

Judo Bulletin

Preparing for COMPETITION (SHIAI)

BY SAYAKA TORRA, 2008 OLYMPIAN AND 7X NATIONAL CHAMPION

Part 1 of 4: Sleep

Preparing for shiai can be a daunting task and stressful task, no matter what your level of competition may be. Whether you're a beginner just entering your first local judo tournament, an avid competitor at the regional and national level or an elite athlete vying for a coveted Olympic slot, preparing wisely for competition can make a huge difference in your level of performance.

So what does "preparing for competition" actually mean?

Of course, consistent and proper judo training is the one key element in improving your judo skills. It is simply unrealistic to think that your judo will improve if you don't attend practice at least 2-3 days a week.

However other factors such as how much sleep you get, what you eat the day before and day of competition, what kind of warm up you do and how you prepare mentally can all factor into whether or not you perform at your best.

In this four part series, I will cover several main areas to preparing for competition and will give you insight into how successful athletes approach competition.

Hopefully it can make a difference for you whether you're an athlete, coach, parent or spectator.

So how much sleep should you get?

Experts claim that most athletes – and people in general – underestimate the importance of sleep. Not getting enough sleep can decrease energy level, worsen split-second decision making skills and increase levels of cortisol, a stress hormone that can slow down healing, increase risk of injuries and worsen memory. On the contrary, research studies have found clear evidence that increasing sleep has real benefits for athletes: it improves their speed, accuracy and reaction time.

Everyone differs in the amount of sleep that is optimal for peak performance, but sleep experts suggest getting somewhere between seven to nine hours of sleep per night.

Continued on page 2

Welcome

Welcome to the first edition of the US Judo Federation online magazine, the Judo Bulletin.



We are pleased to include reports from some of the USJF committees and plan to continue sharing committee news. Several dojos responded to the call for articles and we have some great reports of what's happening in Idaho, Hawaii, and California dojos.

We are also starting two four-part series: the first by Sayaka Torra, 2008 Olympian, on preparing for competition; the second by Chuck Medani on photographing judo.

There has been great support for the online magazine from the USJF Executive Committee and our new editorial board. I would like to thank Vaughn Imada for his leadership and being so willing to champion this new venture.

As always, thanks to the contributors and to Scott Fingal for his art direction. I hope you will enjoy this issue and feel motivated to contribute in the future. – Frances Christie

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Preparing for **COMPETITION**(CONTINUED)

How much sleep do Judo Olympians get?

To answer this question, I asked a few team members from the 2012 London Olympic Team to weigh in with their thoughts:



Kayla Harrison- 2012 Olympic Champion, 78kg

Q) How much sleep do you try to get the night before competition?

A) I always try and get at least 8 hours. I can literally feel a difference when I've had a good night's sleep. I am a completely different player.

Q) Do you have problems falling asleep before a tournament? If so, what kinds of things do you do to relax?

A) Sometimes. Depends on the jet lag and how long I've been on the road. I usually bring a long book to help me fall asleep. But I have to make sure it's a classic or one I really have to focus to read... if it's too good then I will stay up all night reading it! I also use melatonin (a natural hormone made by the pineal gland) sometimes if I'm feeling extremely jet lagged. Either that or I have Marti tell me a bedtime story and that puts me right to sleep ☺.



Marti Lou Malloy- 2012 Olympic Bronze Medalist, 57kg

Q) How much sleep do you try to get the night before competition?

A) My goal for sleep is always a full night's rest of at least 8 hours. Before I got better at managing making weight I would stay up all night anxious about weigh-ins in the morning and get only a few hours. But once I got my weight under control I would try to sleep the same amount I do any other night. Now that weigh-ins are the night before, I sleep like a baby.

Q) Do you have problems falling asleep before a tournament? If so, what kinds of things do you do to relax?

A) Sometimes when I am really excited and/or nervous to fight, I start to ruminate over how I want to fight or how I will perform and can spend hours thinking about it. When that happens I try to think of something else so that I can get some rest. A few years back I would get very nervous the night before I fought and work myself up. But then my USA teammate Valerie Gotay (2x Olympian) told me that the night before a tournament she only allows herself to think about the tournament for a little bit then pushes it from her mind till the next morning so she can relax. I started to do the same thing and it works great. I allow myself to be completely focused on the tournament for some time, and then focus on other things.





Travis Stevens, 2x Olympian, Renzo Gracie/John Danaher Brown Belt

Q) How much sleep do you try to get the night before competition?

A) I like to get around 6 hours. I feel like if I get too much sleep then I end up waking up feeling very sluggish and tired.

Q) Do you have problems falling asleep before a tournament? If so, what kinds of things do you do to relax?

A) Before competitions I never set a time to go to sleep; I got to bed when my body feels it's ready. This way the sleep I do get isn't restless sleep. But I do sometimes have problems falling asleep before competitions and this usually stems from thinking about the competition. Once weigh-ins happen it's relaxation time for me. I like to watch Disney movies. Then go for a walk either to the store for something to drink or to pick up something for the next day. I always make sure not to pick it up before hand so I need to go for this walk. Then it's back to Disney movies for me. I stay away from the Internet and the draws or anything that will remind me of the competition. I like my night beforehand to be filled with un-judo related topics.

