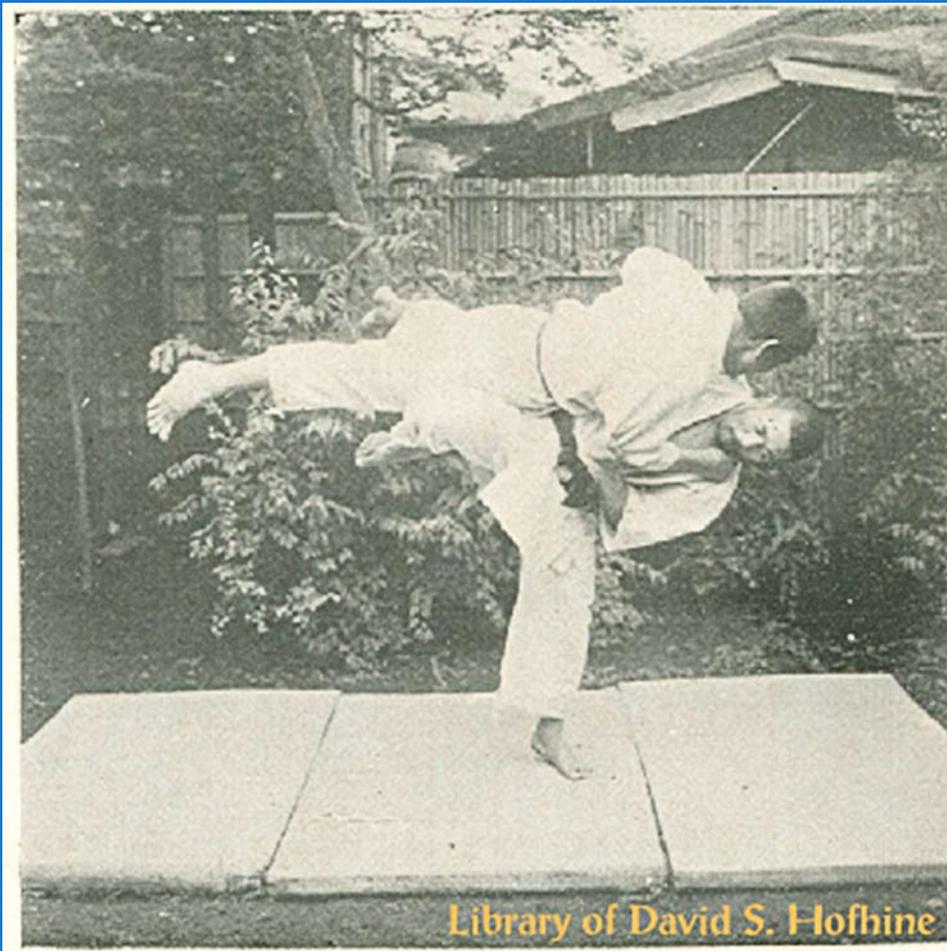




American Judo

A Journal of the United States Judo Association

Late Summer 2006



Library of David S. Hoffine

American Judo

A Journal of the United States Judo Association

Late Summer 2006

USJA Officers

James Webb
President

AnnMaria DeMars
Vice President

George Weers
Secretary

Lowell Slaven
Treasurer

Gary Goltz
Chief Operating Officer

Glen Nakawaki
Corporate Counsel

Board of Directors

Virgil Bowles

Michelle Holtze

James Bregman

Michael Szejter

James Pedro, Sr.

Peter Contardo

Robert Sprayley

FEATURED ARTICLES

Presentation for RDML J. Scott Burhoe by CWO2 Peter C. Mantel, Godan.. 4

Bob Berland.....5

Wanted: Judo Television Stars by Michael Goldsmith.....7

Combat Judo Ben Bergwerf8

Judo in Costa Rica by Dr. Ronald Allan Charles 10

Judo 100 Years Ago by David S. Hofhine.....12

Judo Phone Cards by Dr. Ronald Allan Charles20

Early History of USJA by George A. Bass.....31

JUDO NEWS and VIEWS

Campbell Joins USJA Advisory Board.....9

Zebra Mats26

2nd All Women's Championship Flyer.....28

Grassroots Clinic Series Flyer.....32

USJA Championships Flyer.....33

CLUB NEWS AND VIEWS

Discover Judo Club's 5th Anniversary 11

USJA Grassroots Clinic, Saturday April 15, 2006.....17

Demo at Quakes baseball game, June 17, 2006 19

Steve Bell Grassroots Clinic at Goltz Judo.....24

Interclub Tournament Between Discover and Goltz Judo.....27

On the cover: Photograph of a Hane-goshi from the collection of rare early Judo books owned by David S. Hofhine.

© 2006, United States Judo Association



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).

United States Judo Association
Suite 200
21 North Union Boulevard
Colorado Springs, Colorado 80909-5784 USA
Telephone: USA +1 719-633-7750
Fax: USA +1 719-633-4041
USJA Web site: <http://www.USJA-Judo.org>

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.

***American Judo* Editorial Board**

Constance H. Halporn
USJA Director of Publications
halporn@hotmail.com

Dr. Rob Reilly
Editor Emeritus

Dr. Ronald Allan Charles
Associate Editor
ronaldallancharles@comcast.net

Martha Helmers
Editor
americanjudomag@gmail.com

USJA is now accepting bids
for the 2008 USJA Junior Nationals
Interested parties can contact
Gary Monto
JUDANJUDO@aol.com



PRESENTATION FOR RDML J. SCOTT BURHOE

by CWO2 Peter C. Mantel, Godan

On June 9, the Coast Guard Judo Club presented Rear Admiral (RDML) J. Scott Burhoe with an Honorary promotion to Shodan and Life Membership to the USJA. This was made possible by Jim Bregman, who conducted a two day clinic and was introduced to then Captain Burhoe, Commanding Officer of Coast Guard Training Center Yorktown, VA.



Mr. Bregman was given a special "Command Coin" for his contributions in helping the Coast Guard Judo Club improve its skills. But it's really RDML Burhoe who deserves the recognition, as it is rare to receive support from such a high ranking officer. In these times of heightened defense, and the Coast Guard's Homeland Security mission keeping its members quite busy, it's hard to imagine any boss giving its crew time to concentrate on staying in shape and improving morale. RDML Burhoe's leadership style allows the crew grow on its own, and provide course corrections as necessary. Although there are a huge number of aspiring athletes among all

the active duty branches, they often are overlooked by their commanding officers and are not given the opportunities to compete, or travel to important tournaments to gain experience. RDML Burhoe allowed all members of the Coast Guard Judo Club to receive "permissive orders" when attending tournaments. This meant they could travel together as a team in a government van provided at no cost, as well as free gas. Furthermore, all days off for competition were not counted against the member's leave balance. Moreover, the entire mat surface, gym and weight room are free for all members of the club. Coach Peter Mantel says he, "could not ask for anything better, and was amazed at RDML Burhoe's generosity. I just can't believe that I have a beautiful dojo, weights, and all the equipment to generate the best judo possible. I wish all Commanding Officers were more like Admiral Burhoe. He understands that sailors and soldiers have dreams other than getting to the highest military rank. Admiral Burhoe really supports physical fitness, and knows it is vital to keeping a balanced mind in these very demanding times for all of our military members."

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



Bob Berland

On April 30, 2006, Olympic Judo medalist Bob Berland was inducted into The National Jewish Sports Hall of Fame and Museum. At the 14th annual induction ceremony at the Suffolk JCC in Commack, New York, he joined the likes of fellow Hall of Famers Sandy Koufax, Hank Greenberg, Ken Holtzman and Red Auerbach.



Mr. Berland is perhaps one of the most inspirational athletes in the history of the Olympics. After almost losing his left leg two months before the 1984 Los Angeles games, he became the first American in Olympic judo history to win a silver medal. His accomplishment earned him to be named the 1984 Black Belt Magazine Judoka of the year.

