



American Judo

A Journal of the United States Judo Association

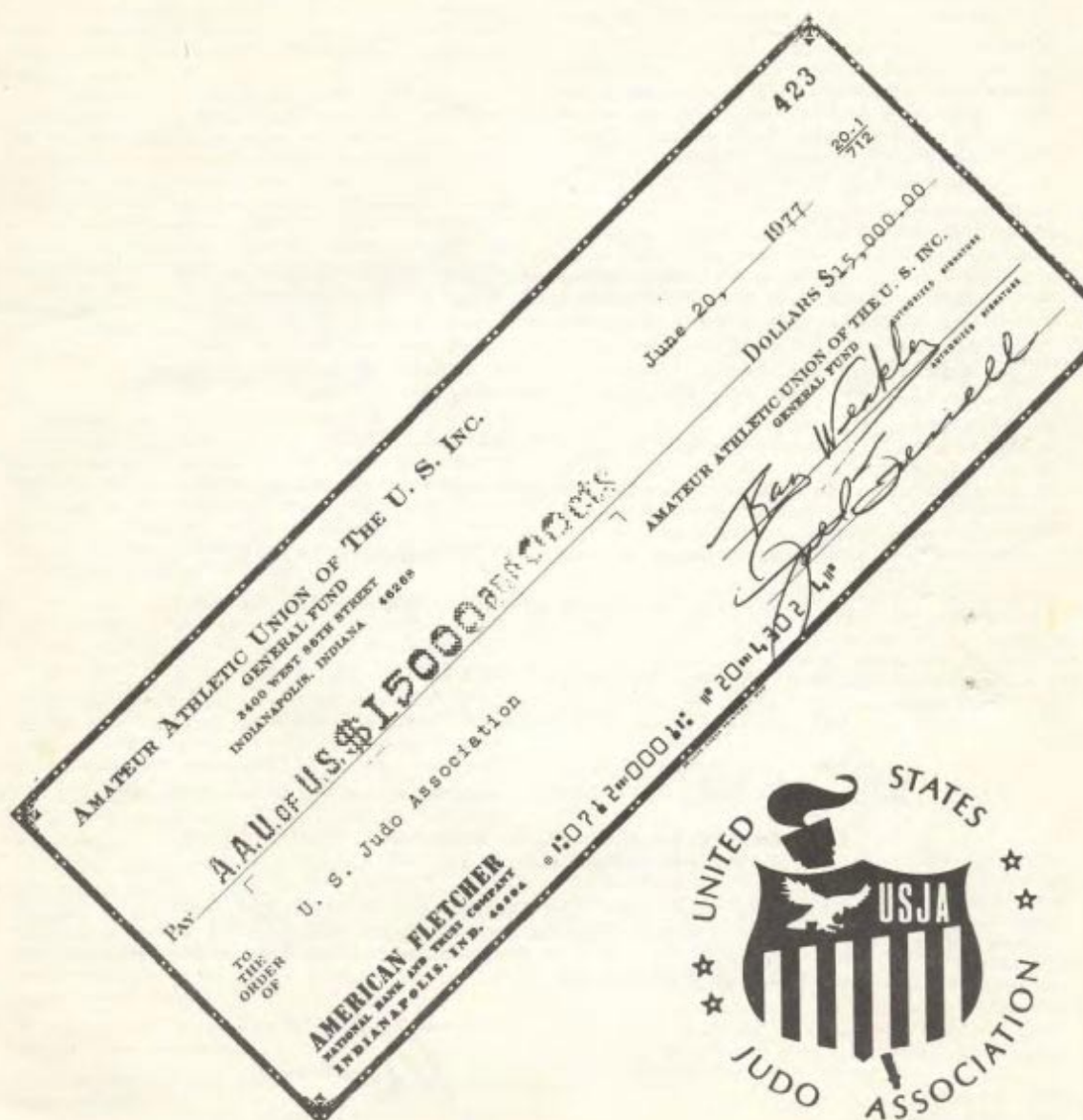
Fall 2006

USJA COACH

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Fall 2006

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USJA Summer Summit 2006 August 4th-6th, 2006 Findlay OH

Outstanding Success? You bet!

The USJA Summer 2006 Summit "Focusing on Juniors" drew judoka from seven states. We had over twenty participants and ten presenters. Some of the kids from the Ameri-Kan Judo Club were there also to help out. With Judo, Food, Fun, Friends and information how can you go wrong?



Friday

Friday morning started off with host and Summit co-chair Mark Hunter (OH) outlining the day and weekend activities. Introductions were followed with certifications and examinations. Lowell Slaven (IN) Treasurer of the USJA led the examiner certifications while Mark Hunter presented the USJA Coaches Level I course. Patrick Tamdan (OH) led the First Aid and CPR certifications.

After lunch Gary Monto (OH) and Dave Wertheimer (MI) ran the Kata certification program. Mark Tripp (MI) and Gene Fodor (OH) examined several candidates for jujitsu rank and promotions. Committee member Deb Fergus (MI) was kind enough to provide transportation Friday and Saturday afternoons for our guest Coach Maurice Allan (WV)

The evening session started with a good presentation from Mark Tripp on how judo fits the needs of our youth which stressed the need for more instructors. That was followed with an excellent series of Newaza techniques with Maurice Allan.

A round table discussion concluded the day led by Summit Co-chair Dave Wertheimer where we had wonderful participation from everyone. Discussion topics included:

- How do we attract juniors to Judo?
- How do we retain juniors in Judo?
- What do you find as an appropriate length of time for classes?
- Since Judo classes seem to be mixed as far as age, sex, ability how do you make sure every ones needs are met?
- How do you work with pre-teens and teens in regards to gender differences and keep their focus on Judo and away from each other?



Saturday

Saturday's sessions started with Mark Hunter and Paul Jordan (OH) on judo classes for 4-7 year olds. Mark and Paul shared their Little Dragons program with everyone. This includes good social values in testing and rewarding good behavior. This should be a major portion of the early promotion at that age. The next session was with Maurice Allan teaching some great Nagewaza.

After lunch James Wall (LA) showed us over 20 different great drills and games that help kids develop the skills needed for judo. The drills helped reinforce good judo technique and help the kids have fun while repeating the very important movements needed for judo.

Look for these drills on-line in the monthly USJA Growing Judo Magazine. Vickie Daniels (IN) followed with an excellent presentation on running judo programs at YMCAs, private dojos and community centers. She pointed out the importance of local community support, the different focus of classes: recreation, competitive etc., and the pros and cons of each type of location for judo programs.

After a great dinner we had educator/judoka Stephen Morris (MI) talk about judo programs in the schools. Discussions included the plus and minus of trying to run Judo programs in schools. Morris' experiences in developing various Martial Arts programs over the years for kids has found that judo was the best.