Quick Facts – **INCREASED SLEEP CAN HELP YOU:**



- Improve speed
- Improve reaction time
- Improve levels of accuracy
- Improve memory
- Improve your level of happiness
- Decrease stress and anxiety
- Increase resistance to colds
- Reduce pain

Quick Facts – **TIPS TO HELP YOU SLEEP BETTER BEFORE COMPETITION:**

- Read a book
- Watch movies
- Talk to someone
- Take a natural sleeping aid, like melatonin
- Take a walk



USJF PRESIDENT'S MESSAGE

BY KEVIN ASANO, PRESIDENT, USJF



We are excited to launch the USJF Judo Bulletin, a new online version of our popular USJF Magazine. Over the years I have looked forward to reading the magazine and enjoyed the great articles. Other than being an online version, this issue will be no exception. With this new format we will be able to get the bulletin out to more people in a shorter time frame. Congratulations to our bulletin editor, Frances Christie, her staff and all who contributed to this bulletin to make it a success.

If you were like me, last year seemed to go by quickly. The busyness of life with family, judo, school, and work made this past year a whirlwind of activities. This year will prove to be another busy year with many great events. One highlight will be the 2014 Grassroots Junior Judo Nationals hosted by 50th State Judo Association in Hawaii. In the past everyone who attended the event in Hawaii came away with a fun time and wonderful memories. We hope that this year will be the same. Along with the Junior Nationals we will have our first annual Senior and Masters National Championships in Hawaii. This will be a great opportunity for

the adults to enjoy the competition alongside our juniors. Reserve your room and flights early because this year is expected to be a sellout event.

My tenure as president has been an amazing and positive experience. Over the past two years I have had the privilege of meeting and working with people who are caring and dedicated. We are also very fortunate to have a national office staff who are focused on providing excellent service to our membership. With the strong administrative foundation of our organization, USJF is positioned to grow in membership and influence. To be more responsive as a national body, the executive committee meets every month via telephone conference to discuss any important issues or ideas that come up between national meetings. This is a way to further move forward our vision to grow judo in the US. If you have any concerns or creative ideas on moving our organization forward, please feel free to contact any of our executive committee members directly or via your Yudanshakai. We are here to serve you, our members of USJF.

May this year be prosperous for you in your judo, relationships, health and finances. I hope to see you in Hawaii!

Aloha,

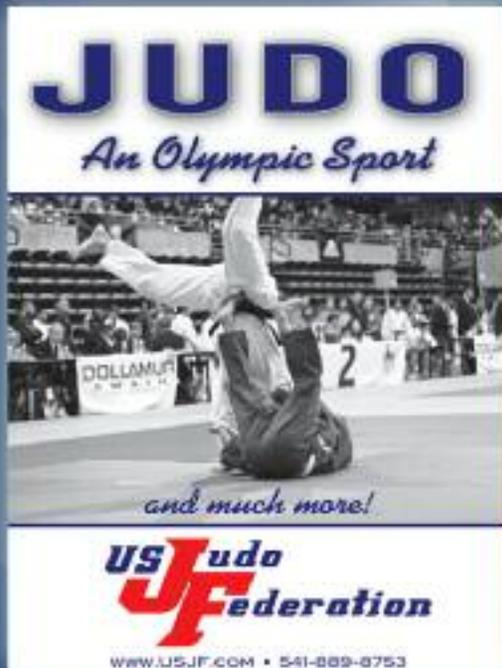
Kevin Asano, President, USJF



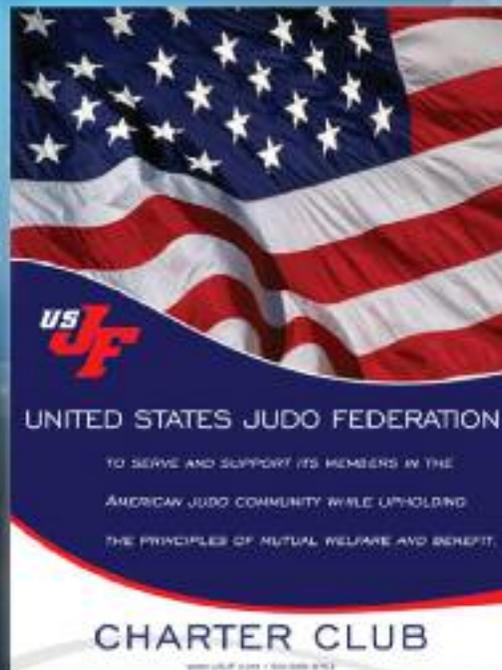
The USJF is pleased to announce a new corporate sponsor, MACS Martial Arts.