While touring Europe with the U.S. National Team in March, 1984, Mr. Berland complained of pain in his right knee. He was examined, and medically cleared to compete. However, the pain continued, and he was forced to cut the tour short. After returning to the U.S., Mr. Berland was diagnosed with ligament damage, and he underwent arthroscopic surgery only months before the Olympic Torch was to be lit. The early prognosis for speedy recovery suddenly took a turn for the worse when the surgical site developed a staph infection. The

infection was not immediately diagnosed, and had it gone on for a longer period, Mr. Berland might have lost his leg.

When he was finally released from the hospital, Mr. Berland had only six weeks to become ready for the Olympic games. By the time the games began, he estimated that he was only "70-80 percent physically, but 150 percent mentally." Despite his physical limitations, Mr. Berland demonstrated extraordinary grit and determination, making it all the way to the finals, ultimately losing the gold medal to Austria's Peter Seisenbacher, but bringing home the silver - an American first.

Among his other accomplishments, Mr. Berland was five time United States Champion, two time NCAA collegiate champion, and a gold and silver medalist at the Pan American Games.

Mr. Berland, at the induction ceremony, said "it was all together fitting that he received this honor at the JCC," because he started his judo career at a JCC. Mr. Berland went on to say that judo affected the course of his life, leading him to a scholarship at San Jose State University, where he met his future wife. He graduated from San Jose State in 1984 with a degree in business.

Mr. Berland also competed in the 1988 Seoul Games and served as an assistant coach for the U.S. Judo team at the 2004 Athens Olympics. He is currently still coaching judo.

Juice
PLUS⁺

"Whole Food in Capsule Form"

Gwen Leys, RN, BSN
Richard J. Leys, PhD

620 SE 5th Terrace
Pompano Beach, FL 33060

Phone: 954-942-6816

Email: GwenRN@wellnessplus.nu

Website: www.juiceplus.nu



Juice Plus+® THINS

are a natural dietary food supplement that reduces hunger and increases fat metabolism and energy!

Juice Plus+® **COMPLETE** is the “balanced nutrition drink for a healthier you” with many applications: on-the-go breakfast, pre/post workout, weight management, healthy snack, important isoflavones & more!

Juice Plus+® **Gummies**, Mother Nature’s Perfect Treat, are the nutritional essence of 17 different fruits, vegetables and grains in a tasty “gummy” form!

Juice Plus+® **VINEYARD BLEND®**, provides the nutritional essence of nine varieties of berries and grapes in convenient capsule form!



Wanted: Judo Television Stars by Michael Goldsmith

Interested in becoming a martial arts action hero? How cool would it be if you had your own weekly television show? Would you like to spread the good word of judo to a wide audience? I can tell you how.

Under federal law, your local cable provider is obligated to provide public access local programming. What this means is, if you have a video camera, can fill out some forms and wait on some lines, you can produce your own weekly television show!

Since I was able to meet these stringent criteria, I produce, direct, write, edit and star in my very own public access television show. The channel that broadcasts my show reaches over 300,000 households (over a million people!) here on Long Island. Based on totally unscientific and anecdotal evidence, I estimate that my show is viewed by several thousand people a week. Not bad for a guy who can't program his own VCR.

The reason I went into the television business was originally two fold: I wanted to promote the study of judo and self defense, and I wanted to convey the sheer joy and fun that I have experienced in the study of martial arts, judo in particular.

The result? So far, in two plus years as a TV mogul, I have produced about 35 half hour segments. When I don't have a new show, I can submit reruns, just like a regular television network.

My performance style is more Jackie Chan than Bruce Lee. My directorial style is more Ed Wood than Orson Welles. My shows are done with a smile, not a snarl, and usually shot in one take to preserve the spontaneity. My best advice to anyone considering producing his or her own show is to just be yourself. While I still get kidded about some of my earlier shows, I am very proud of what I have been able to put on television.

Recently, I began teaching a PAL Judo club. With the gentle suggestion of Sensei Marc Cohen, I am now primarily focused on the promotion of judo, and have tailored my show accordingly. To further this end, recently, I have added as an "opening and closing credit" the USJA promo professionally produced by Connie Halporn, which can be viewed and ordered on the USJA web site. I have been filming my class, local tournaments, and I hope to start filming other local instructors. I don't mind being in front or behind the camera. The show is not about me. It is about judo. (My wife just rolled her eyes reading this last part, but really, while I must admit that I do get a kick out of watching myself on TV, the show really is about the message, not the messenger.)

How can you get started? Contact your local cable company. Check their web site. There should be public programming in your area, and you should be on it!

In the interests of brevity, I omitted certain technical and legal requirements that you should be familiar with. Even though I am still trying to figure out how to digitally edit, I would be more than happy to answer any questions. I can be reached via e-mail at judohawk@hotmail.com.



Under federal law, your local cable provider is obligated to provide public access local programming. What this means is, if you have a video camera, can fill out some forms and wait on some lines, you can produce your own weekly television show!



Combat Judo by Ben Bergwerf

American Combat Judo was named by Bernard Cosneck originally for the Coast Guard during WWII and was specifically designed as a self-defense/offensive method for military personnel. Focusing on rapid disposal of attackers, Combat Judo, unlike Law Enforcement techniques, does not attempt to control the attacker. The Israeli Defense Forces' Krav Maga system, which breaks down combat material to pragmatic actions, is probably closest to Combat Judo.

Combat Judo revives the more dangerous Jujitsu techniques that formed the basis for Judo. It seeks to quickly defeat the opponent, allowing the option to finish with more drastic techniques, enabling the defender to focus on the next attacker. Unlike Judo, no rules apply.

Cosneck, Fairbairn, and Applegate were the first Westerners to define the military aspect of Kano's original Judo system (which borrowed heavily from Jujitsu) and use Combat Judo. Several Allied Forces used the term, but Cosneck was one of the first to define it in his 1944 book, *Combat Judo*. Ernie Cates, a 1950s Combat Judo instructor and Marine Judo champion, used a similar format, calling it "Judo with an attitude."

Combat Judo survives in a number of styles that incorporate Judo's original Atemi Waza with the more lethal aspects of Jujitsu. Instructors in Krav Maga and Fort Bragg's Delta Force have refined and specialize in the "Kill or Be Killed" aspects of Combat Judo. Sadly, Special Forces Rangers now focus on Gracie Jujitsu, ending up grappling with single opponents while "number two" kicks in their skull.

British Officer Fairbairn also taught a form of Combat Jujitsu that he'd learned in China and which was similar to older Jujitsu styles from Kano's Judo in which Atemi Waza was prominent, to the OSS. He described this in his 1942 book, *Get Tough*.

Some Jujitsu instructors emphasize wrist manipulations, actions which provide examples of Jujitsu's principles in body mechanics but have little pragmatic use in fast moving, reactive combat. Essentially they are a training tool for understanding basics, hence more suited as control holds for law enforcement personnel. Throws such Kubi Nage (Goshi Guruma), O Soto Gari, Harai Goshi, and Seoi Nage are useful in Combat Judo, but only when coupled with finishing techniques.

Combat Judo minimizes time required to learn more complicated contest Judo techniques such as Uchi Mata or Tai Otoshi, which offer opponents opportunity to hang on and drag one to the ground. For example, contest-practical Maki Komi gets attacker and defender to the ground without disabling the attacker.

Most Kansetsu and Osaekomi Waza are impractical in Combat Judo because they rely on control and submission rather than disposal of an opponent. In hand-to-hand combat, "number two" is always close by to kick you in the head! Learning to escape from ground holds is critical, since many fights end up there if you do not dispose of your opponent quickly (the real objective of Combat Judo) while standing.

Strikes are useful. The "Judo chop" to the neck was overused in movies in the 1950s and '60s to quickly and spectacularly enable the hero to dispose of antagonists. This is impracticable in combat. Although a hand-edge (Te Katana) Atemi to the throat would slow an opponent, correctly applied elbow and palm strikes are more effective. Kicks to knees are useful, whereas knee strikes to the groin are overrated.