He spoke about the appropriate instructional time. The 1st 20 minutes are prime learning. After a 10-15 minute break from structured learning there is another 15-20 minutes which are again prime time for learning that can be used for review or additional instruction. He also mentioned presenting techniques in the whole-part-whole method was best. He also explained why that if you teach several techniques in a short time span it's important to teach very different techniques to the kids rather than similar techniques.

Later on, Mark Tripp gave us some great insight about marketing and how important that can be to the success of your programs. He pointed out the importance of a unique positioning statement, professional looking websites, email and printed newsletters with useful information that parents would pass on to their friends and neighbors. Take advantage of local TV, Cable, Radio and Newspapers. Learn how to write press releases.

Sunday

Sunday started with Self Defense for kids presented by Mark Tripp. Michael Yoshida (OH) was asked to use the Tandoku Renshu (Solo Exercises) for warm-ups as these also teach the Atemi Waza of judo.

Mark stressed the three levels of self defense: avoid, evade and repel. Several framing techniques as well as grip releases were shown along with some bully buster techniques. The last presentation of the weekend was by Robin Hunziker (OH), judoka/attorney who spoke about legal issues in judo. Robin used several written scenarios to help in discussion about negligence and contracts.

Attendee's schedules varied throughout the weekend so some folks came late or left early but I think everyone was able to come away with something new to share. We hope maybe this Summit will have served as a model for others to take place across the country providing various viewpoints and ideas with a good mixture of judo on the tatami, speaking from the heart and sharing ideas we will be able to grow Judo in America..

A great thanks to all that attended and presented and our hopes are that you will return to your dojos with new energy and drive to help move judo in America forward.

Co-chairs Mark Hunter, Dave Wertheimer

Committee Members, Jim Webb, AnnMaria DeMars, Gary Goltz, Jeff Miller, James Wall, Joan Love, Deb Fergus, Hope Kennedy (Advisor)



Fight Like a Girl Camp and Tournament by Brett Wood-Taylor

The First Annual Fight Like a Girl Camp and Tournament was held at Kalamazoo, Michigan this August 2006. Female judoka from various Midwest States were welcomed to some outstanding judo from beginning basic judo to cutting edge techniques. The clinicians were: Ashlie Martini from Chicago, Illinois, Shandra Smith from Appleton, Wisconsin, Charmaine Alsager from Madison, Wisconsin and Brett Wood-Taylor from Fond du Lac, Wisconsin.



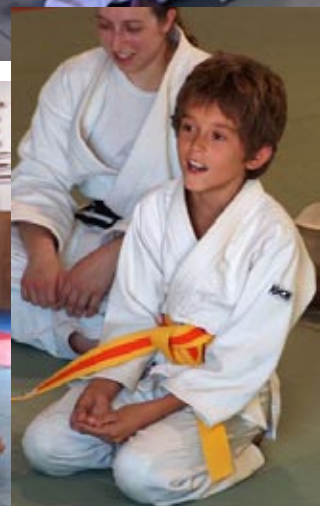
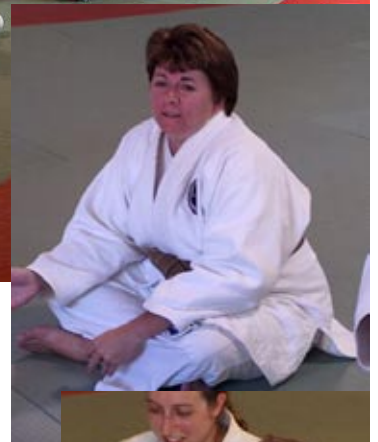
Each clinician provided valuable insights into competitive judo for the pre-teenage to mid-fifties judoka. We worked on grip fighting as an integral facet of judo and some innovative randori drills.



Saturday afternoon was the clinic portion of technical judo: from mat work to throwing techniques, followed up with the rules of judo and how the rules apply to the judoka for their advantage in shiai.

Sunday morning was a clinic/tournament where each judoka competed, refereed and technically officiated so they could see the various facets of judo.

Sunday afternoon was an open workout for all judoka. Deb Fergus and the entire Southside Judo Dojo of Kalamazoo provided all judoka a hearty welcome.



From the December 1966 issue of Black Belt Magazine

WORLD WIDE TOURNAMENT RESULTS



ELKHART YMCA STAGES BIGGEST WOMEN'S JUDO CONTEST HELD IN U.S.

Elkhart, Indiana — More than 80 judo women participated in the Elkhart YMCA's second annual invitational Joshi Judo Clinic and Kata Contest this summer. The event was sanctioned by the Chicago Judo Black Belt Assn. and the Indiana AAU. Represented were 28 clubs from seven states: Indiana, Michigan, Kentucky, Illinois, Wisconsin, Ohio and New York.

Thirty-eight rokkyus and gokyus were formed into a novice division, with only standing throws and pins allowed. Yonkyus and sankyus, in an intermediate division, were allowed chokes and back sacrifice throws as well. Nikyus and ikkyus, in an advanced division, were allowed all techniques except makikomi throws and armbars.

In kata, the outstanding division was nage no kata, which drew 17 contestants. There were 8 contestants in ju-no kata and 3 in katame no kata.

John Osako, 6th dan of Detroit, gave a brief critique of nage-no kata and told of plans for standardizing kata in the U.S. Also among the spectators were Masato Tamura, 7th dan of Chicago.

Dr. and Mrs. Paul V. Harper Jr., sandans of Glencoe, Ill., directed kata and randori respectively. Representing the host club, Don E. Wrobel, shodan, had charge of an officiating clinic, in which the brown belt ladies were given supervised practice in refereeing and judging. Joyce Fickies was general chairman. All kata judges were of sandan rank or higher.

Swimming in the YMCA pool and a Polish style supper after the clinic and a pre-clinic house party added to the fun. Winners were as follows:

KATA:

Nage no kata — Dianne Tamura and Rosemarie Tamura, both of Jiu Jitsu Inst., Chicago; Stephanie Harper, Univ. of Chicago. **Ju no kata** — Stephanie Harper and Barbara Scharrer, both of the Univ. of Chicago; Ruth Thiele, Shindo Kan School of Judo. **Katame no kata** — Rose Marie Ward, Ren Yu Judo Club; Shirley Blankenbaker and Betty McGilvary, both of South Louisville J.C.

RANDORI:

Featherweight — Deb Dusich, Glen Park YMCA; Polly Mott, Seinan Judo Club; Geraldine Hurst, Milwaukee
Look where we've been...