MACS Martial Arts offers a wide variety of martial arts uniforms and supplies. MACS Martial arts is a retailer, wholesaler and custom manufacturer of all kinds of martial arts uniforms and equipment, boxing gloves and accessories. Included in their offering is 100% cotton Judo gis in sizes ranging from 00000 to 12 (Super Small to Super Large). Available Judo gi colors are white, blue, and black. Please support our new sponsor and visit the website at macsmartialarts.com

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Reports from **USJF COMMITTEES**

USJF.com Videos Reach 204,965 Views

by Trenton Mitsuoka

I am pleased to announce the ongoing success of the USJF Website videos. Since the introduction of the videos in January 2011, there have been 204,965 views on YouTube and there are now 475 subscribers. Subscribers are alerted via email when new content is added to the website. The USJF Website has five sponsors that are recognized in the videos. The latest video was of the 2012 Jr. nationals in Spokane, Washington, and the next video of the 2013 Jr. Nationals will be posted in early 2014.

My goal for the videos is to expose the World Wide Web audience to the most exciting aspects of judo. By combining spectacular throws, pins, chokes, and arm bars with music in an entertaining fashion, I hope to inspire people to try Judo. At the same time, I hope to get Judoka excited to see good technique and action from our finest competitors.

Show me your best stuff! This year, we will have exclusive mat side cameras poised to capture your best Ippons. So far, we are scheduled to be at the San Jose Sensei Memorial and the 2014 Jr. Nationals in Hawaii.

Your Archivist Committee Has Been Busy

by Jerry Hays

Thanks to a very generous donation of judo historical documents, in the past few months, by Mr. Bill Caldwell, Ms. Marylou Fuertsch, Mr. Bernie Semel, Ms. Julie Sumida, Mr. Edward Szejter, and Mr. Edwin Takemori our inventory list of Judo Historical Documents has reached a level of 203,000 pages. There are over 18,000 files in sixty-nine folders

However, we are still looking for more documents. We are missing the results of the USJA Junior Nationals for the years of 1975, 1976, 1977, 1978, 1979, 1980, 1981, 1982, 1983, 1984, 1985, 1988, 1989, 1995, 1997, and 1998. We are also missing the results of the USJF Junior Nationals for the years of 1966, 1967, 1969, 1973, 1976, 1977, 1978, 1979, 1980, 1981, 1983, 1984, 1987, 1998, and 2004. For the Junior Olympics, we are missing the following years – 1974, 1975, 1976, 1977, 1978, 1979, 1980, 1981, 1982, 1983, 1984, 1985, 1986, 1987, 1988, 1989, 1993, 1997, 1998, and 2006.

If you have the results of any of the tournaments mentioned above, please consider donating a copy of them to the Archivist Committee. We need your assistance in maintaining judo history in the United States.

If you have other judo historical documents (bracket sheets, programs, etc.), please consider donating or loaning them to USJF. If you have questions, please contact Jerry Hays at jrhays@cox.net.

Endowment Committee

by Tom Sheehan, Secretary

Early last October the Endowment Committee Chair Mr. Bert Mackey was notified that we have reached the one million dollar mark in the endowment fund.

Many thanks go out to those who started the fund and help to make it grow. Thanks also to Past Presidents Brink, Saito, and Simon, and to the past and current Endowment Committee members who kept a conservative plan. But most all, we want to thank all those who gave to our many different Endowment Funds, i.e., The Ben Palacio, Keiko Fukuda, George Balch, Tamo Kitaura, Elizabeth Lee, Jeremy Glick, Noboru Saito, Joseph Fitzsimmons, John Osako, Dr. Eichi Kowai, and the general Endowment Fund.

The George C Balch Scholarship Fund. 2013-2014.

by James Cornforth, Chair George C. Balch Scholarship Fund

We are very pleased to report that three college scholarships were awarded for the 2013-14 school year. This happened even though the funds were not as secure as in previous years. With the possibility of a strong financial recovery in 2014, we hope to be able to keep the awards going and never to touch the principal.

The \$900.00 each awards were made to Kyle Tsubota, a 3rd year recipient attending the University of Hawaii, Hilo; Arman Kapbasov, a 2nd year recipient attending the University of California, Davis; and Daniella Gomez-Zabrieta, a 1st year student at the University of Michigan, Dearborn.

The scholarship program was established to honor one of the longest and strongest supporters of USJF activities. Mr. Balch devoted much of his life, energy and personal finances to help USJF become what it is today. We continue to ask for and accept contributions to the George C. Balch Scholarship program with the expressed concern that we can help many more young USJF judoka earn their college degrees and give back to the wonderful way of life that they have entered into.

ROCKIN' RONDA

A look back at Ronda Rousey
executing uchimata at the 2010
San Jose Buddhist Tournament

Ronda added the UFC Women's
Bantamweight Champion to her
2008 Olympic Bronze Medal in Judo.

CONGRATULATIONS RONDA!!



Photographs by Arik Dao



Dara (top row, 2nd from left) with her fellow judoka at 2012 Kangeiko camp.

Kangeiko

by Dara Woo

“Winter Break” are words that fill me with many emotions. I am happy to see my family and enjoy the holidays. Yet, I am sad the year is ending. But then again, I am joyful for the new year to come. There is also the stress of finding my friends that perfect gift. And anger that the break does not come sooner and ends later. But there is always excitement for our annual judo winter camp!

Every year my dojo hosts a winter camp from 8am-4pm which is longer than my school day. It’s usually around four days during the December Winter Break. Kangeiko, or winter training, is a great way to improve our judo and bond as a team. Our usual schedule is warming up, working on newaza, games, lunch, rest period, working on tachiwaza, and then more games.