Combat Judo has improved since WWII, with styles such as Krav Maga far more pragmatic than what was taught in the old days.

Krav Maga has undergone many changes since its development. Krav Maga's philosophy basically is to eliminate the superfluous and use the simplest effective techniques for combat conditions, much like Combat Judo.

Combat Judo has many flavors, with instructors who favor their own specialties. Techniques from various Ryu-ha were adopted by US Forces personnel who studied in Japan during the McArthur era. Essentially all styles use identical principles, expand on the best, and call it Combat Judo.



Combat Judo revives the more dangerous Jujitsu techniques that formed the basis for Judo. It seeks to quickly defeat the opponent, allowing the option to finish with more drastic techniques, enabling the defender to focus on the next attacker. Unlike Judo, no rules apply.



Different styles, such as Spetsnaz doing Sambo or Israeli Defense Forces doing Krav Maga, can be just as effective as one's own Combat Judo style. Martial artists should have sufficient humility to accept that other styles and techniques actually may be more effective than their own.

The Complete Kano Jiu-Jitsu, 1935 edition, shows basics that we use today. Books and videos however are no substitute for being on the mat with a knowledgeable instructor.

Combat Judo as originally practiced during and after WWII was different for the general army population from that done by Commandos, Paras, Rangers, or Brandenburgers. The former learned basic defenses, a couple of throws (Seoi nage, Goshi Guruma, and O Soto Gari), some chokes, a headlock, and hand-edge strikes. The specialist trained more and learned knife and gun defenses.

Mastery of a few techniques is better than familiarization with many. A throw such as Kubi Nage is most effective to break through a boxer's aggression, allowing for powerful elbow strikes after the opponent has panicked and hugged and pulled you to the ground.

Judo improves Combat style, providing a realistic but safe test of skill against an equally determined opponent. More importantly it deals with the proper use of Kuzushi (balance-imbalance), something easily overlooked in Combat Judo training.

Ben Bergwerf, USJA Professor of Jujitsu, is a founder of the USJA Jujitsu Program. He holds USJA ranks of kudan in Jujitsu, rokudan in Judo, and yodan in Tae Kwondo. Bergwerf Sensei teaches Combat Judo to cadets at The Citadel, the Military College of South Carolina, in Charleston.

CAMPBELL JOINS USJA ADVISORY BOARD



We are pleased to announce that retired Senator Ben Nighthorse Campbell of Colorado has joined the United States Judo Association's Advisory Board.

Born in Auburn, Calif., April 13, 1933; Senator Campbell graduated with a B.A., California State University at San Jose 1957; attended Meiji University, Tokyo, Japan 1960-1964; and served in U.S. Air Force in Korea 1951-1954.

A three-time U.S. judo champion, Campbell was captain of the U.S. Olympic judo team in Tokyo, 1964.

In 1968 Senator Campbell along with Olympic teammates Jim Bregman and George Harris and founded the USJA. (Harris too is a member of the USJA's Advisory Board.)

Senator Campbell is also rancher, horse trainer, motor cycle enthusiast, and award winning jewelry designer. He has been married to the former Linda Price for more than 35 years. He is the father of two grown children, Colin Campbell and Shanan Longfellow and is a proud grandfather to Luke and Saylor Longfellow and Lauren Campbell.





JUDO IN COSTA RICA by Ronald Allan Charles

Recently I spent over a month in Costa Rica. Before departing, I searched for contact information and exchanged emails with Omar Murillo. There are two Omars -- the dad, Senior, and Junior, his son, both black belts. Omar Senior is one of the leaders of their Judo Federation.

In past years a few of our judo friends visited Costa Rica. Frank Fullerton visited and generously donated good, tournament area size tatami for three of the clubs. Neil Ohlenkamp visited and taught judo, as did more recently, Dr. Gary Berliner. Gary lent his refereeing skills at a shiai.

Headed for jungles and volcanoes as well as judo, I carried a small backpack. Thankfully, Omar lent me a judogi and fetched me each evening from the cheap hostel where I stayed and drove me to the dojo of the day. I never could have found those places on my own.

I presented a week of clinics, all free of charge, to clubs in San Jose. I got to three, more than once, teaching both at the start of my trip and near the end. There were a couple more clubs, I understand, that did not meet when I was in town. Thus I gave students and sensei things to work on, so that upon my return we could build on those skills and I could evaluate progress.



Osman Murillo demonstrates ippon seoi-nage on Ronald Allan Charles

I was pleasantly surprised to find a high level of judo skill and activity in San Jose. I had no idea before my visit about the level of judo development in Costa Rica. The capital city is the only place in the country where there is judo. I saw fine techniques being taught and practiced during randori. The black belts showed exceptional competition and teaching skill. David Fernandez, an Olympian, was very talented. Osman worked with me at every clinic. He is another of Omar Senior's sons, and he gobbled up all the kata I could present. Had he been a USJA member, he now would be a Level B Instructor for nage- and renraku-no-kata. Several others would have certified as Level C Instructors. They really appreciated renraku-no-kata and, incredibly, had never seen it before. Now they can teach it.

Costa Rican judo leaders and students gave me a warm welcome, and they will extend that to others. They appreciated the USJA stickers that I gave to them. They all know how to spell USJA now, too! And if you visit and ask them to lend you a judogi, you will not have to tote one all over the country. Most speak excellent English.

Upon my return I chatted with Constance Halporn, who designed our beautiful USJA calendar, and sent the club leaders copies. What a nice gesture of international judo friendship!

Last year I taught in Mexico, Italy, and Corsica, France. I had taught in those countries previously, in fact have taught judo in about 30 nations. I may do that in Canada next month. One judo colleague asked me how I get all these international judo gigs. "It's easy," I told him. "I just buy a plane ticket or drive to Mexico and Canada, hunt on the internet, through friends, or tourist offices for judo clubs, find them and work out or teach, and pay my own way for everything."

I now have lots of new judo friends. You will too, if you take your judo on vacation to beautiful Costa Rica.

Contact information: Omar Junior Murillo (judo@amerisol.com) and (OmarMurillo64@hotmail.com)

Mobile phone – 363-8046

Omar Senior Murillo – 226-4060

Omar Junior Murillo – 227-1115



Discover Judo Club's 5th Anniversary

Pictures from the party in honor of the Discover Judo Club's 5th Anniversary. John Moe founded the club along with Danny Martinez and Ramiro Real. Wayne McLeod later joined the instructor team. It has been a USJA growing club since inception. Congratulations!



Gary presenting John Moe with a symbolic samurai sword



Instructors group - John Moe, Danny Martinez, Ramiro Real and Wayne McLeod



Goltz Judo Black Belts join Discover in celebrating this event



JUDO 100 Years Ago by David S. Hofhine

www.swordpolish.com

Sandan, Monkey Bar Judo Club

www.monkeybargym.com

I have been collecting very rare early judo books for the past twenty years and have in that time acquired some truly unique pieces. After contributing a picture from my collection to the "Historical Judo Photo" page in the Fall/Winter 2005/06 issue of *American Judo Magazine*, I was asked to put together an article featuring more rare early judo photos. Not fancying myself a particularly accomplished author, I decided to simply put together a number of items that I found to be rare, interesting, or amusing and then provide whatever information or commentary I might have regarding the photos. All of these images have been scanned directly from the original source materials, printed in Japan, some over one hundred years ago.



