

Growing Judo



JULY 2006

**MONTHLY NEWSLETTER
OF THE USJA
DEVELOPMENT
COMMITTEE**

*Inside:
Ten Good Things about Judo
Dynamic Judo Rule Change*



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Cover Photos:

First Annual Junior Elite Development Mini-Camp, held at National Judo Institute, Miami, FL. Top left, Jim Pedro, Sr. teaches tai otoshi. Bottom right, junior elite athletes practice armbar drills demonstrated by Ronda Rousey.

GOOD COACHING ADVICE OF THE MONTH

At the camp I attended in May, sponsored by Gerry Lafon, our Grass Roots Development Chair, sport psychologist Dr. Brent Rushall gave a terrific presentation on preparing psychologically for judo competition. Here are some highlights from his presentation.

“There are two parts to psychological preparation – pre-contest preparation (away from and at the competition site) and contest preparation (what will be thought of during a match). The pre-contest routine is as important as what happens during a bout. It comprises all things that happen on the day of the competition. Therefore, everything should be planned to avoid disruptions and distractions.”

Dr. Rushall’s main point was that you should have everything planned in advance to avoid any negative or disrupting thoughts on the day of competition. You should know how to get to the competition site, have all of whatever you need (two judo gis, tape, water, knee pads, competitors’ card to get in). Get a good night’s sleep. Focus on having positive thoughts in the morning. You should tell yourself when you wake up the day of competition that this is going to be a great day, that you have trained for this and today all the training pays off.

The absolute best part of his talk was the discussion of building up during the preparation for your first match. If you ever have a chance of watching his video of competitors’ preparation during the senior nationals – DO IT.

“Match build-up routine (starts at some particular time before anticipated bout)

- 1. Isolate (minimize distractions)*
- 2. Positive self-talk (positive mood)*
- 3. Special talk (focus)*
- 4. Start segment concentration (most important part of a match)*
- 5. Increase in performance-enhancement imagery (build in focus)*
- 6. Increase in intensity of thinking and imagery (build in intensity)*
- 7. Increase in physical activity (control the increase in intensity)*
- 8. Transfer directly into the match with no obvious break (a state that is appropriate for maximum performance)”*

Bottom line: The absolute wrong way to prepare for a tournament is to hang out chatting with your friends, then go get beat and come back to your friends and complain about how the referee was unfair. For more information, check out the resources below.

Mental Skills Training for Serious Athletes – online

(<http://members.cox.net/brushall/mental/index.htm>)

Mental Skills Training for Serious Athletes – book purchase

(<http://members.cox.net/brushall/#books>) and table of contents

(<http://members.cox.net/brushall/books.htm>)



TEN GOOD THINGS ABOUT JUDO THIS MONTH

Dr. AnnMaria Rousey De Mars, Vice-President, Chair, USJA Development

Sometimes I use this editorial column to rant about judo, but it has been a very good month and looks to get even better. It's important to remind ourselves about the really good events, people and aspects of judo to keep motivated when we are tired, there are bills to pay, children who need bedtime stories read to them, bathrooms to be painted, and the thousand other tasks of making a living and having a life. Why do I take time out of an already full schedule to do judo? Because it's AWESOME. It's hard to limit it to ten, but I will try.