Kangeiko is one of the best opportunities to rapidly improve the judo at our dojo, Cupertino Dojo, which is located in the Silicon Valley. With intense training of randori and learning new skills, it’s the ultimate camp. I feel that coming to even just one day of Kangeiko improves our judo greatly. Although this camp is very strenuous, I still look forward to it for the team bonding. The games are fun because we play sumo, judo football, or judo tag. But my favorite part of team bonding is the eating part! For lunch, a lot of the parents make extravagant lunches with spaghetti, curry, rice, salad, miso soup, chicken katsu, chow mein, etc.. The food is so good I end up eating too much.

In the past, we have invited other neighboring judo dojos. This provides an excellent opportunity to train with new partners as well as learn under different coaches. It also allows new friendships to develop and grow. What other sport encourages training with your opponent’s coaches?

The annual judo camp, Kangeiko, is a very special week for my dojo and me. It not only improves our judo, but it is a great way to bond with our team and build new friendships.

About Dara

Dara Woo is a 14 year old high school freshman at Monta Vista High School in California. She has trained in judo since she was 7 years old and is currently a purple belt. Her dad forced her to train so she could learn to protect herself. Now she loves the sport! Besides doing judo, Dara enjoys hanging out with friends, playing field hockey and watching movies.



photos from Carl Hallberg

Deleon Judo Club Reaches Out

by Henry Kaku

Deleon Judo Club in Petaluma, California, under the direction of Sensei Henry Kaku, provided a judo demonstration for the children at COTS (Committee on the Shelterless), a shelter for homeless families in Petaluma, CA. The demonstration began with a judo video and a live demonstration. Then the real fun began when the children donned gi tops. They were shown basic rolls and given one-on-one instruction, which culminated in their throwing the Senseis with O Soto Gari and O Goshi.

For some of these youths, being homeless causes low self-esteem. The aim for us is to develop their self-confidence and self-respect while teaching them Judo. There are many activities available to most children: baseball, soccer, basketball, band, dance, and of course Judo. But for reasons that are beyond them, these kids are not able to partake in any of these. The Deleon Judo Club has decided to reach out to those children who might otherwise miss this wonderful opportunity in our neighborhood by offering free membership in the dojo to them.

The Children's Program Coordinator at COTS said "I just wanted to thank you SO MUCH for your amazing demonstration yesterday! The kids had a blast and they are all very excited about learning more Judo... I have spoken to several of the parents and kids who are interested in taking your class... Thanks so much for this incredible opportunity... we are so excited!"

The first month 8 kids ranging from 6 to 14 years old joined the Club. Within 3 months one student competed in a local Judo tournament and took 1st place in one division and 2nd in the second division. The club sent 4 of the students from COTS to Summer Camp, two went to Joshi Camp for women, and 2 went to Camp Bushido. All costs were covered by donation from the club and grants.





Community **DOJO** (CONTINUED)

Southern Idaho Judo Institute

It was a busy year for the Southern Idaho Judo Institute! We had some great experiences and a lot of fun with Judo. We traveled to a lot of tournaments and did all we could to promote the mutual benefits of Judo to all of Southern Idaho.

Our year began at the Continental Crown in Seattle, WA, on January 19th. We sent four competitors Gabriel and Michael Easterling, and James and Alex Hirai. Matsuoka Sensei attended as a referee.

Michael Easterling placed 1st in the 64kg+. Gabriel Easterling placed 3rd in the 81kg. James and Alex Hirai both won silver medals.

Then we held our 50th anniversary shiai on April 6th. Gabriel Easterling was named Outstanding Junior Judoka and Jonah Ruf was awarded the Al Benkula Fighting Spirit Award.

One of our favorite activities before the shiai is going fishing with our fellow Daiheigen Yudanshaki.

Southern Idaho Judo Institute and East bay Judo Institute the night before the shiai practice. It was a spirited practice led by Sayaka Torra.

Our next event was our Judo banquet held in May. This year we introduced a new award to commemorate the memory of one of the founders of Judo in Twin Falls, ID. The Guy Matsuoka lifetime achievement award was given to Wes Dobbs Sensei. Guy Matsuoka Sensei and Wes Dobbs Sensei started a rich tradition of judo in Southern Idaho in 1962, training hundreds of Judoka helping them achieve too many great things to list.

In July, Michael Easterling, James Hirai, Zach Mathews, and Matsuoka Sensei travelled to Pittsburgh, PA, for the USJF/JA Junior Nationals, where Michael Easterling placed 2nd in 64kg+.

In late summer Southern Idaho Judo was honored to host a Judo summer camp with Sayaka Torra 2008 Beijing Olympian, and Michael Eldred 2012 London Olympics alternate. The 5 day camp was an outstanding event. That was topped off with two exciting adventures that helped the Judokas get to know each other better: a ropes course where players learned to use teamwork and test themselves individually, and a whitewater adventure on the Snake River in Hagerman, Idaho.

In September three members of Southern Idaho Judo formed a new Judo Club in Twin Falls. Siblings Alesa, Gabriel, and Michael Easterling started the Canyon Ridge (High School) Judo Club. We are very proud our young adults are starting a new tradition of Judo in Southern Idaho.