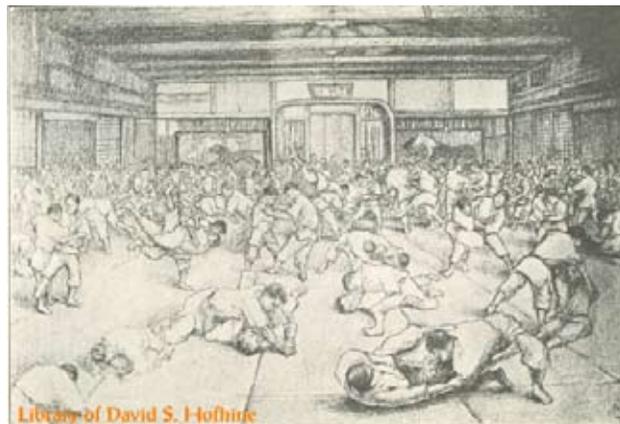
Library of David S. Hofhine
Figure 1: A young and rather belligerent looking Jigoro Kano, circa mid-1870's.



Library of David S. Hofhine
Figure 2: 1877 photo of Jigoro Kano at the age of 18 along with three unidentified friends. Everyone thinks of Kano Shihan as the venerable gentleman, the wise and aged Sensei. I personally find it fascinating to see him as a young and somewhat rough edged adolescent .



Library of David S. Hofhine
Figure 3: Jigoro Kano in late Meiji era Imperial regalia.



Library of David S. Hofhine
Figure 4: A drawing of the main training hall at the Kodokan published in 1920, artist unknown.



Next are a series of photographs from the book **Arima Judo Kyohon**, published in Tokyo in 1904. It was written by Arima Sumitomo who was a Yodan at the Kodokan at the time. The book includes an introduction by Jigoro Kano and has the distinction of being the first full length book ever published on the subject of judo, predating the first Japanese edition of Yokoyama Sakujiro's book **Judo Kyohon** by four years.

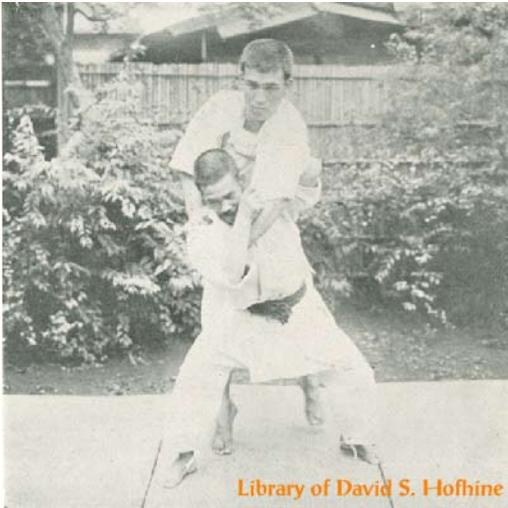


Figure 5: This first photograph is of Seoi-nage.

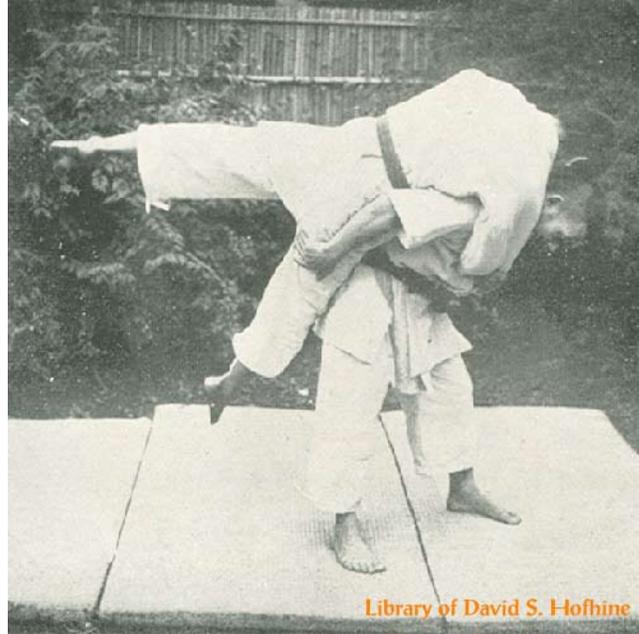


Figure 6: A throw that is described as Seoi-otoshi, one of numerous variations of the shoulder throw that is practiced today. No indication is given as to the identities of tori and uke or where the photos were taken.



Figure 7: This throw is labeled Obi-otoshi. Its practicality seems somewhat dubious, so it is understandable that it is not greatly practiced today. I have herein tried to include some of the more esoteric techniques that were in practice one hundred years ago.

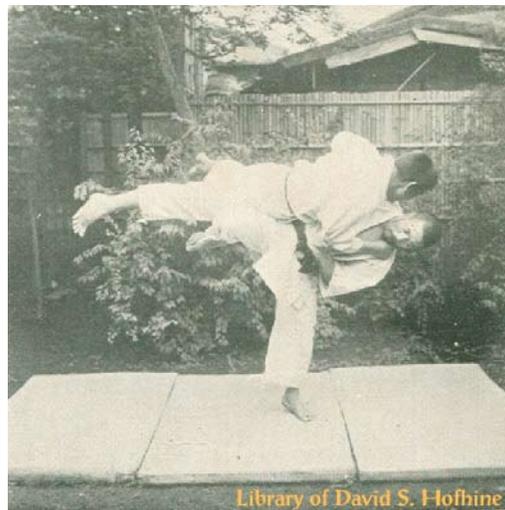


Figure 8: A nice Hane-goshi. Interesting note, all of these pictures had to be taken from static poses and not dynamic throws in action. Outdoor lighting was also required. This was to facilitate the slow speed and overall poor quality of the film of the day.

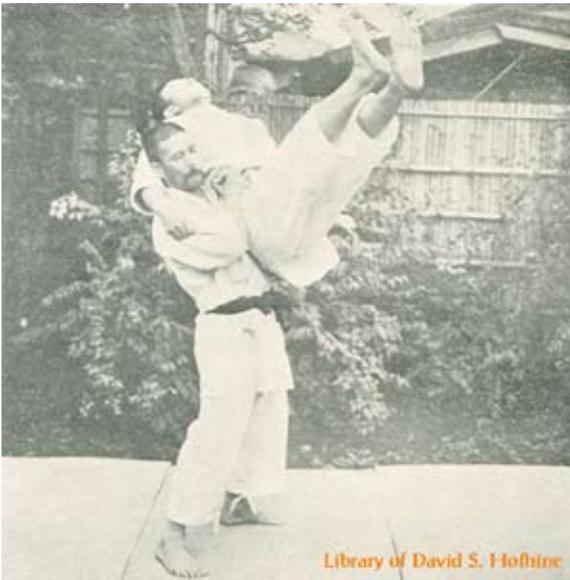


Figure 9: Ura-nage



Figure 10: Tomoe-nage.

The previous three photos really demonstrate the skill of tori and uke in that they could hold these positions long enough to keep the image from blurring.

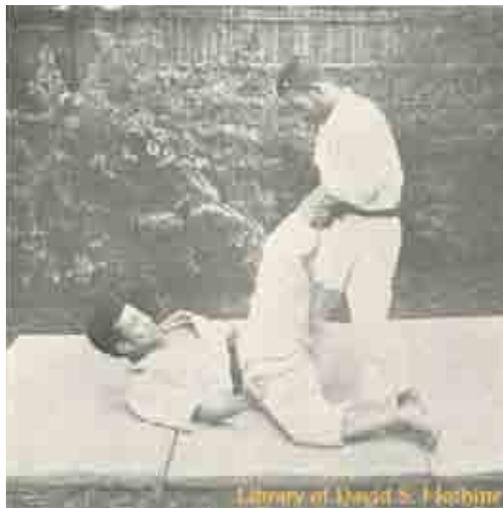


Figure 12: Ashi-hishigi, an ankle lock or achilles tendon crush of some sort.



Figure 11: A technique described as Kote-hishigi. Much like a modern waki-gatame, but with the added wrist lock being primary. According to the text, these were considered standard Kodokan judo techniques at the time. Note these photos pre-date the finalization of the Gokyo no waza and the Randori no kata.