1. The class I teach at UCLA. They are young and incredibly bright. They learn in half an hour what often takes other people three or four classes. What does it benefit them? In addition to being a stress reliever, a way to stay physically active and in good health, I think it teaches them, little by little – courage. Intelligence helps greatly in becoming successful. Courage, too, is an essential ingredient, having that courage to move out of the safe corporate world and start your own company, for example. After spending several weeks with people trying to throw them down, armbar and choke them, they will be less fearful of a little thing like a presentation before a class or in a board room. I am sure of it.
2. The other people who teach at my judo club. Our head instructor at Venice Dojo, Trace Nishiyama, has been a member of the USJF since he was ten years old. When I found out he had joined the USJA as a life member, he just shrugged and said, "Our dojo is like family. You're the vice-president so I had to show my support." Trace has a lot of really great ideas about how to make judo grow, how to make it a good experience for kids. He always makes me think about what I want to do and why.
3. The camp last week with Serge Bouyssou, Both my daughter, Ronda and my daughter, Julia, Jim Pedro, Sr. and Bert Lopez. These are all people who I like a lot and know a lot of judo. Everyone had a great time. When I was a teenager, my grandmother warned me that no man would want to marry a woman who was always coming home in a judo gi soaked with sweat. Turns out, she was wrong, and after four kids, I am still working out in Florida until my judo gi is just as soaking wet and disgusting as upset my grandmother thirty years ago. It really is a good judo month. *(Speaking of which, we want to sincerely apologize for leaving Serge's name off the camp t-shirts. He was one of the people who made the camp a great success and leaving his name off was simply a mistake on our part and not, as has been callously alleged, because I could not figure out how to spell Bouyssou !)*
4. Judo is full of generous people. We have kind sponsors who are helping to underwrite the camp in Florida and the USJA Summit in Ohio. World Black Belt sent power bars and 100 t-shirts to the camp. When I was a kid, I could never go to judo camp because it was too expensive. Thanks to the Lopez family, we can offer a camp for \$40 for a week. This was one of my goals in taking the position as Development Chair, that we could make great judo experiences available to kids who normally would not have the opportunity.
5. I found out that Maurice Allan was a national champion in three different sports. That makes me even happier he agreed to be the headliner at the USJA Summit. (And you thought we only asked him because he talks like a pirate! "Well, and I might have won the world championships

in Sambo, but I do know a wee bit of judo, too, don't you know. So, now we all be learnin' the wee small choke.")

6. That Maurice Allan doesn't own a computer so he won't find out what I wrote above and beat me up.

7. That Camp Bushido is back in northern California and will be attended next week by me, my little eight-year-old, her eight-year-old judo friend Eileen, and a whole bunch of other judo friends, young and old.

8. That James Wall continues to provide us a judo game every month.

9. That we have an incredible EIGHTEEN regional coordinators for the USJA.

10. That I negotiated two contracts this week to offer courses for coach certification, one with InterAmerican College in San Diego, which will offer college credit, and one with World Black Belt to offer on-line courses. World Black Belt agreed to offer a discount on courses for all USJA members and none of the members of the USJA Coaching Committee that I called numerous times for advice quit taking my phone calls, changed their phone numbers or tried to fake their own death when I called.

So, that is my list of ten good things about judo this month. Send in yours for publication next month to me at DrAnnmaria@fractaldomains.com

JUDO GAME OF THE MONTH: A REGULAR COLUMN **BY JAMES WALL**

(Catch him at the USJA Summit)

Sumo Challenge:

OK, here we go with the July edition of Judo Fun and Games. This month's game is called "Sumo Challenge" or just "Sumo" if you prefer. It's a fun game that is great for introducing kids or adults to the concepts of pushing, pulling, and circling that can be used in randori and shiai.

To play Sumo you will need to first make the play area. To do this take 4 adult size belts (size 4 or 5 seem to work well) Lay the belts straight and flat on the mat in the shape of a square. These belts will be your boundaries.

Next pair your students up roughly by size. The objective will be for one player to force the other player to step across one of the boundary lines (belts) by using pushing, pulling, or turning but NOT by using actual throws. Some players will fall down in the course of the game but remind your students that their objective is not to try to throw their partner.

One fun thing to add is to have your students first bow outside the boundary and then take two BIG, WIDE, Sumo type steps into the contest area. If sensei demonstrates this in a very dramatic (read: funny) way the kids will love it. We usually play each match until one person has forced the other to step out of bounds 3 times. Then we will switch partners if possible and play again.

This game is great for introducing your newer students to some of the feelings of standing randori without the fear of the possible big falls. They may get pushed down or fall a bit but it won't be as bad as a true throw. It can also be great for teaching your players to not always meet force with force. You can use it to demonstrate how effective it can be to pull when your opponent pushes and vice-versa. It's also excellent for teaching turning/circling techniques that could be very useful later.