Southern Idaho Judo Institute finished off the year traveling back to Seattle, WA, for the Continental Crown part 2. Michael Easterling placed 1st in 64kg, Gabriel Easterling placed 3rd in 73kg, Zach Mathews 1st in 48kg, and James Hirai 3rd in the 34kg.



Sayaka Torra with a trout she caught



All pictures above are available on our facebook page <https://www.facebook.com/TwinFallsCSIJudoClubSouthernIdahoJudoInstitute> .

We also have several albums feel free to look through and use any you may need. We also have a YouTube Channel with over 125 matches now at http://www.youtube.com/channel/UCik6RsZm_nfrcKF_0qj_Zw .

If you need any further information or assistance please contact Bryan Matsuoka Sensei at 208-961-2245.



Judo Club/Team at the University of Hawaii “The Dojo of Dreams”

For Edward Lee, a returning adult graduate student at the University of Hawaii Manoa, the absence of a college judo program seemed unthinkable. He knew that the state of Hawaii had a strong tradition of judo and an interscholastic high school judo league, and he wanted to practice judo on campus and believed that other students would want to do so as well. A newcomer to Hawaii, Edward asked a number of his colleagues in the English department, (all of whom had no judo experience), to lend their names and email addresses to help form the Judo Club/Team at the University of Hawaii (Judo@UH). Unfortunately, the lack of experienced judo club members precluded any practices or instruction, so in an effort to attract experienced judokas, he created a Wordpress Blog and a Facebook page for the club. The online presence of Judo@UH alerted Shintaro Taniguchi (3rd Dan and current head coach), and this fact alone enabled Judo@UH to flourish due to his dedication to and passion for “the gentle way.”

Little did Coach Taniguchi know that his brief email inquiry, “I’m interested in joining the club -- would you tell me about the practice time and dates?” would see him become a founding member and the inaugural coach of the club. When they first met, they discovered that they trained (at different times) under the same coach, Hachiro Oishi Sensei. But Coach Taniguchi initially balked when Edward asked him if he could coach the club. He mistakenly assumed the club was already an established entity. When Edward told him that Coach Taniguchi would currently be the only member with a black belt, he agreed to serve as a head coach. In thinking back to this moment, Coach Taniguchi said “To be honest, I was disappointed to hear that there was no judo program at University of Hawaii. But I realized there could be others who could benefit from the club. So I decided to dedicate my time and share my knowledge to help develop college judo in the state of Hawaii.”

Coach Taniguchi and Edward then made countless calls and visits to various administrative offices around campus so that they could secure practice room space and the club’s status as a Registered Independent Organization (RIO). Their mantra became a rendering of a line from the movie *Field of Dreams*, and they often repeated it to each other when someone would email them asking about the club: “Build it, and they will come.”

And the club started to build. As Edward’s graduate school obligations and birth of his second son gave him less time to take a more active role in the club, Judo@UH acquired a core group of dedicated judokas. These members included Gabe Tashombe, Larson Abilla, and Jason Hirano. With them, Coach Taniguchi reserved tables for campus-wide activity fairs and set up Degeikos, allowing club members to meet and train with/under some of the state’s best judokas including Kevin Asano Sensei, the 1988 Olympic silver medalist. This core group also fielded email inquiries and ran around campus even more



to secure a different practice space so that the club’s judokas wouldn’t have to practice on the foamy, springy, uneven surface used by the cheerleaders and the different campus Jujitsu clubs. Coach Taniguchi also bought tatami mats for the club with his own money so that members would have proper equipment in a dedicated facility in order to begin the first steps in establishing a college judo program in the State of Hawaii. When Edward and current president Gabe Tashombe urged Coach Taniguchi to make plans to get reimbursed for such a large purchase, he simply replied that the mats should be considered a gift from him to the club. He reflected on all this by noting “I was able to practice judo in every state that I visited, only because someone paved the path for me. Perhaps this was my time to contribute back to judo and pave the path for somebody else. This was my way of Ongaeshi to judo.”

Continued on page 12



Community DOJO (CONTINUED)

Hawaii (continued)

Coach Taniguchi's Ongaeshi to judo and Judo@UH did more than just provide a new atmosphere for the club -- it enabled the club to host recent events such as a judo refereeing clinic (Clinician Raymond Saito Sensei) and a coaching certification clinic (Clinician Derrick Kerr Sensei) at the University of Hawaii. While these engagements have helped students become more interested in learning more about judo, they have also helped judokas learn more about Judo@UH in addition to promoting it. Glenn A. Trotter, a former club coach, shared his experience with the club: "All the members of the club were very friendly and worked hard to improve their judo skills. The training sessions were well planned out in a systematic manner, which thoroughly enforced judo fundamentals while also teaching modern competition techniques and strategies. I have trained at judo clubs throughout the United States, Japan, and South Korea and can honestly say that my experience with the club was one of the very best." The friendliness of the club was also highlighted by club member Justin Campos, who said, "Coming up new, I knew nothing. But, my fellow judokas took me in and I really like it."