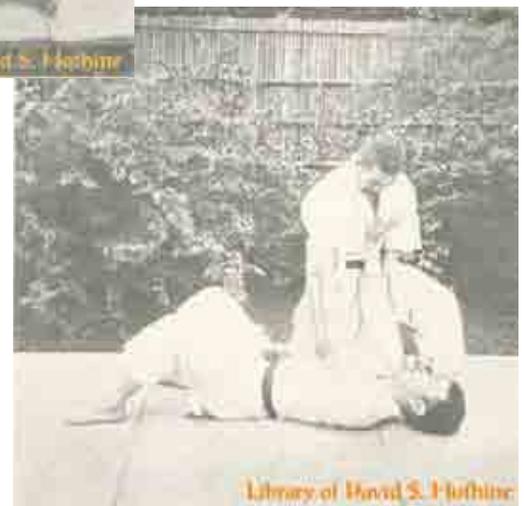


Figure 13: Uki-gatame, a mat hold that is rarely used in modern judo. It appears to lock uke down with a knee on the stomach and uke's arms outstretched with control at the elbows. This is actually a favorite position for modern Brazilian jujitsu players to work from.



Library of David S. Hofhine
Figure 14: A photo of Mitsuyo Maeda published in 1913.

Mitsuyo Maeda was a Yodan at the Kodokan who went out and traveled the world teaching judo. He went first to the east coast of the United States, then to Europe and finally ended up in Brazil. It was there that he taught Kodokan judo to Carlos Gracie who went on to found the Gracie school of Brazilian jujitsu which has gained world wide popularity in recent years.

This photograph demonstrates the common ancestry of judo and Brazilian jujitsu. They share a huge overlap in technique with judo focusing on throwing and BJJ concentrating on the ground submissions. Our Monkey Bar Gym (www.monkeybargym.com) currently has a very strong Brazilian jujitsu program lead by gym owner Jon Hinds who is a Pan-Am Games Gold medallist in BJJ and Thiago Veiga who is a two time world champion from Brazil. Many of our people compete in judo and BJJ tournaments using the same techniques in both.

Over the past several years it seems to me that there has been a change in the rules and practice of judo in the US to very greatly favor throwing almost to the exclusion of grappling and submissions in some cases. It was my perception that this was done in part to try and increase the interest in sport judo amongst practitioners and the general public by emphasizing the dramatic and visually

spectacular throwing techniques. I fear that the opposite effect may have been achieved. Members of the general public may see today's judo as a difficult to understand, esoteric game of "tip the other guy over" rather than a comprehensive and effective fighting system and path to personal growth.

The rapid growth in the popularity of Brazilian jujitsu, even as a spectator sport, over the past decade proves that the public and martial arts practitioners do have interest in the ground fighting game. The vast majority of ground techniques in BJJ are also included in judo ground fighting, but a new student looking for a martial art to study may not know this from watching contemporary sport judo. It is my opinion that allowing more of a balance between throwing and grappling in sport judo might help insure the long term prosperity of judo and allow the broad spectrum of judo techniques to be more fully expressed to the public.

If anyone would like to use these photos or any part of this article for the advancement of judo, they are welcome to do so, provided that the appropriate credit is placed by each image



Jon Hinds, Pan-Am games gold medalist

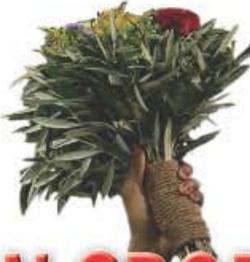
David S. Hofhine



Nia Abdallah
2004
United States
Olympic Taekwondo
Team



The nation's only
4-year university
dedicated to
educating future
sports-industry
leaders.



AMERICAN SPORTS UNIVERSITY



American Sports University offers students a lifestyle as well as an education. The University has been created to reflect the entire scope of traditional martial-arts values. Words like "self-control," "respect," "self-discipline," "courtesy," "personal responsibility," "diligence," "focus," "perseverance," "flexibility," and "self-improvement" resonate on our campus and will be the basis of the interpersonal relationships you will develop throughout your four years at ASU.

Our central premise is that these classic qualities of character are demonstrably associated with success in all aspects of life. As such, we prefer to educate students whose values are consistent with the best odds for success in whatever aspect of the sports industry their careers take them. The educational mission of ASU's faculty is to help our students fully capitalize on these core-values in ways that will provide a significant competitive edge throughout their work-experience.

The University, moreover, is dedicated to building martial-arts teams you will be proud to cheer for. One of our initial students is Nia Abdallah, the Taekwondo Silver Medalist from the 2004 Olympics who led ASU to a second-place finish at that sport's 2006 National Collegiate Championships, competing against such schools as Ohio State, Stanford, and Texas. One of our fundamental missions is for ASU to become recognized worldwide as a training-ground for martial-arts Olympic - and National Championship-level athletes—your fellow-students.

399 North "D" Street, San Bernardino, CA 92401
Tel: (909) 889 - 555 / Fax: (909) 889 - 3855 / www.americansportsuniversity.com / info@americansportsuniversity.com



USJA Grassroots Clinic on Saturday April 15, 2006

Valerie Gotay and Gerald LaFon Clinic held at Goltz Judo club in Claremont California







Demo at Quakes baseball game on June 17, 2006

Over 100 from Goltz and Discover dojos attended this annual club outing. The demo team performed in front of the crowd of 3,000.





JUDO PHONECARDS by Ronald Allan Charles



I learned of the existence of judo phonecards when Piet Van Hool of Belgium emailed judo stamp images and information for the Judo Stamp List along with some images of "telecards." I expressed delight with one from Israel, and Piet, ever generous, sent that as a gift. It shows tori manhandling uke in matwork, his hand covering uke's face as a smiling referee awards a yuko score. Meantime tori's chatting on a phone, its cord attached overhead, in Hebrew saying, "It's always busy!" The advertisement says that their phone company is so efficient that you can get instructions from your coach if the line isn't busy.



Many phonecards advertise products. My mother taught me never to throw away food. Imagine my dismay at a judoka throwing a bowl of noodles into the air. Evidentially tomoenage is effective against both opponents and noodles. Someone should design a phonecard of a judoka tossing a salad.

Nothing gets my buns steaming and makes me want to buy and eat steamed pork and vegetable filled buns more than seeing my favorite world and Olympic judo champion drooling over one.

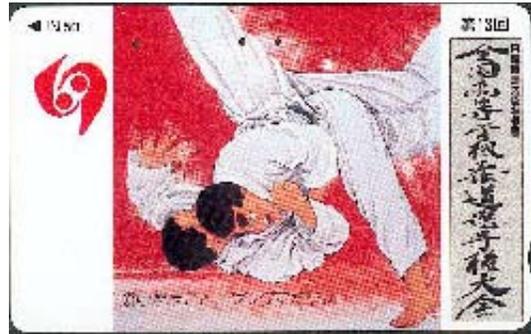


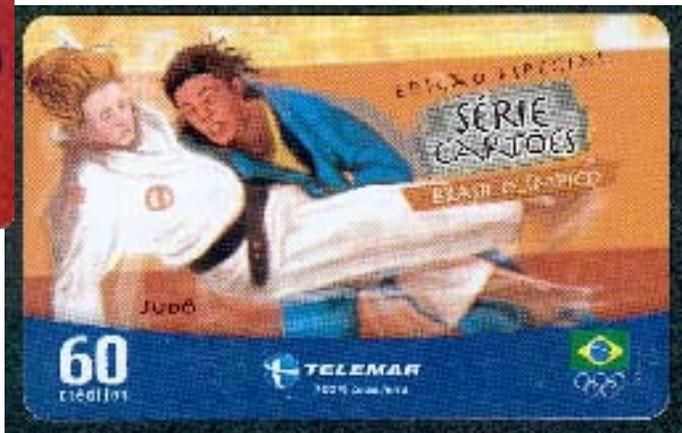
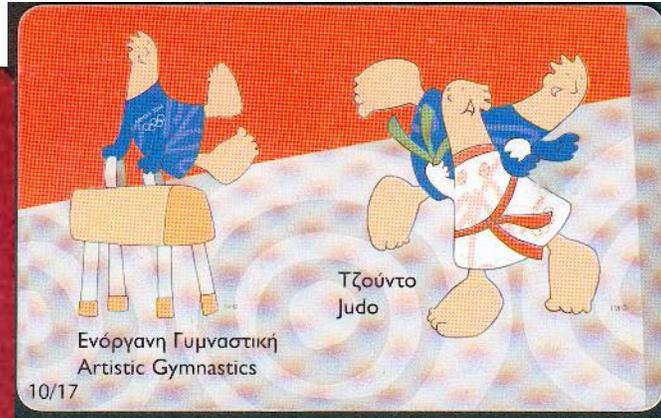
Most cards are colorful, though one features a photo, predating color film, of Mifune demonstrating his signature sumi-gaeshi.