Question, comments, variations? We'd love to hear them. Also if you have any fun games/drills that you'd like to share please pass them along and we'll be sure to include them.

Coaches, we need more games to share so don't be shy, send us your games and we'll be sure to give you full credit for them.

James Wall
Wall to Wall Martial Arts
Watson, LA
wallmartialarts@cox.net
www.wallmartialarts.com



JUDO & JIU-JITSU CLINIC WITH ERNIE CATES

We are having Ernie Cates in for a Judo/Jiu-Jitsu seminar in August. Everyone interested in improving their judo or jiu-jitsu is welcome to attend.

For more information:

http://www.dallaskenpo.com/seminars/professor_ernie_cates_seminar.html

Flyer: http://www.dallaskenpo.com/seminars/ernie_cates_seminar.pdf

Dr. Nick Chamberlain
Chamberlain Studios of Self Defense_: 214-793-1234
Mobile_: 214-351-KENPO (5367)
Karate School: _214-366-1133
www.DallasKenpo.com
www.GreatKids123.com

BIRTHDAY ANNOUNCEMENT

Hello fellow Judoka,

On July 1, 2006 Sensei Wolff will be 97! If you are a current student, past student, or fellow Sensei and wish to congratulate him, his phone number is 631-277-0772, and email is dojocliff@yahoo.com

I'm sure he would live to hear from any of you. Thank you for your time.

Yours in exploring Judo
Joe Schneemann, Post 1882 BSA Judo-Kai, Chairman



ATTENTION HIGH SCHOOL / MIDDLE SCHOOL JUDO CREDIT CLASS INSTRUCTORS

If you currently teach or have taught a judo course that was part of the school curriculum at any level below college, please contact Tom Crone, Collegiate Development Committee Chair – coljudo@mn.rr.com. If yours was a program that was not part of the curriculum, such as an after school activity, but was school connected, please also get in touch. Thanks very much.

INTERNATIONAL KATA CHAMPIONS COME TO NEW MEXICO

Granted, when you think of hotbeds of judo, New Mexico is not usually the state that springs to mind first. For three days, in August, though, one of the premier authorities on kata will be conducting a series of clinics. If you haven't had a chance to learn from these individuals, you have missed out on some good people and good judo. I had seen Greg Fernandez practicing and teaching kata on different occasions and was always impressed with his skill. What impressed me the most about him, though, was an incident that occurred at the Disney Martial Arts Festival in January of this year. Greg was teaching a kata workshop, and working with a couple of pairs of adults. There were four little girls, all aged seven or eight years old, who had competed in the shiai (competition) portion of the tournament. They all wanted to learn more about kata. Two of them were about to compete in their first kata tournament within a couple of weeks. All of the little girls were clearly too nervous to ask if they could come out on the mat, so they stood by the side and watched. Greg coaxed them all out and within a few minutes had them in two pairs practicing the nage no kata. Gold medals are nice, but kindness impresses me more. Greg has both. If you live anywhere near Albuquerque, you should try to make this clinic. Thanks to New Mexico Regional Coordinator Wayne Maxwell for organizing it.

Clinic Date: August 4, 5 and 6, 2006. August 4th is a Friday.

Location: Albuquerque Judo, 670- G Juan Tabo Blvd, Albuquerque, NM 87123

Point of contact: Wayne Maxwell, Home: (505) 296-7643, Club (505) 293-JUDO (5836), Mobile (505) 270-2757

Cost: \$25.00 per 1/2 day session or \$50.00 for the complete clinic.

Kata activity schedule:

Friday, August 4th Morning session Kime-no-Kata. Afternoon session Itsutsu-no-Kata	Saturday, August 5 Morning Session Nage-No-Kata Afternoon Session Katame-No-Kata
Sunday, August 6 Morning Session - Ju-no-Kata Afternoon Session Goshin Jitsu	

USJA JUDO COMMUNITY: WE NEED YOU!