J.C. Lightweight — Carol VerBerkmoes, Grand Rapids J.S.; Charlene Keding, Detroit J.C.; Sharon Rowley, Grand Rapids J.S. **Middleweight** — Nan Paton, Budokan J.C. (Mich.); Linda Aker, South Bend Int'l School of Judo; Sue Travin, Jiu Jitsu Inst., Chicago.

YONKYU-SANKYU DIVISION:

Featherweight — Rosemarie Tamura, Jiu Jitsu Inst. of Chicago; Sandra Jedlowski and Karen Brown, both of Budokan J.C. (Mich.). **Lightweight** — Carolyn Smith, Grand Rapids J.S.; Sue Arobateau, Jiu Jitsu Inst. of Chicago; Barbara Disko, Midwest Dojo. **Middleweight** — Sharon Morack, Milwaukee J.C.; Barbara Scharrer, Univ. of Chicago; Karen Kenneweg, Detroit J.C.

NIKYU-IKKYU DIV.:

Lightweight — Dianne Tamura, Jiu Jitsu Inst.; Betty McGilvary, So. Louisville J.C.; Jean Hennen, Cincinnati J.C. **Middleweight** — Terry Velyvis, St. Clair J.C.; Marianne Hoverson, Midwest Dojo; Carol Bloomquist, Jiu Jitsu Inst. **Outstanding Senior Player** — Karen Kenneweg, Detroit J.C. **Outstanding Junior Player** — Deb Dusich, Glen Park YMCA. **Team Award** — Jiu Jitsu Inst. of Chicago.

HONG KONG INVITATIONAL

by David C. H. Wai

Hong Kong — This crown colony of Great Britain recently held its first invitational tournament championship. Ten teams participated in the meet organized by the South China Judo Club.

A crowd of 600 turned out to witness the matches. Judo is the most popular of the martial arts in Hong Kong. Interest in karate is rising but so far no karate dojo has been opened. Tournament results:

Lightweight — Tommy H. K. Leung, South China J.C.; S. H. Tong, Mansfield College; Ming Lee, Kwun Tong Club. **Middleweight** — Alfred K. H. Young, South China J.C.; Y. S. Ng, Kwun Tong Club; Y. C. Tsang, New Method College. **Heavyweight** — Arthur Razack, South China J.C.; P. C. Kwan, Kwun Tong Club; Y. S. Crow, South China J.C. **Open** — H. C. Mak and W. W. Chan, both of South China J.C.; H. H. Wong, New Method College.

SEWART AFB JUDO TOURNAMENT

139 lbs. — Larry L. Fisackerly, Sewart AFB; Jimmy O'Rourke, Memphis J.C.; Leonard B. Murray, Sewart AFB. **154 lbs.** — Douglas R. Martin, Birmingham J.C.;



Early Accounts of Judo Masters in Action by David S. Hofhine

This article gives some detailed background on the three earliest English language books on the subject of judo. I have from there compiled several amusing anecdotes regarding early judo masters on occasions where they were required to employ their skill empirically on assorted rascals and louts. I am sure that some of these classic accounts have been reproduced in various forms over the years, but the text and photos in this article are taken directly from original first editions dating from 1906 to 1915.

The first book I'm drawing from is *Judo: Japanese Physical Culture* by Sumitomo Arima, first English edition printed in 1906. This book includes a fascinating preface by Jigoro Kano, a portion of which is herein reproduced, where Kano laments the lack of significant publications on the subject of judo and then gives a rather detailed biography of the Author. Of note is the similarity in background between Kano and Arima.

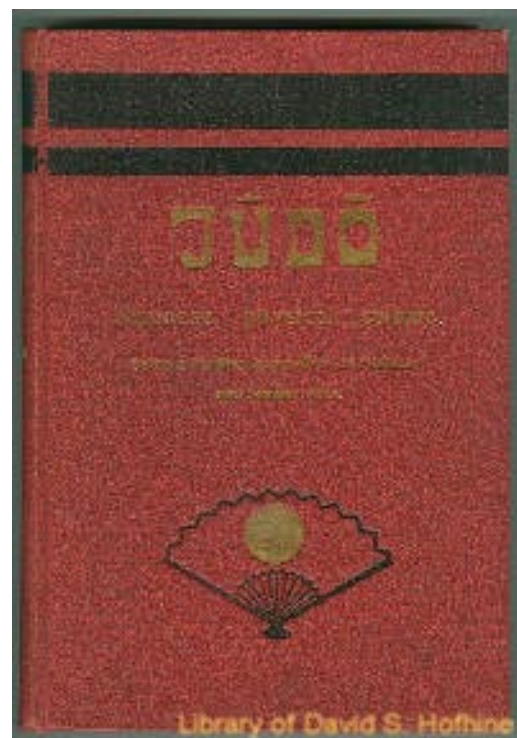
Notwithstanding this prosperity, there has till this day appeared no work on judo, not even one dealing with its outlines, the only writings so far published in this connection being some sketches of my lectures printed in the "Kokushi," an organ of the Zoshikwai. This is perhaps due to the great difficulty regarding the explanation of the object of judo and the way of learning it. Lately Mr. Sumihito Arima, who has attained the fourth grade of proficiency in judo, has written an outline of judo, styled the "Judo-taii," the manuscript of which he has brought to me asking me to supply a preface. Mr. Arima is a graduate from the post-graduate course of the Peers' School and is versed in politics, law, political economy and philosophy. Connected with the Kodo-kwan for a long time, he is an ardent student of judo. In addition, Mr. Arima has had extensive experience as an educationist, having successively filled the posts of Directors of the Osaka-fu and Tochigi-ken Middle Schools, Professor of the Fifth Higher Middle School, and Professor and Director of the Peers' School. It gives me great pleasure to see such a work undertaken by so able a writer. Of course, the book cannot claim to be a complete work; still it is a good one, considering the difficulty attendant on such task. Especially beneficial will it be at a time like the present, when no similar work exists.

JIGORO KANO

December, 1904

This next account has been retold many times, but I feel that this version published by Arima in 1906 is probably the most complete and historically accurate. It details an encounter between Jigoro Kano and a large Russian. This book was published shortly after the Russo-Japanese war, so 'large Russian' frequently plays the role of antagonist in descriptions of real life incidents.