Some cards show judo teams, often displaying their trophies and banners. These aren't as interesting as action photos or cartoon characters.



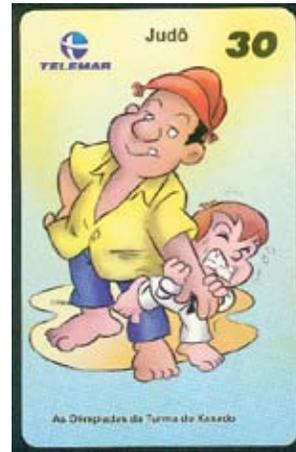


Some show animals in judogi. I've competed against players who I thought fit into this category.



There are some strange birds doing judo. I wouldn't want to ruffle the feathers of these black belts.





Kids adorn some cards.



A toddler wearing a black belt poses next to a cask of sake. Is he old enough to read? I wonder if his endorsement warrants discounts on future purchases.

The meaning of some cards is dubious. Here's a wild-eyed samurai ready to slice apart two colorful players. Perhaps he's the referee. One player is orange, the other green. Figure that out. Maybe the tall one is a carrot and his partner a green veggie and they are playing in the vegetarian division.



Brazilians are tough on public phones. This card reminds folks that phones are not something to smash and bash, as are judo players. The phone is attired in a judogi with, naturally, a black belt.

There are about 4,000 martial arts phonecards of at least 22 martial arts. Most of them are about judo, and most are from Japan, though at least 20 other countries have issued judo cards. Regrettably America never has issued a judo phonecard, keeping us on hold. I guess everyone knows judoka are patient.

Some are pieces of a puzzle. For example, when nine cards are assembled, they make a complete picture. Some cost as much as US\$5, though most run far less. Unlike stamps that often come in sets, phonecards are sold singly. See nearly 500 phonecards at the world's largest online judo and other martial arts collection at http://usja-judo.org/~judo_stamps

You don't need judo phonecards to call judo friends. The cards, like judo, work for everyone.

Ronald Allan Charles, 7th dan, enjoys judo phonecards, coins, and stamps through the website noted above.



Steve Bell Grassroots Clinic at Goltz Judo

It was attended by 70 judoka. Sensei Jin Iizumi was on hand to watch as well as Masuru Quartero, Goltz Judo's youngest member.







ZEBRA MATS

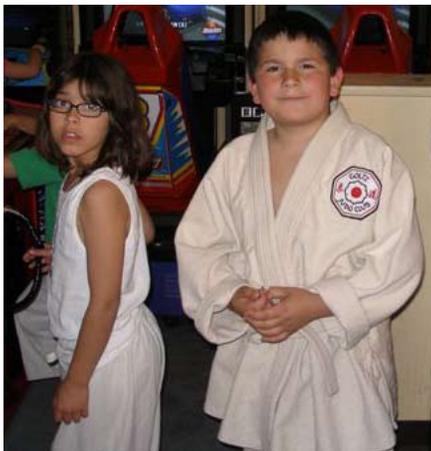
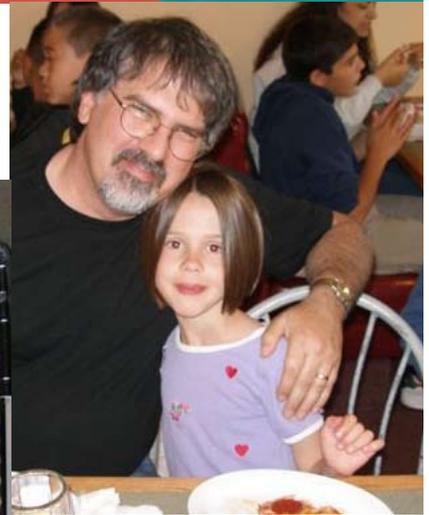


Jimmy Pedro, Jr., National Sales Executive for Zebra Mats shakes hands with Gary Goltz, Chief Operating Officer of the USJA in Houston 4/22/06

Zebra Mats has signed a three-year sponsorship deal with the USJA. As the Official Tatami Mat Supplier of the USJA, Zebra Mats will provide the tatami mats for the USJA Jr. Nationals and other major sanctioned events each year. The deal also includes an affinity program where USJA members and member clubs receive a special discount and are guaranteed the best price on tatami mats. For every tatami mat sold, Zebra Mats will donate \$3 per mat back to the US Judo Association.



InterClub Tournament between Goltz and Discover in June 2006



2006 All Women's Judo Championship

Hosted by: Southside Dojo LTD

Sanctioned by U.S.J.A: 06-020

www.SouthSideDojo.com/womens

Please join us for the 2nd Annual All Women's Judo Championships. We aim to provide you first class service and facilities for this premier Women's Judo Event.

Open to all Female Judo. National and International

SATURDAY, NOVEMBER 4, 2006

WOMEN'S SHIAI AND KATA COMPETITION

Open to all female judoka national and International

Registration & Weigh in
8:00 – 9:00 am Junior and Kata
8:00 – 10:00 am Senior and Master

Referees Meeting
9:00 – 9:20 am

Opening Ceremonies
9:30 am (followed by competition)

Hackett Catholic Central High School
1000 W. Kilgore Rd, Kalamazoo, MI 49008

SUNDAY, NOVEMBER 5, 2006

REFEREE | KATA | COACHING CLINICS

Open to everyone – valid US or foreign NGB membership required

9:00 am/pm
Coaching Clinic and Certification
Conducted by: Dr. AnnMaria Rousey DeMars

9:00 am/pm
Referee Clinic
Conducted by: Barbara Shimizu IJF B

9:00 am/pm
Kata Clinic and Certification (Ju no Kata)
Conducted by: Frances Glaze, Eiko Shepherd

Southside Dojo
7840 Portage Rd, Portage, MI 49002

SPECIAL GUESTS

Eiko Shepherd

OFFICIALS & JUDGES

Chief Referee
Barbara Shimizu IJF B

Head Kata Judge
Frances Glaze

2005 SPECIAL AWARDS RECIPIENTS

Jr. Best Technique
Natalie Budnick

Sr. Best Technique
Jan Kumagai

Master Best Technique
Shandra Smith

Novice Best Technique
Erika Becker

Seiho Kawasaki Fighting Spirit Award
Kaitlyn Bennett

REGISTRATION INFORMATION

Pre-Registration (Individual shiai OR Kata pair)	\$ 30.00
On Site Registration (Individual shiai OR Kata pair)	\$ 40.00
Shiai Contestant – additional divisions	\$ 10.00

Family Discount for 2 family members	-\$ 10.00
Family Discount for 3 family members	-\$ 20.00
Family Discount for 4 family members	-\$ 30.00
Family Discount for 5 family members	-\$ 40.00

* one family discount per family – immediate family only

Returning competitors bring a competitor that did not compete last year and receive a \$10 registration discount. Bring two and receive \$15 off your registration.