(Left: Danielle Greenstein, gold medalist in the 57 kg division. Thanks to Carl Hayes for the photo)

We need your smiling faces. We need your input! We are trying very hard on the USJA Development Committee to respond to our members' needs. For example, when the USJA Summit was scheduled in Ohio, several coaches responded and asked if the sessions could be opened up to players of all ages as well as coaches. In response to these requests, summit coordinators contacted the clinicians and re-arranged the schedule to allow Maurice Allan, and James Wall several hours each of conducting sessions on matwork and judo games. We also

included coach certification in the cost of the summit, and obtained a corporate sponsor to underwrite the cost, allowing coaches to bring as many players as they wanted from their clubs to attend for only \$40 each for the entire weekend. Immediately, pre-registration for the summit started to climb.

What can you do? Two things:

First, send us your pictures and your news. Nominate your club as club of the month. I know there are a lot of great camps and clinics going on around the country – send pictures and an article so the rest of the USJA knows what you are doing.

Second, let us know how we're doing. If you like the direction of how things are going in the USJA development programs, let us know and we will keep doing it. Is there something you would like to see more? What do you think of Growing Judo electronic magazine? If you went to any of the camps or clinics, please let us know what you thought. We need to hear from you. If you support our activities, it helps to hear your voice. When corporate sponsors hear positive things from the membership, it encourages them to continue to support the USJA.

Email us at:

g.goltz@verizon.net Gary Goltz USJA Chief Operating Officer
Drannmaria@fractaldomains.com AnnMaria Rousey De Mars USJA Development Chair
pedrosjudo@verizon.net James Pedro, Sr. USJA Coaching Chair

DYNAMIC JUDO EDGE RULES 2006 (TRIAL APPLICATION) BORDERLINE TESTING RULE

By Richard J. Celotto

For Coaches and Competitors

This is only a trial (test) rule application. It is NOT an official IJF rule change. However, with good feedback from its use in all the Unions, I suspect it will become official in 2007.

Currently the rule is to be applied in all Senior and IJF junior elite point categories and divisions. It may be utilized at the Local and Regional Level if the Regional Referee authority and Tournament Directors wish to do so. A full safety area is required.

Some of you may have seen a previous article by me with regard to this Dynamic Edge Rule. One adjustment has been made. Dynamic Judo or Action requires that there is a tori and uke, therefore the tori must be executing a throw for it to be considered action. This is different from the first article.

Now on to the rule.

The Competition Area (Article 1)

The competition area shall be divided into two (2) zones, the Contest Area and the Safety Area. The Contest Area will remain a minimum of 8m x 8m or a maximum of 10m x 10m. The Safety Area (of a different color) shall be 3m wide.¹

1. This explanation seems to be very clear.

Those with green tatami will have to get yellow or blue tatami to use as safety area.

Actually any combination has been used. The Paris Open had yellow tatami for the contest area and green tatami for the safety area. Another had green tatami for the contest area and blue tatami for the safety area.

The Danger Zone (Article 1 – 2nd paragraph)

The present function of the Danger (red) Zone becomes cancelled. However, the red mats (for the time being) may still be used.²

2. For those with vinyl or canvas mat covers, removal of the danger area or purchase of new mat covers would be prohibitively expensive. Therefore, the danger area can continue to be included, but will serve no function as indicated in the rule above. Except the outer edge will demarcate the contest area from the safety area.

Even those with tatami will have a significant cost as most have only green tatami and some red tatami.

If you start using this rule you should NOT use the words “danger area (zone)” anymore. After 34 years it has been changed out of existence.

The Penalty in the Danger Zone (Article 27 – 4th paragraph) (27(a)4)

Consequently the Shido penalty for remaining (generally more than 5 seconds) within the Danger Zone shall be eliminated (as well as its gestures from Article 8 – 20th paragraph.)³

3. Without the danger area, this prohibited act no longer can be enforced. This will end the practice of one competitor forcing the other to stay in the danger area.

Situations on the Edge (Article 9 – Location (Valid Areas).)