Ultimately, the focus of Judo@UH is the students. The club is about making positive differences in the lives of young men and women so they can make changes and a difference in the world and do great things in life, all through the art of judo. But challenges lie ahead for Judo@UH's efforts in establishing a foundation for collegiate judo on the Hawaiian Islands. After three years of service, Coach Taniguchi will be officially retiring from the head coach position on July 31st, 2014. Judo@UH is now conducting a nationwide search for a new head coach who can lead the program from August 1st, 2014 and beyond. Additionally, promoting college judo in the State of Hawaii is problematic due to Hawaii's geographic isolation from the U.S. mainland. To send students to the National Collegiate Judo Association Championship, each student needs to pay over \$1,000 depending on where the competition is located. Unlike college judo programs in other states, Judo@UH members can't share vans and travel across the state as a group. Judo@UH is actively searching for sponsors interested in helping to establish an endowment fund that would assist and enable club members to travel to and from mainland tournaments. (U.S. \$35,000 is required to establish an endowment through The University of Hawaii Foundation)

But in spite of the challenges ahead, club members are optimistic. Current president Gabe Tashombe knows that developing new clubs is "a lot harder" and realizes that people may think, "why go to practice in a small dojo when the jujitsu club down the street has 30+ people on a daily basis?" But Gabe also believes that "Retention of members is a critical aspect of judo and is the determining factor to a weak team or a strong one. Time is the only solution to this problem." Keenan Tenno, men and women's team coach, believes that in the "not-so-distant future, Judo@UH can transition from being simply a [club] to a college funded program, capable of competing with other college judo programs." Tenno continues, "If Judo@UH does become an actual college program, our top judo athletes may be more convinced to stay home and attend the University of Hawaii at Manoa."

In regards to the search for Judo@UH's new coach, Coach Taniguchi knows what the program needs: "The direction of the program hinges on the questions, 'what is best for the development of college judo in the State of Hawaii, and what is best for U.S. Judo and Hawaii Judo?' There are no other motives. We believe that this program needs a new head coach who can take the program to the next level. The program needs someone with the most serious commitment in development of college Judo in Hawaii and US." Coach Taniguchi also recognizes that the success of a college judo program will rely on the help it receives from the local community. In this, the notion of having the Degeikos with the local judo clubs is seen as a good way to promote college judo. But at the end of the day, Coach Taniguchi can only say this: "I have only one wish for the program, that this program will continue to abide by the values established by Jigoro Kano, the founder of judo -- that is to play judo with integrity."



Judo Club/Team at the University of Hawaii (Judo@UH)

Website: www2.hawaii.edu/~judo

Email: Judo@hawaii.edu

Head Coach and Coach Eligibility: <http://www2.hawaii.edu/~judo/HeadCoach.html>

Endowment Info (UH Foundation): <http://www.uhfoundation.org>

The "Judo Club/Team at the University of Hawaii" is a Registered Independent Organization (RIO) of the University of Hawaii at Manoa. The club/team is open to registered students or affiliates of the University of Hawaii at Manoa. Although this RIO has members who are University of Hawaii'i at Manoa students, faculty, or employees, the RIO is independent of the University which is not responsible for the RIO's contracts, acts or omissions.

USJF HIGH SCHOOL TRAINING IN KOREA



Report from Joon K. Chi, Chairman of Referee Development and Certification Committee of USJF

I am pleased to forward this report to you regarding the successful USJF HS Special Training held in Korea last July 12-21, 2013. I sincerely appreciate USJF funding of this training which was our 9th year of attendance. There were seven students and one coach in attendance this time.

This program helps a lot of young Judo students--in the past, Colton Brown was an attendee and this year he won the bronze medal in the 2013 Grand Prix; L.A. Smith was an attendee twice and he is going to Junior World Championships in October to represent the US in Slovenia; Matt Dong was an attendee and he's in the national top five in 60k; and Nicholas Irabli was an attendee and he attended the World Cadet Championship this year in Miami. This USJF project helps support the importance of our special training in Korea. It is a great motivator and helps with overall training for these young people who attend. So looking forward to the future and continued involvement and appreciation by USJF for this program.

I want to specially thank the parents for their support. The students' enthusiasm and conduct are a credit to the students and to their parents.

Note: You can find letters of thank you and more photos of the event on the USJF web site.





Improving YOUR JUDO PHOTOGRAPHY

BY CHUCK MEDANI



Part 1

Lots of people involved with judo love to take pictures of their family members, friends, and teammates at judo events. It's fun to catch spectacular throws, moments of victory, promotions, and the wide range of good times when hanging out with your judo friends

Most of us have at least occasionally looked at our photos, thinking that they are just as good as last week's Sports Illustrated cover, or, more commonly, have wondered how that finger got in the way of a shot, or why so many pictures are blurred. Whether they end up discarded in the digital shoebox (your hard drive), on your Facebook page, or on display on your wall at home could easily be determined by your photographic technique.

I bought my first camera when I was a high school senior, and have been taking pictures of the judo nationals since I was a teenager. In recent years, I've been an accredited photographer for the last four world judo championships (and am a part-time photographer in real life, too). Like everyone else, I've had lots of poor and missed shots as well as successes, and would like to share some of the insights I've gained through study, practice, experience, and preparing for national and international photo assignments.