Clinic registration (shiai / kata contestants)	\$ 10.00
Clinic registration (non contestants)	\$ 40.00

Pre Registration Deadline 10/29/2006

DIVISIONS

JUNIOR (AGES)

6-8 yr	9-10	11-12	13-14	15-16
Light / Middle / Heavy categories in each				
Open Divisions for 6-12 and 13-16 years				

SENIOR

White - Green	Brown - Black
Light / Middle / Heavy categories in each	
Open Division for 17 years and Up	

MASTERS (AGES)

30-39 yr	40-49	50-59	60+
Light / Middle / Heavy categories in each			
Open Division for 30 years and up			

Pooling may be adjusted on site to accommodate numbers at the discretion of the tournament director.

KATA

Nage no Kata	Katame no Kata	Ju no Kata	Goshinjutsu	Kime no Kata
--------------	----------------	------------	-------------	--------------

TOURNAMENT DIRECTOR

ROBERT M. TREAT
11952 Heron St.
Schoolcraft, MI 49087

Robert.M.Treat@Pfizer.com

COMPETITOR LIAISON

DEBORAH L. FERGUS
2006 Wickwire Rd.
Benton Harbor, MI 49022
(269) 208-1068

Defrgs@cs.com

TOURNAMENT REGISTRAR

RON BLAKE
8266 Brookcrest Ave.
Portage, MI 49024
(269) 345-7391

RonBlake@chartermi.net



HOTEL AND ACCOMMODATIONS

AREA HOTELS

Open to all female judoka national and foreign

Hotel: Clarion Hotel Kalamazoo
 Address: 3600 East Cork St.
 Phone: 269 385 3922
 Mention Women's Judo
 Cost:
 \$64.95
 All rooms No Limit number/ room

Airport: Kalamazoo/Battle Creel International, (AZO)
 Phone: 269 383 8888

Pre-Register by 10/29/2005

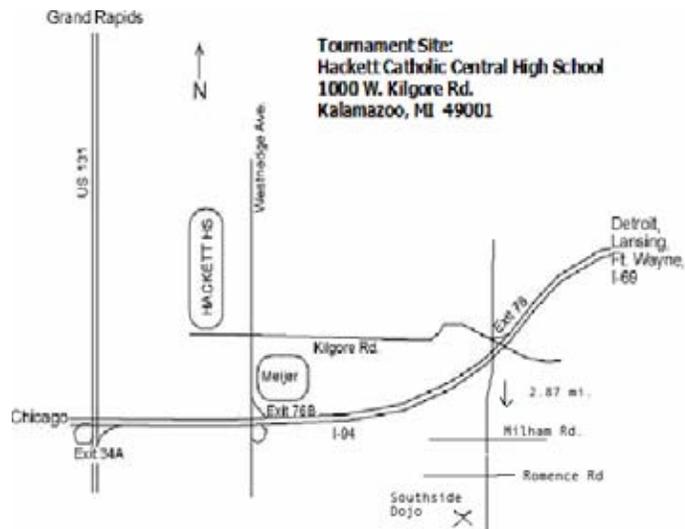
DIRECTIONS

TOURNAMENT SITE

Hackett Catholic Central High School
 1000 W. Kilgore Rd, Kalamazoo, MI 49008

SOUTHSIDE DOJO FROM TOURNAMENT SITE

7840 Portage Rd.
 Portage, MI 49003



ELIGIBILITY:

This tournament is open to all female Junior, Senior, and Masters competitors as well as female Kata pairs. All contestants must provide a valid U.S.J.F., U.S.J.I. (USA Judo), or U.S.J.A. card. Foreign contestants must have the proper ID and NGB# from their home country.

SCORING:

Modified Double Elimination (4 or more in a division)
 Round Robin (3 or less in a division)

MATCH TIMES:

Senior and Master's Division, 4 min.
 Junior: 3 min

RULES:

The current rules of the International Judo Federation (IJF) as modified.

1. GOLDEN SCORE will apply to ALL DIVISIONS.
2. NO Kansetsu waza (arm locks) allowed in Junior Division.
3. Shime waza (chokes) allowed for 13 yrs. of age and older.
4. Kansetsu waza (arm locks) allowed in all senior divisions regardless of contestants' age. (Minimum age to enter senior division is 13 years).
5. 2002 Medical Rules.
6. Contestants must be in Judogi to receive awards.

REGISTRATION FEE WORKSHEET:

First division pre-registration	\$30.00	
First division on site registration	\$40.00	
Additional division on site registration (Separate registration required for each division)	\$10.00 per	
Number of Family members x \$10 (<i>one family discount per family – immediate family only</i>)	_____ x -\$10.00	-
Previous year competitor discount for bringing new competitor (1 @ \$10 or 2 @ \$15)	-\$10.00 / -\$15.00	-
11/05/06 Clinic fee (contestants)	\$10.00	
11/05/06 Clinic fee (non-contestants)	\$40.00	

TOTAL:



2006 All Women's Judo Championship

Make checks payable to
Southside Dojo LTD

Send entry forms to:
2006 All Women's Judo
C/O Ron Blake
8266 Brookcrest Dr.
Portage, MI 49024

- Registration Checklist:
- Completed Registration form
 - Certificate regarding Non-Black belt
 - Waiver and Release agreement
 - Registration number or application

Official Entry Form

Name: _____

Address: _____

City, State, Zip: _____

Country: _____

Phone Number: _____

Email Address: _____

Age: _____

Date of Birth: _____

Club: _____

<i>Select one or more</i>	Reg #	Expires
---------------------------	-------	---------

USJF: _____

USA Judo: _____

USJA: _____

Foreign NGB: _____

Judo Rank: _____

Select one division per registration form

Junior Divisions: 6-8 yr 9-10 11-12 13-14 15-16

Senior Divisions: White - Green Brown - Black

Master Divisions: 30-39 yr 40-49 50-59 60+

Weight: _____

Kata Division: _____ (Tori) (Uke)

OPEN DIVISION: (Jr 6-12) (Jr 13-16) (Sr) (Master)

Please submit a separate registration form for each division that you would like to enter.

CERTIFICATE REGARDING NON-BLACK BELT CONTESTANT

I verify that I am a Judo instructor who holds the Judo Rank of Shodan or higher, which has been awarded under the auspices of the United States Judo Federation, Inc., United States Judo Association, or United States Judo, Inc., hereby certifies that the above Contestant, although not having been awarded the Judo Rank of Shodan or higher is of sufficient aptitude and skill in Judo to compete in the above described event.

Name of Judo instructor

Signature of Judo Instructor

Official use only	Weight: _____
	Division: _____
Registration Type: <input type="checkbox"/> ONSITE <input type="checkbox"/> PRE-REG (rcvd: _____)	
Verified By / Date: _____	
Check: Check # _____	\$
Name on check: _____	Cash: \$

WARNING!

WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE

In consideration of being permitted to participate in any way, including travel to and from, in any Judo tournament, practice, clinic, and related events and activities of the United States Judo Federation, Inc., United States Judo, Inc., United States Judo Association, Inc., Hackett Catholic Central High School, Kalamazoo City School District, and the Southside Dojo Ltd, I hereby:

- Acknowledge that I am familiar with the sport of Judo and understand the rules governing the sport of Judo.
- Agree that, prior to participating, I will inspect the mats, equipment, facilities, competition pools or divisions and the elimination or scoring system to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my coach, supervisor, and/or a tournament official of such conditions and refuse to participate.
- Acknowledge and fully understand that I will be engaging in a contact sport that might result in serious injury, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the actions, inactions, or negligence of others, the rules of the sport of Judo, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.
- Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, permanent disability, or death.
- Release, waive, discharge and covenant not to sue the United States Judo Federation, Inc., United States Judo, Inc., United States Judo Association, Inc., Hackett Catholic Central High School, Kalamazoo City School District, and the Southside Dojo Ltd., together with their affiliated clubs, their respective administrators, directors, agents, coaches and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event, all of whom are hereinafter referred to as "Releasees", from any and all claims, demands, losses, or damages on account of injury, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise to the fullest extent permitted by law.