This article becomes completely modified with the exception of the paragraphs ruling *Newaza*. The criterion to apply in the standing position (*Tachi-waza*) during actions on the edge will be

the following: “The “action”⁴ is valid as long as either contestant has some part of his (or her) body touching the contest area.” (In fact, the same criterion will be applied that currently rules *Newaza*.)⁵

As this new rule evolves more language may be added.

The word “Action” and its meaning is very important to the application of this new rule.

4. “Action” **IS** when there is a tori and uke. So the tori must be engaged in the execution of a throw or counter.

CONCERN: Competition areas without a full 3 meter safety area may pose a safety issue with competitors being thrown near or off the edge.

Going Outside the Contest Area – Prohibited Acts

Nothing is changed, present rules must be applied. Going outside the Contest Area without action (by the contestant, or forced by the opponent) will be applied as described in Article 27, Prohibited Acts and Penalties: **SHIDO (Slight Infringement Group)**

20) To go outside the contest area or intentionally force the opponent to go outside the contest area either in standing position or in *Newaza*.⁶

6. *There is a change, but not in wording. In the 2003 rule it was possible for tori to get a shido for doing a throw outside. This is no longer the case with the new edge rule.*

Any throw attempt at the edge would be considered dynamic action and should be considered for scoring purposes.

Additional Comments from Richard Celotto:

The “Sutemi Waza” Edge Matter

During dynamic action on the edge if a competitor executes a sutemi waza and goes more than half out, this throw should be considered valid for scoring purposes. This is contrary to the 2003 written rule, but the change follows the new edge rule. Currently this seems to include both **passing through the danger area** (Matte was called, throw invalid, but no penalty) and **dwelling in the danger area** (earned tori a shido) in the danger area. Both of which now should be considered IN and if successful should score.

Clarifications

If there is no dynamic action on the edge and one competitor causes the other to step out or one competitor just steps outside, this action will continue to receive the penalty of shido.

If there was action on the edge and one competitor stepped out and then quickly stepped back in, that action should be allowed to continue and Matte should be called. The competitor who stepped out should get shido. This “action” was not the result of a throw or counter.

This new rule is a paradigm shift of thinking for those of us in Judo a long time. Do not make it complicated. Just remember this one sentence! “The “action”⁴ is valid as long as either contestant has some part of his (or her) body touching the contest area.”

Final Notes

As it seems is always the case, when new or changed rules are introduced even when they are official, there is a period where all the variables have not been worked out. With time as certain undefined and unexpected results show themselves the IJF will provide a clearer picture of how these unique situations are to be handled.

When the U.S. Referee Commission members are made aware of any variations or the proper handling of any specific situation with regard to this rule, that information will be forwarded to the Continental (IJF-B), Regional (PJU-C) and National Referees for their dissemination to the Regional and Local areas.



WHO IS MAURICE ALLAN, WHAT IS THE USJA COACH SUMMIT AND WHY SHOULD YOU ATTEND?

Maurice won the Scottish judo championship seven times and the British championship four times and the Scottish freestyle wrestling championships. He also won the 1975 world championships in Sambo wrestling. As the first world wrestling champion from Scotland since 1908 and a national champion in three different sports, he was awarded the MBE by Queen Elizabeth (pretty cool, huh?)

He is also an outstanding judo coach. His daughter Kristin is the #2 player in the U.S. in the 63 kg. Division. Maurice is the head instructor of Sport Judo in Virginia and a member of the USJA Coaching Committee.

The USJA Summit will be held in Findlay, Ohio on August 4-6. You can attend for one, two or three days. Friday evening and Saturday morning will feature Maurice teaching matwork and sessions with coaches on teaching juniors and seniors.

Coaches who attend can receive USJA Coach certification at no extra cost.

Athletes can attend at a cost of only \$25 per day or \$40 for the whole weekend thanks to a generous corporate sponsor

What else is at the Summit? So happy you asked ... there will be a session on teaching children eight and under, by Mark Hunter who has one of the largest clubs in the USJA with over 100 members. Bring your kids to have fun and find out how he got over 100 members (aren't you even a little curious). A session on judo in the community center will be taught by Vickie Daniels, former senior national medalist and a judo coach with over twenty years experience. Do you have that student who you just can't seem to reach or settle down? Learn from a professional special educator who is also a judo coach. James Wall, who does our monthly judo games, will be there teaching two sessions on (what else?) judo games. If you ever found yourself at a loss with how to get your class excited about judo, here is a chance to gather ideas from other coaches, share your own strategies and for your students to have a blast!

