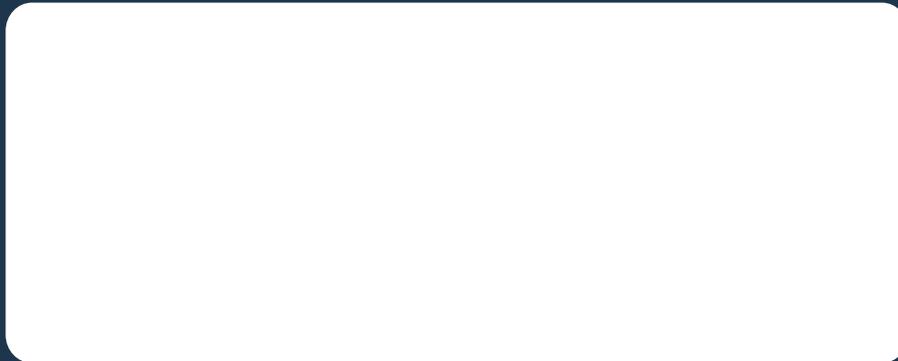


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April 11 • May 4 • May 23

Come see camp and meet our fine staff. If these times are not convenient, please contact us for an individual tour.



2010 Judo Dates

Arrival Day

Departure day

8/15/2010

8/21/2010