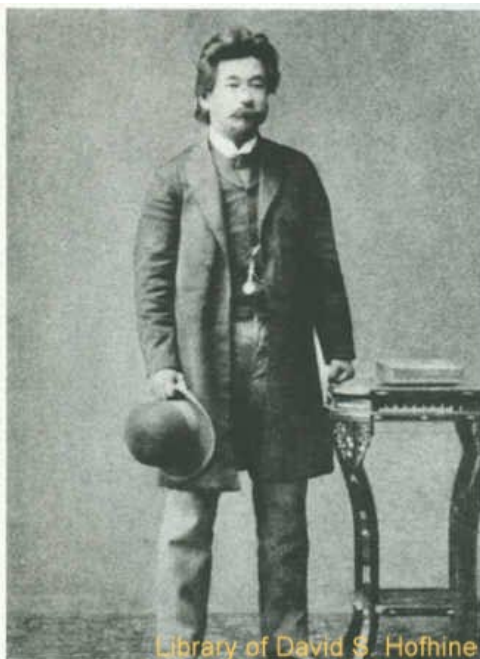
Mr. Kano was returning from Europe in 1891, when one day on board the steamer, the conversation turned to matters relating to physical strength and he had to measure his strength against that of a Russian of big stature. The bystanders were anxious for Mr. Kano, many considering that he was no match for his opponent. The Russian adopted pushing tactics, but Mr. Kano, taking a fair opportunity, turned him over by *koshi-nage*, but prevented his head from striking the ground by supporting it with his hand. The spectators were struck with astonishment. A Britisher declared that it was quite a difficult task to throw an opponent who was so bigger in body. Still such a thing might not be impossible. But to support a falling opponent was an absolutely impossible task. Mr. Kano, however, had an ample margin of strength in performing that feat. His skillfulness was simply beyond comprehension.



A mint copy of JUDO 1906



Another anecdote recorded in Mr. Arima's classic book details a crafty young Jigoro Kano's encounter with an inquisitive pugilist.



Jigoro Kano in the 1800s

On another occasion, a foreigner called upon Mr. Kano and talked about judo and boxing. He said, "what would you do if I struck in this manner?" and couched himself in an aggressive attitude. Mr. Kano replied, "that may be treated in this way," and taking a handkerchief from his pocket, threw it in his opponent's face. The opponent being taken by surprise, Mr. Kano at once jumped within the extended arms, and made the pretense of throwing him. The foreigner could not help congratulating Mr. Kano on his tactics, and admitted the superiority of judo over boxing.

Next is a report you will not find retold in most modern judo texts. This account was published in 1913 by western judo pioneer E. J. Harrison in his book *The Fighting Spirit of Japan*. He was one of the first westerners ever to earn a judo black belt in Japan. He was also a prolific author that translated and wrote many important judo texts. Every western judoka owes a great debt to his early and untiring efforts at promoting judo. His book, *The Fighting Spirit of Japan*, more than any other gives a true flavor of early judo culture. Many later printings of this classic book exist, but the original printing contains dozens of pages of extra material that were edited out of later editions. The lost material includes interesting minutia such as commentary about the mediocrity of Yukio Tani, a jiu-jitsu "expert" who was at the time making the rounds of Europe, and a description of how he was trounced by Kodokan judo black belt Mitsuyo Maeda. Also lost in later

editions was a sort of general travel log about the Japanese culture of the day. The account included here describes an incident involving an early unnamed judo expert.

On another occasion a celebrated expert fell foul of a coolie in the upper room of a restaurant and promptly threw him downstairs. The coolie returned to the fray with fourteen comrades, but the expert calmly sat at the head of the stairs and as fast as the coolies came up in single file, owing to the narrowness of the passage, he simply choked them in detail and hurled them down again. In the excitement of the moment he was rather rougher than was strictly necessary and so broke one man's neck. The rest fled in terror, carrying off their dead and wounded. The judo expert was arrested, but as he was easily able to prove that he had been one man against fifteen he was, of course, acquitted. Nevertheless, the Kodo-kwan temporarily suspended him for his conduct, which was deemed unduly violent.

Here is another story that was recorded by Mr. Harrison. This one is particularly amusing if you have some background on the participants. The speaker is Sakujiro Yokoyama. At the time of this occurrence he held the rank of 7th Dan. This was the highest judo rank yet awarded, as of that date. He was described by some as "the greatest practical exponent of modern judo yet produced". His friend in this story, Kyuzo Mifune, eventually went on to achieve the 10th Dan. He is considered by many to be the greatest judo technician who ever lived, so the "rascals" in this story were really in well over their heads!

I remember during the early part of January, 1909, I went to a certain restaurant, accompanied by Mr. Kyuzo Mifune, a fifth Dan teacher of the Kodo-kwan. We noticed in one corner of the room a group of thirteen young fellows drinking sake, while in an adjoining apartment there were an elderly couple and some other visitors taking food. The members of the first-named group were seen to be putting their heads together at frequent intervals and to be busily whispering, at the same time casting glances in our direction. I did not take any special notice of what was going on, nor did I suspect that they had any designs upon us. Mr. Mifune and I went on chatting over our drinks. Presently one of the rascals approached us, calmly picked up my overcoat and hat, and tried to make off with them under our very noses. Of course I remonstrated, when the thief, evidently bent on picking a quarrel, insisted that the coat and hat were his property. A warm altercation arose, in the midst of which he assumed a threatening attitude, and was speedily joined by half a dozen of his comrades from the other side of the room. There being no alternative, Mr. Mifune took a hand in the game. He avoided unnecessary roughness, but in less than a minute



Sakujiro "Devil" Yokoyama



A young Kyuzo
Mifune

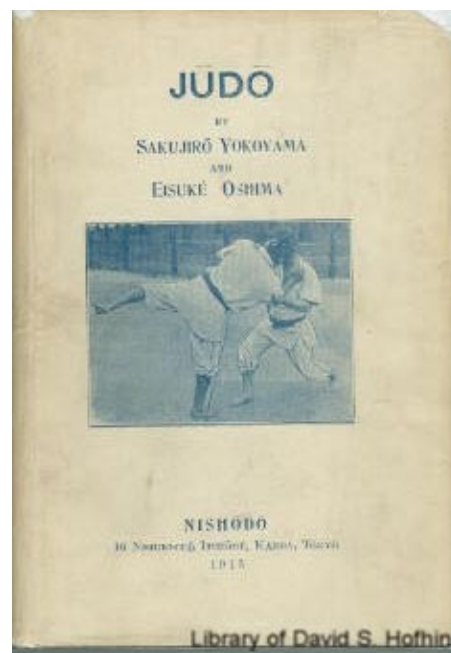
he had them all down with a succession of swift blows. Then the rest of the gang set upon me, but I knocked them down one after the other, and the affair was over in less than three minutes. As our victims regained consciousness they lost no time in making themselves scarce, but we detained one of them, and forced him to confess. He admitted that their object had been to extort money from us by intimidation. They had been misled by our good clothes and had imagined that we would be easy prey. We let the fellow go instead of handing him over to the police, as we considered he had received punishment enough at our hands. After the rascals had gone the old couple who had been interested spectators of the occurrence told us that they had just witnessed for the first time in their lives a practical display of jujutsu and were amazed at the wonderful feats which experts were able to perform against such odds.