So this is the first of a series of articles about improving your success at judo photography, and by extension, the rest of your photographic efforts, too. We'll start off with some real important basics, then as we go along, we'll be getting to more advanced techniques, and even talk about equipment to help you make the best judo photos that you can, whether you have a small point-and-shoot, a larger mirrorless camera, an iPad, or a digital single lens reflex (DSLR). And since most readers are probably familiar with judo, I'm going to relate some of these principles to comparable mechanical principles learned in the dojo.

Basics

"Oh, no, not the boring basics! Can't we jump into talking about gigantic telephoto lenses? That's really what I need! That, and a real good uchimata." Yes, I hear your mumbling, but it turns out that immediate improvement of your photos will result from just a few techniques that you can implement now. (Not to mention that Canon's 200-400 mm telephoto with an internal 1.4x extender costs almost 12 grand, and that uchimata of yours is going to take some more work.) So let's start!

Of all the things that are fundamental to photography, keeping the camera and lens as close to motionless as possible during the shutter release is one of the critical items to attend to. Achieving a (momentarily) motionless camera can be addressed by three steps: grip, stance, and pulling the trigger.



(Figs. 1, 2)

Grip.

You wouldn't want to engage an opponent without knowing the various methods of kumikata (gripping), and holding your camera properly is just as important for getting a good picture. For some reason, many people with point-and-shoots, iPads, and even some with small 35 mm cameras seem to think that the best way to hold the camera, whether with one or two hands, should be with arms extended as far away from the body as possible, whether at chest, eye, or above-the-head level (Figs. 1, 2). It's as if they are all middle aged people who can't focus close up and have to read the newspaper (remember newspapers?) at arms' length. Please, please, please do not do this. (But everybody else does it that way, and I don't wanna be different!) Forget this peer pressure - you are no longer "everybody else". With arms extended, the small movements of your arms and hands are amplified, undercutting your attempts to hold the camera as still as possible. You will likely get a blurred picture unless the lighting is very strong, something that judo venues usually do not have. (More on why the lighting is so important in a later screed.)



(Fig.3)

If you have an optical viewfinder (that's one that you can look through to see what the lens is aimed at), grip the camera/lens unit firmly with both hands, bring the viewfinder up to your eye, bringing your arms inward against your chest and getting your eye as close to the viewfinder as you can. If your nose or forehead contacts the back of the camera, it helps to stabilize the lens (and that's a good thing) (Fig.3).



(Fig.4)

If you have a longer lens, bring your left hand up under the lens and gently but firmly hold it as steady as you can. Gripping the lens from the top/side is not as stabilizing. Holding the lens with one hand and the camera body with the other gives a steady position that maximizes your chance of a sharp picture (Fig.4).

If your camera does not have an optical viewfinder, then you have to look at the screen on the back of the camera body. This is a problem intrinsic to the design of the camera, but you

have to at least try to stabilize the camera as much as you can. Hold the camera with two hands, and pin your upper arms to your chest with your elbows toward the front of said chest, even very close together. Bring your camera as far toward your face as you can while still maintaining a focused view on the screen. This position will stabilize your hands/camera, and you have a much better chance of getting a good shot.

Stance.



(Figs.5,6)

OK, judo fans – you wouldn't attempt a serious throw without controlling your balance, and attempting a serious photograph (and that's all of them) is no different. Because if you aren't in control of your stance and balance on the mat, you're going to fall down or get slammed with a throw or counter or something worse. So just think of shizentai, the basic natural stance, standing straight up, facing forward, with your feet under your shoulders. Good balance to each side – but not so good front and back. Now think of holding your camera up to your face while you are in shizentai position, and you may be rocking back and forth (front and back) a bit (Fig.5). Not enough for you to fall down, but enough so that the front of the lens is moving up and down. Result? A picture that is not as sharp as it could have been. So you've got to set your body like you were defending against someone

in front of you who is trying to off-balance you to the front or rear.

On the mat that may be a number of positions, but hidari (left) shizentai comes to mind, and it works real well when you are on the edge of the mat, trying to steady your camera as much as you can. It can also help to scrunch your body down a bit, enabling better stabilizing contact between your arms and body (Fig.6).



(Figs.7, 8, 9)

But hidari shizentai isn't the only stance you can take for maximizing your steadiness. Kneeling down on your right knee helps to steady your body's position, and putting your left elbow on your raised left thigh will help even more (you may be a bit crunched down here too, but that's OK). This kneeling position is my position of choice, since I can control my body and steady the camera better than other stances (Figs. 7, 8, 9).

Other ways of stabilizing your camera:

Hold it firmly on a stable vertical or horizontal surface, like a table, door jam, wall, or pillar

Use a tripod. It's certainly more inconvenient, slow to move around with, and makes it cumbersome to aim the camera, but it keeps the camera steady.

Use a monopod – easier to move around than a tripod, but not as rock-solid. But it helps you steady the camera pretty well. You can see the pros on TV using monopods with their long (and heavy) lenses at the baseball and football games and at tennis matches, so they do work.