I HAVE READ THE ABOVE WARNING, WAIVER AND RELEASE, UNDERSTAND THAT I GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS, SIGN IT VOLUNTARILY. I AGREE TO PARTICIPATE KNOWING THE RISKS AND CONDITIONS INVOLVED AND DO SO ENTIRELY OF MY OWN FREE WILL. I AFFIRM THAT I AM AT LEAST 18 YEARS OF AGE, OR, IF I AM UNDER 18 YEARS OF AGE, I HAVE OBTAINED THE REQUIRED CONSENT OF MY PARENT/GUARDIAN AS EVIDENCED BY THEIR SIGNATURE BELOW.

_____ Participant (please print name)	_____ Date	_____ Participant's Signature
---	---------------	----------------------------------

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION)

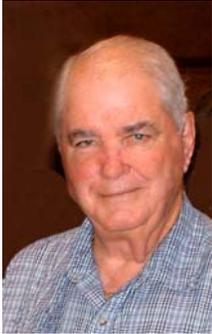
This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, even if arising from their negligence, to the fullest extent permitted by law. I have instructed the minor participant as to the above warnings and conditions and their ramifications.

_____ Parent / Guardian (please print name)	_____ Date	_____ Parent / Guardian Signature
---	---------------	--------------------------------------



EARLY HISTORY OF USJA *George A. Bass*

Photo by Carl Hayes March 2003



USJA originally grew out of the Armed Forces Judo Association (AFJA). AFJA was one of 21 Yudanshakai, each of which was a yudanshakai member of the Judo Black Belt Federation (JBBF). By 1968, AFJA had more individual members than any other Yudanshakai in JBBF. JBBF later became the United States Judo Federation (USJF).

At the USJF National Meeting in 1969, AFJA was ordered to stop recruiting civilians and to transfer all civilian members to other Yudanshakai. However, no other Yudanshakai need transfer its military members to AFJA.

As President of AFJA I informed the USJF Board of Directors that this was not acceptable. USJF immediately withdrew its sanction from AFJA. That meant that AFJA was no longer recognized by the Amateur Athletic Union (AAU), nor were Judo ranks within AFJA recognized as legitimate.

That evening, George Harris, Phil Porter, Roby Reed, Jim Nichols, Jim Bregman, Herb Bellamy, Rick Mertens and I met to discuss the situation. Before the evening was over we had agreed on the name *United States Judo Association* and adopted the “Black Eagle” emblem proposed by Roby Reed. Within the next few days we put together an outline for Junior and Senior Promotional belt ranking systems, including requirements for each Judo rank.

USJA later refined those systems. Over the years it added other services that allowed USJA to grow and provide outstanding service to its clubs and members.

We did not dwell on the fact that one day our ranks were recognized and the next day they were not. We knew we had an uphill battle and we set about to regain what had been taken. We wanted to make USJA the finest Judo organization in the USA and to offer our Members excellent service and information.

As you look at the early history of USJA you will be amazed at the coverage given to all aspects of our sport. USJA was the only Judo organization that published a monthly magazine. In addition, USJA began to offer

Judo clinics all over the United States. Many Board members traveled about the country to hold clinics and to recruit clubs to join the rapidly growing USJA.

USJA has refined the Junior and Senior Promotional System constantly, and conducted clinics wherever requested, all the while countering a constant barrage of misinformation.

Within our ranks were such outstanding Judoka as Jim Bregman, George Harris, and Ben Campbell, each a notable Olympic Judo player. Jim Bregman was the first American Judoka to win an Olympic medal. For AAU and JBBF to maintain that these persons’ Judo rank could not be recognized was a ludicrous position.

Thus began the difficult task of obtaining recognition from AAU. It was a long and difficult struggle, with old friends becoming enemies. Throughout it, Judo continued to grow and prosper, though despite our efforts it never gained much media attention.

At length AAU recognized USJA, granting us the same right as JBBF to award Judo ranks. Judo ranks previously issued by USJA were also recognized.

Later, AAU as governing body was replaced by United States Judo Incorporated (USJI) as governing body for Judo in the USA, with JBBF (renamed USJF) and USJA as equal members of USJI.

These few paragraphs cannot tell the hardships, struggles, obstacles, and financial problems the few hard-working Board Members of USJA endured. These individuals spent their time and money seeking equality. Instead of being home with loved ones, they were constantly on the road to promote Judo and USJA.

Recognition was a bittersweet victory. One of my goals, about which I had written an article, was to be standing in the front row when we finally succeeded. I can now tell you it was great to “stand in the front row” at last.

George Bass, hachidan, was the last President of AFJA and the first President of USJA.





USJA – SATURDAY MORNING

grassroots clinic series

Saturday January 28, 9 to 11AM – AnnMaria Rousey

Saturday February 18, 9 to 11AM – Jin Iizumi

Saturday March 18, 9 to 11AM – Paul Nogaki

Saturday April 15, 9 to 11AM – Gerald Lafon & Valerie Gotay

Saturday May 13, 9 to 11AM – Butch Ishisaki

Saturday June 17, 9 to 11AM – Steve Bell

Saturday August 26, 9 to 11AM – Neil Ohlenkamp

Saturday September 23, 9 to 11AM – Mike Noriega

Saturday October 28, 9 to 11AM – Tony Mojica

Saturday November 18, 9 to 11AM – Tony Scuderi

Saturday December 2, 3 to 5PM – Jimmy Pedro, Jr.
(At Ontario High School after USJA Championships)

GOLTZJUDO CLUB

Alexander Hughes Community Center

1700 Danbury Road

Claremont, CA 91711

909-399-5490

Fee: \$5 USJA members, \$10 non USJA members

Sanctioned by the USJA

For More Information Contact:

Gary Goltz

909-985-0486

gary@goltzjudo.com

www.goltzjudo.com

Proceeds will go towards the USJA Grassroots Funding efforts



2006 USJA NATIONAL CHAMPIONSHIPS

Ontario High School, 901 West Francis Street

ONTARIO, CALIFORNIA

Seniors, Masters, Juniors, & Kata

Saturday & Sunday December 2nd & 3rd

TOURNAMENT DIRECTOR: Gary Goltz, (909) 985-0486, gary@goltzjudo.com

REFEREES: Hayward Nishioka, Head, Bernie Semel, and Greg Fernandez

AWARDS: High quality medals or trophies to be given for 1st, 2nd, and 3rd Place.

ELIGIBILITY: Contestants registered with the USJA (Sanction # 06-016), USJF, or USJI.

HOST HOTEL: Best Western Country Inn, 359 South Grove Avenue,
Ontario, CA 91761, (800) 770-1887

TRAVEL AGENCY: Joan Shiosaki, Anchors Away, (310) 222-8690, aawaytv@aol.com

FEES: Pre-registered, must be received by Wednesday November 29, 2006.

\$30.00 for all divisions, (\$25.00 groups of 10 or more sent in together).

\$40.00 after Wednesday November 29, 2006 or the morning of the event.

Please make all checks or money orders payable to Gary Goltz

REGISTRATION & WEIGH-IN: Friday evening at the Best Western Country Inn, 4 to 7:00 pm. Saturday morning at Ontario High School, 7:30 to 8:30 am (Kata Players) and 8:30 to 9:30 a.m. (Seniors and Masters). Sunday morning at Ontario High School, 7:30 to 8:30 am (5 to 12 Year Olds) and 8:30 to 9:30 am (13 to 16 Year Olds).

Mail all entries & fees to: USJA Championships
Attn: Kala Crosby
1429 Lynoak Dr
Claremont, CA 91711
(909) 732-6617
kalacrosby@yahoo.com



TATAMIS PROVIDED BY ZEBRA MATS.

(JIMMY PEDRO, JR. WILL BE DOING A CLINIC SATURDAY AT CLOSE OF LAST DIVISION.)