This final anecdote is one of the personal stories of Sakujiro Yokoyama. He has the distinction of being the author of the first truly comprehensive book on the subject of judo. His book *Judo Kyohon*, originally published in Japanese in 1908, includes complete judo history, philosophy, ukemi waza, the Gokyo no Waza as it then existed, the complete Nage no Kata, katame waza and atemi waza. This book was translated into English and published as *Judo* in 1915. The English language book *Judo* had numerous later reprints that are often passed off as first editions. One must be intimately familiar with the slight variances between the different printings to determine a true first edition from later reprints, the only other option being learning to read the original Japanese language publication data contained within the book.

This is a fascinating eye witness account to an actual duel of samurai. Not much judo action here, but it does give tremendous insight into the samurai culture that gave rise to men such as Kano, Yokoyama, Mifune and Arima.

I can carry my memory back to the days when all samurai wore the two swords and used them as well when necessity arose. When quite a boy I accidentally witnessed an exciting duel to the death between a ronin [an unattached samurai] and three samurai. The struggle took place in the Kojimachi ward, in the neighbourhood of Kudan, where the Shokonsha now stands. Before proceeding with my narrative I ought to explain the usage that was commonly observed by the two-sworded men of the old feudal days, in order that the incident I am about to describe may be better understood. The sword of the samurai, as you know, was a possession valued higher than life itself, and if you touched a samurai's sword you touched his dignity. It was deemed an act of unpardonable rudeness in those days for one samurai to allow the tip of his scabbard to come into contact with the scabbard of another samurai as the men passed each other in the street; such an act was styled saya-ate {saya = scabbard, ate = to strike against}, and in the absence of a prompt apology from the offender a fight almost always ensued. The samurai carried two swords, the long and the short, which were thrust into the obi, or sash, on the left-hand side, in such a manner that the sheath of the longer weapon stuck out behind the owner's back. This being the case, it frequently happened, especially in a crowd, that two scabbards would touch each other without deliberate intent on either side, although samurai who were not looking for trouble of this kind always took the precaution to hold the swords with the point downward and as close to their sides as possible. But should a collision of this description occur, the parties could on no account allow it to pass unnoticed. One or both would at once demand satisfaction, and the challenge was rarely refused. The high sense of honour which prevailed among men of this class forbade them to shrink from the consequences of such an encounter.

So much by way of introduction. The episode I am going to describe arose in precisely this fashion. The parties to the duel were a ronin and three samurai, as I have already said. The ronin was rather shabbily dressed, and was evidently very poor. The sheath of his long sword was covered with cracks where the lacquer had been worn away through long use. He was a man of middle age. The three samurai were all stalwart men, and appeared to be under the influence of sake. They were the challengers. At first the ronin apologized, but the samurai insisted on a duel, and the ronin eventually



Judo 1915 with original dust jacket



accepted the challenge. By this time a large crowd had gathered, among which were many samurai, none of whom, however, ventured to interfere.

In accordance with custom, the combatants exchanged names and swords were unsheathed, the three samurai on one side facing their solitary opponent, with whom the sympathies of the onlookers evidently lay. The keen blades of the duelists glittered in the sun. The ronin, seemingly as calm as though engaged merely in a friendly fencing bout, advanced steadily with the point of his weapon directed against the samurai in the centre of the trio, and apparently indifferent to an attack on either flank. The samurai in the middle gave ground inch by inch and the ronin as surely stepped forward. Then the right-hand samurai, who thought he saw an opening, rushed to the attack, but the ronin, who had clearly anticipated this move, parried and with lightning rapidity cut his enemy down with a mortal blow. The left-hand samurai came on in his turn, but was treated in similar fashion, a single stroke felling him to the ground bathed in blood. All this took almost less time than it takes to tell. The samurai in the centre, seeing the fate of his comrades, thought better of his first intention and took to his heels. The victorious ronin wiped his blood-stained sword in the coolest manner imaginable and returned it to its sheath. His feat was loudly applauded by the other samurai who had witnessed it. The ronin then repaired to the neighbouring magistrate's office to report the occurrence, as the law required.

David S. Hoffine

www.swordpolish.com

Sandan, Monkey Bar Judo Club

www.monkeybargym.com

SELECTING A JUJITSU DOJO by Harold Zeidman

Why have an article about selecting a jujitsu dojo in a magazine read by experienced martial artists, judoka no less? The answer is that there tends to be a greater variety of both jujitsu schools and reasons for studying jujitsu. It's important to select a school compatible with reasons for studying jujitsu. Only with careful thought and analysis will the martial artist find a school offering the expected experience.



A prospective jujitsuka needs, at minimum, to answer the following:

1. Why study jujitsu?
2. Is the school's style compatible with reasons for attending?
3. What are the sensei's teaching style and qualifications?

Possible reasons to study jujitsu include:

1. Self-defense
2. Exercise
3. Development of character
4. Family participation (i.e., a place where the entire family can study the same art)

It's important to clarify reasons and rank their importance. Reasons may conflict, necessitating compromise. Suppose for example the prospective student wants a self-defense class offering vigorous physical exercise, while the spouse



wants a dojo spiritually oriented dojo with classes for children. Obviously compromises are in order. Ensuring a rewarding experience at a jujitsu dojo requires careful analysis. Regardless of reason, the selected dojo must teach both inner and outer factors of the art for balanced development.

Style is important. This can be confusing, especially for a judoka, since judo has a fairly standardized syllabus. Jujitsu, in contrast, presents bewildering choices. Some styles stress different types of competition. Others emphasize self-defense or inner factors of martial arts. Less-combative styles focus on minimizing damage to the assailant while still defending oneself. Still others feature weapons systems. The possibilities are endless.

Next of course is the sensei. In school, the classes we liked best were taught by the best teachers. Jujitsu is no different. Factors to consider include:

1. The sensei's qualifications and experience in the particular style of jujitsu. Qualifications in other martial arts are interesting but not particularly relevant to jujitsu. Unfortunately, many instructors professing jujitsu skill have high ranking black belt ranks in areas other than jujitsu but lack jujitsu expertise.
2. The sensei's teaching style. Is it compatible with a teaching style the prospective student enjoys? How does the sensei treat students? Is there mutual respect? How do jujitsuka treat one another? With mutual respect? The way jujitsuka treat each other reflects the sensei's teaching style.
3. The appropriateness of classes. Does the sensei make allowances for students of different physical capabilities? If the prospective student is not in great physical shape, classes may be too difficult. Remember, the mind can absorb only as much as the butt can endure.