Pulling the trigger

When you're in the steady stance, and when you're ready, hold your breath for an instant as you squееееееze the shutter release button firmly and slowly – don't jam it down quickly. If you jam/punch it down, the camera, and therefore the end of the lens, is going to move and there goes your sharp picture. Furthermore, most cameras will have an autofocus function that you engage when pressing the shutter release part way. If you are quickly punching the shutter release, you are not allowing time for the autofocus to focus. Result: poor picture.

Also keep in mind that the sound of the shutter is artificial in today's smaller cameras, and may not coincide with the actual movement of the shutter. So if you move from your steady position too quickly, you might not be giving the camera time enough to finish taking the picture. So follow through by waiting a moment after you think that the camera has recorded the scene.

Finally, don't take just one picture. Digital photography is free from the costs of film and slide development, and memory cards are ever-increasing their capacity. So take a few shots – they're essentially free, and you can delete the ones that you don't want. You might even improve on that first shot.

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MICHAEL P. MUTZ
425 West Dickens Avenue, Unit M
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January 2, 2014

Mrs. Julie Koyama
Development Chair
United States Judo Federation
3106 N.E. 11th Avenue
Portland, Oregon 97212

Dear Mrs. Koyama:

I had the honor of representing the United States of America as part of the Konan Judo Club at the Sanix 2013 International Junior Judo Tournament in Fukuoka, Japan. I wish to thank the USJF for allowing me to participate in this memorable event and for the generosity the USJF extended to me.

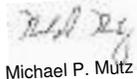
The Sanix 2013 Junior Judo Tournament was even better than I could have imagined. I enjoyed every minute of my stay at the Global Arena. The facilities were outstanding; the people were kind and supportive; and the other judokas were fascinating. I learned a lot about judo, but I also learned a lot about other cultures.

The judo was intense, and I was able to experience more judo in one day than I can experience in a week in the United States. Not only did I enjoy the judo, but I also very much enjoyed meeting my teammates and all of the other judokas. The members of the US team were wonderful individuals who I am sure will be among my lifelong friends. The judokas from other countries were also very kind, and I hope to cross paths with them again in the near future. For example, judokas from the Netherlands and I talked about visiting each other's dojos to practice together.

The people of Japan were so accommodating. I will never forget the courtesy extended to the US team by the people of Aya Town in Miyazaki. The people allowed us to train in their dojo and then treated us to a wonderful meal. We also got to witness a drum ceremony. They even let us try on the costumes and wear the drums once the ceremony concluded.

In conclusion, thank you for allowing me the opportunity of a lifetime. I will forever be grateful to the USJF.

Sincerely,



Michael P. Mutz



From Left: Hailey Runyon, Morgan Nakayama, Madison Nakayama, Akiko Balitactac, Elizabeth Keen, Corbin Balitactac, Robert Tanaka, Mike Mutz, Coach Paul Troung, Antony Llamido, Deven Shah, Noboru Saito, Shelly Tanaka



January 5, 2014

Dear Mrs. Julie Koyama,
Thank you for helping cover costs for Sanix 2013. It was one of the best experiences of my life. I got to randori with people from all different countries. All my techniques improved a lot from my time there. I loved seeing Japan

and experiencing their culture first hand. Because of you had I had an amazing experience!

Sincerely,
Ellie Keen

2013 Sanix TEAM NEWS

The Sanix International Youth Judo Team Tournament takes place in Fukuoka, Japan, and offers promising Junior High School USJF judoka the opportunity to travel to Japan and get “hands on” experience at a high level of intensity and technical quality that cannot be found here in the US. It includes competition as well as coaching from elite Japanese coaches, including Olympic medalists. In the past the experience has proven to be both educational and inspirational, with Sanix “graduates” consistently going on to medal in national competition and generally show great improvement in judo skill and attitude.

The USJF team visit is partially funded by the USJF Development Committee, but the large majority of the cost is self-funded by the participants.

Dear Mr. Saito and USJF,

I just want to start out by thanking you for the amazing experience to allow me to not only train, fight, and learn from the Japanese judokas, but I also learned their remarkable culture. One of my favorite things about their culture was their variety of different types of foods, especially certain desserts. Meeting judo fighters from all over the world, especially seeing 80 different teams at the Sanix Competition was another experience I will never forget. The many different languages and cultures that were brought together was very interesting and I especially enjoyed how polite the Japanese people were to me. The extra time away from the Global Arena at the Mizukami Village and visiting their dojo as well as enjoying the mountains up in Ichifusa Camp was fun, especially watching the ancient tribal Japanese dancers with their drums. Thank you again for recruiting me into the Sanix Competition, I have grown from this experience and I will remember it for a long time.

Respectfully,
Deven Shah!

Photography (CONTINUED)

That's it for this set of basics. As with other skills that appear to be simple, it takes practice to become proficient. And these are skills that you must have for good image-making, so practice the steps of grip, stance, and shutter release every time you pick up your camera, whether it's at your child's birthday party, a co-worker's retirement luncheon, or at your upcoming yudanshakai championships.

Next time we'll look at how to ensure that your pictures hold interest not only for you, but for anyone else who sees them too. And we'll talk about who or what is actually taking the picture and why that's important. For now, keep shooting. And don't forget those uchimata uchikomis either!