For more information, contact Mark Hunter – markjudo@aol.com

COMING EVENTS

CAMP BUSHIDO WEST celebrates twenty years of judo development this year. Camp Dates July 25 – July 30. Clinicians include Dr. AnnMaria Rousey DeMars, Hal Sharp, USJA COO Gary Goltz, USJA southern Cal regional coordinator and former masters player of the year Lisa Guerrero

<http://www.twincitiesjudo.com/camp.htm>

For further information contact Camp Director Charlie Robinson at judo@syix.com

USJA SUMMIT

Featuring Maurice Allan, James Wall, Mark Hunter, Vickie Daniels and other terrific instructors. August 4-6 in Findlay, Ohio. Contact Mark Hunter – markjudo@aol.com for more information.

FIGHT LIKE A GIRL TRAINING CAMP

Southside Dojo:

7840 Portage Rd.

Portage, Mi. 49002

269 385 0111

Deb cell: 269-208-1069

Times: August 12, 2006, 12pm to 5pm, Male/female

5 pm August 12, 2006, to 1pm Sunday, August 13, 2006, Female Only

If you will be joining us for the Sunday Clinic we will be starting at 9am.

All are welcome to join in at 1pm for a Joint work out Sunday August 13th.

Clinicians: Nicki Schultheis, Shandra Smith, Brett Wood-Taylor

Saturday or Sunday only session \$20.00,

Saturday and Sunday, \$30.00

Contact: Deborah Fergus, defrgs6@cs.com

Junior and Senior Women's Competition Judo Clinic -----

August 11, 12 and 13, 2006

- Do you want to improve or enhance your competition experience?
- Do you want to have a good time working hard? Do you want to work with some of the nation's best Judo coaches?

Then do yourself a favor and join us for this weekend of fun, fun, fun!

Featuring: Gerald Lafon

Amy Wilson

Pete Mantel

Terry Kelly

Who: Female players 12 and older, orange belt and above.

Place: Santa Rosa Junior College, Tauzer Gym Room 958 1501 Mendocino Ave. ,

Time: Friday 5:00pm-9:00pm Saturday 9:00am-6:00pm

Sunday 9:00am-12:00pm

Cost: \$50.00 all three days \$30.00 Saturday ONLY (snacks and lunch included)

Current membership in USJA/USJF/USJI is required.

Contact Destinee Tartuffe 707-548-4882 destar300@earthlink.net

GOLDEN STATE TRAINING CAMP

August 24-25

Los Angeles, CA

For more information, contact Frank Sanchez exoticdeco@aol.com

GRASS ROOTS DEVELOPMENT NEWAZA CLINIC

Texoma, TX.

Dr. AnnMaria Rousey De Mars

September 16 – 17

For more information, contact Roy Hash royhash@juno.com

GRASS ROOTS DEVELOPMENT CLINIC – DUNKIRK BAPTIST CHURCH, MARYLAND

October 30

James Bregman – Olympic bronze medalist, world bronze medalist will teach his famous uchi mata. Dr. AnnMaria De Mars will teach her famous uchi mata as well (that was a joke – she'll be teaching matwork).

Contact Marshall Coffman for more information mrcoffman1@comcast.net

NEWAZA CLINIC

Dr. AnnMaria De Mars, College Park, Maryland, November 2nd.

Contact Marshall Coffman for more information mrcoffman1@comcast.net

SPECIAL THANKS



Thanks to World Black Belt for their donation of 100 t-shirts and power bars (Kick Bars) to the Junior Elite Development camp in Miami, Fl. USJA Junior National Double-Gold medalist, Emily Lilly models her t-shirt at a karaoke break in between practices. Have a picture of yourself in your t-shirt picking up a medal, with your team or looking cool. Send it to AdamJames@worldblackbelt.com for publication on their website, www.worldblackbelt.com or to drannmaria@fractaldomains.com for the next issue of Growing Judo. Heck, send it to both, you know you're good-looking!