After considering these questions, the prospective student should watch a few classes to make sure that he or she has selected the right dojo. Deciding on a dojo is a complex decision, but selecting the right one can yield many years of rewarding experiences.

Here's how I selected a jujitsu dojo. I had a background in Shotokan karate and was in relatively good shape. I sought a dojo focusing on self-defense. Karate, as most sport martial arts, emphasizes sportive aspects more than self-defense. I visited several martial arts dojo, interviewed sensei, talked with students, and selected a dojo that stressed practical self-defense with a balanced focus on inner and outer factors. However before deciding to join I observed several classes to make sure the sensei and style were right for me. They were. Now 30 years later, I realize that all the time and effort I put into selecting that jujitsu dojo was well worth it.



Hal Zeidman applies jujitsu technique

Hal Zeidman, 6th dan in USJA Jujitsu and vice-chair of the USJA Jujitsu Committee, has studied martial arts for 33 years. He lives in Connecticut and, before moving there, ran a dojo in Ohio.

Arent, Fox, Kintner, Plotkin & Kahn

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July 25, 1977

Mr. Ken Millay
United States Judo Association, Inc.
6417 Manchester Avenue
St. Louis, Missouri 63110

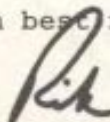
Dear Ken:

It is with great pleasure that I am enclosing the AAU's check for \$15,000 for legal fees in settlement of the Association's case against AAU and USJF. I am also enclosing six photocopies of the check and copies of the settlement documents, including the orders entered by Judge Gesell, for the Association's records, as follows:

- (1) Final Order, dated July 20, 1977;
- (2) Order Vacating Document Preservation Order, dated July 20, 1977;
- (3) Settlement Agreement, dated July 14, 1977;
- (4) General Releases -- USJA, USJF, AAU, dated July 20, 1977;
- (5) Amended Complaint, dated July 14, 1977;
- (6) Articles of Alliance of USJA and USJF;
- (7) Letter to Alfred F. Dougherty, Jr. from Rick A. Harrington, dated April 6, 1977; and
- (8) Letter to Michael B. Rosenberg from Richard G. Kline, dated March 16, 1977.

You will note that the Court has vacated the document preservation order. You may wish to notify all of the persons who were subject to its requirements who you notified earlier to preserve documents.

With best regards,



Rick A. Harrington

USJA v. AAU Litigation Update

by JAMES LEE NICHOLS,
Chairperson Legal Committee

It is with great satisfaction that the USJA's Legal Committee is able to report that the Antitrust Law Suit against the AAU and the USJF is ended. Many of you have waited years for this moment when the USJA's belt ranks would be recognized by the AAU and the USJF. To each of you I say "wear your USJA belt rank proudly" for it is recognized by every nation in the world.

I want to take a moment to thank Jim Bregman and George Harris for their years of work on this matter. The attorneys from the USJA's Legal Counsel who actually did the vast majority of the work were Rick Harrington and Mike Rosenberg, along with supervising partner Larry Henneberger. The USJA and American Judo owe these five men more than words can describe. I have worked closely with each of them through the entire ordeal, and can report that no finer team has ever worked together in American Judo or American Sport. Finally, I want to thank those of you who have contributed time, money and encouragement through the years. Without this constant assistance we would probably have failed.

Full Equality for USJA

On July 20, 1977 an Order granting full equality to the United States Judo Association and settling USJA's antitrust law suit against the Amateur Athletic Union of the United States and the United States Judo Federation was entered in Washington by United States District Judge Gerhard Gesell. Signing of the Order, at a hearing attended by USJA attorneys Michael Rosenberg and Rick Harrington, brings to a successful conclusion the litigation filed last January by USJA.

The Order, and the lengthy settlement agreement which it incorporates, are reprinted in the Sept.-Oct. issue of *American Judo*. According to USJA attorneys, key provisions include the following:

1. The old AAU-USJF exclusive belt rank agreement is of no force and effect. USJA and USJF have executed identical Articles of Alliance giving each organization the same recognition as the other in all areas.
2. All USJA and USJF belt rank awarded prior to January 11, 1977 (the day the antitrust case was filed) is fully recognized by AAU.
3. All USJA and USJF belt rank below fourth degree black belt awarded after January 11, 1977 will be automatically recognized by AAU. All belt rank of fourth degree black belt and above will be reviewed by a new AAU Judo Committee Subcommittee composed of three USJA and three USJF members; if this Subcommittee does not reject a promotion, it will be automatically effective.
4. The new Subcommittee will establish uniform standards for all levels of belt rank.
5. All existing USJA and USJF referees at all levels are recognized by AAU.
6. AAU is prohibited from discriminating in any way against USJA and its members, and USJF and its members, with respect to the opportunity to compete, referee manage,

coach, and with respect to belt rank, travel permits, Kata judge certification, competitive awards and any other aspect of Judo.

7. Neither USJA nor USJF can claim to be the "sole technical body" in American Judo.

8. USJA, USJF and AAU may take any controversy to binding arbitration, which can be accomplished on as little as 48 hours notice. Judo will be the first AAU sport with arbitration provisions (similar to those successfully utilized by USJA on behalf of Alan Coage during the United States Olympic Committee Judo Trials) for rapid resolution of controversies.

9. USJA and USJF are prohibited from applying for the International Judo Federation American Franchise at any time prior to the completion of the 1980 Summer Olympics, unless the AAU is required by law to give up its governing body status.

10. AAU has paid \$15,000 to USJA to partially reimburse USJA for its legal expenses in bringing the law suit.

The compromise of the litigation, which gives USJA and its members all relief sought in the Complaint filed with the Federal Court during January, was negotiated by USJA counsel under the supervision of USJA's Legal Committee, made up of President George Harris and past Presidents Jim Nichols and Jim Bregman. An agreement in principle between all lawyers was reached during early April. Pursuant to USJA's unalterable position that any offer would have to be made by the other side, USJF leadership authorized settlement during a meeting in St. Louis, Missouri during mid-April. The AAU Board of Directors then approved the offer during late April, 1977, and the package was presented to USJA's Board of Directors for consideration during May. The USJA Board met on May 28, 1977 and, by a vote of seven in favor, one opposed and one abstention, approved the settlement agreement. Finally, during early July, the matter was presented to the AAU National Board of Governors for authorization, which was overwhelmingly granted.

Settlement of the Antitrust Case and achievement of full equality for USJA and its members is in many ways the culmination of a struggle which began almost ten years ago. According to USJA leadership, the settlement should clear the way for concentration by all Judo players upon the primary purpose of strengthening American Judo and the position of American Judo in the world today.

From the Editor

The elections are just around the corner — club leaders need to get the vote out. The ballots will be mailed to all senior USJA members during the early part of October. The editor is in need of a book review editor. This position will involve commenting on publications that have to do with coaching. The editor has several books which need to be reviewed, and these books are given free of charge by publishing companies. Judo leaders and club leaders are reminded to send in their *Judo Leader Profiles* for the *USJA Coach*. The *USJA Coach* survives on contributions from the members. Submit your articles, comments, and opinions to the editor.

Robert A. Reilly
Editor, *USJA Coach*
School of Physical Education
Ohio State University
Columbus, OH 43210



The Battle Is Over

The Board of Directors, the entire USJA membership, and indeed every Judoka in the United States, owes a vote of thanks, and has incurred a debt of gratitude to the members of the legal committee who have given of their time and effort to achieve the equality of status recently handed down in a decision by Judge Gesell. Who are these people who work nights and weekends with unswerving devotion? The three of them, George Harris, Jim Bregman, and Jim Nichols spent hours in numerous meetings with the lawyers, countless phone calls and innumerable hours of research and writing. Never have they ask for one penny for their time, when in fact their efforts have likely saved thousands of dollars in legal fees. Just the information in Nichols files has saved hours of expensive research time by our attorneys.

The battle is finally over! Accolades are due those who have sweated and worked for so long. Three Cheers! Our hats off to them! A round of applause — indeed, a standing ovation to George Harris, Jim Bregman and Jim Nichols!!!



Frequently, organizations that have been confronted by hard decisions suffer from the result of that decision. This happens when people on the minority side of the decision fail to support that decision once it is made. If a majority votes on a course of action, then every member of the board should support that action, even though he or she voted against it. When two prominent board members found they could not so support, they resigned from the USJA Board of Directors. It is good that they did not stay if they could not support board actions, but their failure to support those actions caused significant measurable harm to the organization. An even greater harm, although not clearly measurable, comes from dissenters on the Board who continue to fight after the vote is in. They can't change the vote, but rather than concede to the majority, they are apparently overly concerned with personal victory, or lack thereof. They cause unrest and dissension by talking against the vote outside the Board meeting. And many people listen to what our Board members have to say about the board meetings. They listen not only to what is said, but how it is said. Every board member should support every decision resulting from the boards vote. To do otherwise tears the organization apart.

All of our Board members have strong personalities. It is this very strength that paved the way to their Judo Rank and to their being elected to the board. Their strength is their personal asset. That same strength works as a detriment to the USJA when two or more members get into a personality struggle. Both have such a strong desire to win, and fight to win as they would on the mat, until both lose sight of anything except personal victory. Usually neither person wins, but the USJA definitely loses. No matter which person seems to have the upper hand, the USJA loses because both have lost sight of the common cause. Here we have an organization that fought for years to win our equality. What a shame to see it torn apart over internal personality clashes and power struggles amongst the leaders.

Just because we won our legal battle doesn't mean the fight is over. We need now to join together in a united effort to rebuild the USJA. The goals are still the same. The ideals haven't changed. We can rebuild, but only if we work together, and working together starts with the leaders. Let's forget personalities, recognize that there just may be more than one right way to reach our goal. Sure--your way is best, but his is just as good. No one person can save the USJA. Only a united effort can. Stop the petty bickering-join and work together. Look for the other mans point of view. Compromise for the good of the USJA.

Ken Mulla



Quantum Judo by Tom Crone



I knew it. It was my very first night of judo, and I knew it, and the knowledge was so perfect it was nearly wordless. What I am about to tell you might frighten you away. If not, it might bring you closer to a new answer to a question you've always asked yourself, "Why judo?" It might simply convince you that I've gone around the bend. That could well be.

That first night a voice, almost wordless, said, "there is something special here". It wasn't just the implication of self-defense potential, and all that that entailed. I had done my share of physical confrontation in my early teens. I was a "fear no man" kind of young man, and to a certain degree, for good reason. I'd had my share of scuffles. I'd boxed Golden Gloves. I'd also studied some pretty good books on jujitsu, and I knew some tricks.

Suddenly, unexpectedly, I found myself in a mat room full of dweebs in funny pajamas, with white, green and brown belts (only one brown, and he was the sensei), who could throw me around and trip and sweep me at will. That did impress me considerably. That wasn't *it*, either. There was something else there. I knew, wordlessly, that there was a mystery here. I also knew that it was not so much a mystery to be solved as a mystery to become a part of.

That was what was happening in my head in 1960 in the wrestling room of Mankato State College, after I'd finally acquiesced to come on in and try judo. It had taken weeks of cajoling from the judo club guys, led by sensei Paul Sheehan, who had spotted me messing around as a D-Squad member of the gymnastics team (boy, did I suck at that!). Now, here I was in khaki slacks and a judo jacket being yo-yoed about by cheerful, grinning, truly friendly club members. It was hard to believe. It was also hard on my ego. It would have been easy to just walk away. But I couldn't, because something was going on here. So, I continued to search for it. I ordered a judogi, paid the club membership fee, and began my life-long journey.

Over the years after randori sessions, sitting sweat drenched and drained alongside the mat area, I would turn to a fellow judoka and ask, "Why do we do this?" I'd get a blank stare as often as not. Sometimes, "It's just fun, man," or something of that depth would be the reply. "I know," I'd say, "but what is so much fun about grabbing some other person, waltzing around and endeavoring to slam each other onto the planet?" I sensed that the real answer was the answer to my unanswered mystery. Usually, the reply from my judo associates was a shake of a sweat dripping head, a gulp of Gatorade and perhaps as much as a, "Sure is great, huh?"

Sometimes, rarely, we are blessed with the "perfect throw". It is often characterized by asking your uke, "Did you jump?" and uke says no. It is a perfectly timed, smooth as silk, effortless thing of beauty. You tell yourself that if you could do it once, you ought to be able to do it more than once. Why not every time? When you do that excellent throw, there is an added feeling, something beyond the physical. "This is it," you say, not quite sure what "it" is, but certain it is more than just an ordinary moment.

If you haven't had that experience, you might be a novice still. If you are a veteran and haven't had it, be patient, because it is waiting for you. It is as rare as a precious jewel, but almost all judoka experience it at least once. If it hasn't come, it will. It has to, because it is the physical connection to the *do* part of judo.

Kano knew that his judo was an analogy for life. In his time, quantum physics had barely made its debut. How that concept would disrupt our perception of the cosmos, based on Newtonian Physics, and beyond that - cellular, molecular, atomic, subatomic, quantum, and Pre-quantum, was yet to be seen. How does this relate to judo, you might well ask? The answer lies in taking a momentary side road.