WE WANT YOUR ADVICE!



Do you like what is happening at the USJA? Let us know! Do you have suggestions? Let us know that, too.

Here is some advice we received from these four expert judo players at Goltz Tournament in June.

“I really like these tournaments because there is a playground outside and I can play there after the tournament with my friends.”

“These tournaments are really fun because you get lots of matches.”

“At first, I did not like fighting the boys in tournaments, but now that I am used to it, I don’t mind it so much.”

“It takes too long for tournaments. There is too much waiting. Can you do something about that, please?”

“I like the hotdogs at these tournaments.”

Email: Drannmaria@fractaldomains.com. We really want to know what you think.

KATAME NO KATA CLINIC HOSTED BY WALL TO WALL MARTIAL ARTS

On Saturday June 24th Wall to Wall Martial Arts in Watson, La. hosted a kata clinic focusing on the Katame No Kata. Clinicians were Claudia Smith and Carla Martin from Houston, Tx. Both clinicians have a long history of impressive performance in kata competition including wins at the World Master's Championship in Ireland as well as other National and International events.

Fourteen judoka representing 3 different clubs were in attendance for the all day clinic which included a lot of work on the intricacies and formalities of the kata. Everyone in attendance already knew the kata and were all there to get help in "fine-tuning" their performance. At the end of the day we all left tired but with a feeling of accomplishment knowing that we had picked up some very valuable information.



CONTACT INFORMATION

Development Committee:

Development Committee Chair: Dr. AnnMaria Rousey DeMars –

DrAnnMaria@fractaldomains.com

Collegiate Development: Tom Crone – terone@mn.rr.com

Grassroots Development: Gerald Lafon – glafon@judoamerica.com

Junior Development: Serge Boussyou – judocoach@cox.net

Senior Development: Grace Jividen – 92judo@comcast.net and Lanny Clark – newaza@aol.com

Mini-Camp Program: Bert Lopez – judonut@msn.com

Regional Coordinators: Joan Love – judolady210@aol.com

Regional Training Center Program: Bruce Toups – toupsm@earthlink.net

Regional Coordinators Subcommittee:

Northern California Coordinators: Destinee Tartuffe – destar100@iglide.net and Terry Kelly – WDX6TJK@aol.com

Southern California Coordinator: Lisa Guerrero – sensei@mountainjudo.com

Midwest Coordinator: Bill West – Bill_West@kcmo.org

Midatlantic Coordinator: Marshall Coffman – mrcoffman1@comcast.net

Gulf Region: James Wall – wallmartialarts@cox.net

Great Lakes Region: Dave Wertheimer – DAVE.WERTHEIMER@farmington.k12.mi.us

Florida: Bert Lopez – judonut@msn.com

Ohio: Mark Hunter – AmeriKanJC@aol.com

Tennessee: John Renken – saint@xtremeministries.com

New York: Heiko Rommelmann – heikojr@yahoo.com

New Mexico: Wayne Maxwell – ABQJudo@comcast.net

Arkansas, Oklahoma, Northern Texas: Ed Thibedeau – Ed@ArkansasGoshinkn.org

Northern Mississippi region: Russ Little – russlittle@russandjana.com

Southern Virginia, West Virginia, North Carolina: Leo Valdez – leovaldes@verizon.net

USJA National Office:

21 North Union Blvd., Colorado Springs, CO USA 80909

Phone: 877- 411- 3409 (toll free) Fax: (719) 633-4041



OFFICIAL MAT SUPPLIER TO THE UNITED STATES JUDO ASSOCIATION

For details contact jimmypedro@zebramats.com
Online at www.zebramats.com

AMERICAN SPORTS UNIVERSITY



www.americansportsuniversity.com

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GOLDEN TIGER

http://goldentiger.com/cafe/cafe_main.html?cid=62

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