Buddhists, Zen masters, Yogis, and masters and adepts of many beliefs, from East to West, and the Native Americans on both sides of the Equator, have long believed that the ultimate truth as to the nature of existence and consciousness is unspeakable, wordless. Yet within us all is our connection to the cosmos. We are never disconnected. Our awareness of that connection is lacking, and that is why many meditate, use koans, and seek to arrive at enlightenment. I told you this was going to get spooky.

Physicists now tell us that if we move to the sub-atomic level of things, every seemingly solid particle of matter is composed of more than 99.999 percent empty space. Those who combine the laws of physics with the Zen-like search for the soul of the self, tell us that beyond the quantum level, our bodies, and perhaps the entirety of existence, exist as pure creative potential, a multilayered process controlled by ‘intelligence’. It is an intelligence or consciousness with which we are all connected. Let’s connect back to judo itself, for a moment.

In order to perform quality judo, in search of that perfect throw, whether it be in randori or shiai, you would choose to be:

1. Flexible instead of rigid.
2. Flowing rather than solid.
3. Dynamic instead of static.
4. Composed of information and energy rather than using random reactions.
5. Be a network of intelligence rather than a mindless machine.
6. Fresh and ever-renewing versus entropic and depleted.

In fact, number one is Kano’s definition of judo, the gentle way. Flexibility in the contest against force is the very thing that makes judo judo. A judoka who was all of these would certainly be wearing a deservedly high dan grade.

This list, however, does not come from a judo book. It comes from *Ageless Body, Timeless Mind*, by Deepak Chopra, M.D., the renown author, speaker, and healer, whose belief in cosmic connections is strong.

In the search for the Unified Theory of how the universe is constructed and works, physicists have come to many quandaries and contradictions. They have run into the brick wall of light being either a wave, or a packet. Or is it waves full of packets? They cannot measure because Heisenberg has told them to do so alters the very thing being measured. Einstein put everyone in a difficult place when he pointed out that the place you are in determines the outcome of events, and all is consequently relative. When all the matter that matters is given its due, it might be that all is connected, especially because what seems solid is actually all so far apart!

So, when Chopra talks about quantum physics relating to how we use our consciousness to define ourselves, how we actually *re-define* ourselves, he uses that list of “reality” statements. We should see ourselves as being flexible rather than rigid. It is, he says, the way of aligning ourselves with the cosmic reality of which we are a part. Consider the judo connection: when we use those same principles in our endeavors to throw someone, we are applying the *do* of judo.

Is it a wonder that the “perfect” throw feels so perfect? For one fleeting moment we are attuned to the clockwork of the universe, aligned with the cosmos, a part of the flow that pervades all. How could an 18-year old college freshman know this? He couldn’t.



Is it a wonder that the “perfect” throw feels so perfect? For one fleeting moment we are attuned to the clockwork of the universe, aligned with the cosmos, a part of the flow that pervades all.



I only knew that there was *something there*. Maybe you have felt it, too. If you have, you can close your eyes right this moment and *feel it*. I believe, now, that's what it was. Somehow, in the timelessness of the universe, the certainty of quantum judo reached out that night a lifetime ago in a Mankato wrestling room and gave a young man a peek into the farthest reaches of the cosmos, connected all the dots, and whispered a wordless promise that it has kept. I have gone around the bend each rare time that throw has happened, each time I close my eyes and relive the moment, and I invite all judoka to join me.

A letter from Herb Parsons

Dear Gary:

Just a short note to thank you for the article in the American Judo On Line Magazine. It has really helped me in creating interest in both High School Districts 214 and 211 in my area. They want to start judo based self defense programs for teenage girls. We are working out the details for me to start training P.E. teachers in all schools. I'll keep in touch.

Sincerely,

Herb

Editor's note: Herb Parsons is referring to a story that appeared in the Summer 2006 issue of *American Judo*. We are glad that the article helped to create more interest in his very worthwhile self defense programs. We sense a new story when he begins training the teachers.



Nia Abdallah
2004
United States
Olympic Taekwondo
Team



Where
martial arts and
education come
together.



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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.

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The Civilian Martial Arts Advisory Panel for the LAPD by Gary Goltz

I've been on the CMAAP (Civilian Martial Arts Advisory Panel) for about 10 years. We work with LAPD defensive tactics instructors who are sworn officers with martial arts expertise. My student Sean Gregory an ikkyu and 11 year LAPD veteran is among them. Others civilian advisors include Gene LeBell and Gokor Chivivhyan. Jin Iizumi was just added to the list. Nick Mechling and John Moe have been added as associate advisors. Royce Gracie and Hayward Nishioka have served in this distinguish group whose purpose is to review LAPD Arrest and Control techniques in terms of effectiveness, safety, and simplicity since they are taught to rank and file officers. Several lawyers and doctors also serve on the panel. The certificates were presented by LAPD Training Division Captain Brain Murphy.





Grassroots Clinic on August 26, 2006

Neil Ohlenkamp did a great Grassroots Clinics to over 100 today at Goltz judo Club in California.

Jin Iizumi and Terry Kelly also gave some pointers. Neil, who runs the Judo Information site, had his new book on hand. He signed copies for many of the students present at the clinic.





GOLTZ SPONSORED CLINICS

Grassroots Clinics - August through November

<http://mysite.verizon.net/resptwx6/Grassroots%20Clinics.pdf>

Saturday September 16th - Bernie Semel Referee Clinic

<http://mysite.verizon.net/resptwx6/Semel%20Clinic.pdf>

Saturday October 14th - Dr. Z Memorial Club Tournament

<http://mysite.verizon.net/resptwx6/drztournament.htm>

Friday December 1st - Coaching Clinic with Jim Pedro, Sr.

<http://mysite.verizon.net/resptwx6/Coaching%20Clinic.pdf>

Saturday & Sunday December 2nd & 3rd -

USJA National Championships & Jimmy Pedro, Jr. Clinic

<http://mysite.verizon.net/resptwx6/USJA%20Championships.pdf>



The women of the Goltz Judo Club



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July 15, 2006

RE: Rising Sun Productions Agreement

I am pleased to announce that Rising Sun Productions in Hollywood, CA has agreed to give all USJA members 10% off any of their products. They will also be donating 10% of all product purchases by our members to our operating funds.

Rising sun has an extensive catalog of high quality judo DVDs. These include a complete collection of Hal Sharp's 16mm films taken while he was in Japan during the 50's. They have all been restored and have Hal's narration of his personal memoirs working with the greatest names in judo.

You can view the list and place your orders at: [Rising Sun Judo DVDs](#) or by calling their headquarters at 310-248-3633.

Be sure to mention you are a USJA Member to receive the 10% discount.

The USJA is committed to helping our club leaders grow American Judo!

Thanks for your support,

A handwritten signature in blue ink, reading "Gary S. Goltz".

Gary S. Goltz