

Judo Bulletin

USJF NATIONAL CHAMPIONSHIPS

BY HAYWARD NISHIOKA



A NOTE FROM THE VERY "FIRST" USJF/USJA JUNIOR, SENIOR, AND MASTERS NATIONAL CHAMPIONSHIP

The July 4th weekend marked our nation's birthday and was celebrated by the judo community with its National Championship in Hawaii. What set this tournament apart from the past was its opening ceremony. Although simple in form and elegance, the honoring of those who served our nation in past battles so that we could enjoy our lives in the present was brought to light. This was done by the presence of a few remaining veterans of the 100th battalion 442 infantry, which by the way included one of our very own, Jimmy Takemori, kudan.

For many of the younger generation who have never heard of the 442, they were the ones who fought in the Second World War. They were of Japanese descent, but American citizens, many of whom had their relatives imprisoned in relocation camps or had their own civil liberties violated. Even in the face of prejudice and degradations, these were the men who fought and gave their country 100%. They were

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Welcome



Welcome to another edition of the US Judo Federation Judo Bulletin. We highlight the very successful USJF Junior Nationals in Hawaii that also included senior and masters' competition. We have reports on the annual USJF kata conference, held in Hawaii in tandem with the nationals, and dojo community events. A special article describes Kayla Harrison's new foundation, Fearless, and Chuck Medani, author of that article, also provides us with the second article in his series about judo photography.

Putting together the USJF judo magazine is a collective exercise, depending on the energy and work of many. I would like to thank the contributors of the articles and the USJF editorial board. I would like to specially thank Vaughn Imada, Stilman Davis, Chuck Medani, Jennifer Tu, Leslie Lippard, Brenda Strech and the USJF Executive Committee for their work and support, and Scott Fingal, art director, for his hard work and vision.

I hope you enjoy what you read and are encouraged to submit your own articles. We welcome your feedback. – *Frances Christie*

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**Even in the face of prejudice and degradations...
these were the men who
fought and gave their
country 100 percent.**

the most decorated battalion in World War II. Out of the 18,000 decorations, 21 received the Medal of Honor, 29 the Distinguished Service Cross, 1 Distinguished Service Medal, 559 Silver Star, 28 Oak Leaf Clusters to the Silver Star, 22 Legion of Merit Medals, 15 Soldier's Medal, 4,000 Bronze Stars with 1,200 Oak Leaf Clusters to the Bronze Star, and over 4,000 Purple Hearts. Just think of how afraid we feel as we are about to do battle in a tournament. These men did battle at the risk of their own lives in a real war, and did it with honor.

This was how the 2014 National Championship was started, by the recognition of these men of courage. This year, unlike past Junior Nationals, the Fiftieth State Judo Organization added Seniors and Masters to the list of competitors and in doing so added close to 200 extra competitors topping out at 1,077 contestants in all. What was interesting to note was the intensity level of not only the senior contestants but also the referees and officials as they interfaced with this different group – seniors. Adults being more serious and creative in tournament demeanor made for a different championship. Moreover,

the types of techniques, combinations, mat work, tactics, and penalties changed when seniors stepped on to the mat, which in turn called for more refined refereeing skills to also come into play.

Fortunately a fine crew of referees came to assist in officiating this year's Nationals: Robert Fukuda, Chair of USA Judo referees, Joon Chi, Chair of USJF referees, Danny Takata, Chair of USJA referees, Frank Morales, Hayward Nishioka, Gary Berliner, Calvin Terada, Barbara Shimizu, Janet Ashida-Johnson, Raymond Saito, and Edson Malo, all "A" referees. Six "B" level referees, 10 "PJC" referees, and close to 35 National level referees did an exceptional job of administering the latest IJF rules of competition judo. Both USJA President Gary Goltz and referee chairman Dan Takata invited all to attend next year's Nationals in Indiana.

The field of enthusiastic senior competitors fought courageously this year and indicated a need for a solid program for the current juniors who will surely need a platform to hone their skills as they grow into seniors. Up to this point the grassroots organizations have been



investing all their efforts in their junior programs only to have their juniors evaporate and disappear into the general public, leaving nothing to show for all their investments of time and effort.

The 50th State has taken the first step in the reinvestment process with the holding of the USJF's first ever Junior, Senior, and Masters National Championships. All others have been under the auspices of either the AAU or USA Judo. It is believed that this portion of the competition senior program will enable the grassroots organization to build several areas; better retention of juniors becoming seniors, better seniors, better senior coaches, better local, regional, and national referees, and overall increased membership.

The downside to the addition of seniors and masters was that an extra day had to be added, and that the extra day would add to the expense of the event. Recalling the slogans of the 442nd, 50th State bravely took a gamble. Someone in their organization must have said in pidgin, "Go for broke," "No make shame."



USJF NATIONAL-RESULTS AT USJF NATIONALS

BY BRENDA STRECH

The spirit of aloha was shown to all competitors and officials as the 3 day event kicked off on the 4th of July. The last time the junior nationals were held in Honolulu was 2004. This is the fifth consecutive year that the United States Judo Federation and the United States Judo Association have joined efforts through Grassroots Judo to put on the annual Junior, Youth, Team and Kata National Championships. This year senior and master national championships were also added.

The opening ceremony was impressive to watch with competitors from around the world including delegations from Canada, Japan, Singapore, and Tahiti. The parade of competitors from each state with representation continued. Overall there were around 1100 competitors registered in over 110 divisions for the 3 day event.

The opening ceremonies included music and a hula and a special dedication for the members of 100th Infantry Battalion and 442nd Infantry Regiment. Sensei Jimmy Takimori was able to join his comrades for their fight song and presentation of recognition awards. Among those to recognize the group of veterans was former Governor George Ariyoshi as well as United States Judo Federation president and 1988 Olympic silver medalist Kevin Asano.

Day 1 saw competition for Bantam, Intermediate and Juvenile B brackets. A total of 613 judoka in 58 brackets (separated by age and weight) competed on Friday. There were 6 competition areas with at least 170 matches each. Competition went past 9:00 pm and was very exciting to watch. Special awards were presented to recognize select athletes.

OUTSTANDING TECHNIQUE

Female: Aerin Dias, Makiki Seidokan.

Male: Masami Blayze Sumie, Hawaii Tenri.

SPORTSMANSHIP AWARD

Female: Michaela Barnes, USA Stars.

Male: Myles Honda, South Bay Judo.

FIGHTING SPIRIT AWARD

Female: Monica Reyes, Hawaii Judo Academy.

Male: John Poznanski, Cranford Judo.

OUTSTANDING COMPETITOR

Female: Torie Oishi, Taishi Judo.

Male: Ricky Marin, Mojica Judo.

Day 2 continued with competition in Kata, Juvenile A, IJF Junior, IJF Open, and team divisions. Opening ceremonies included the presentation of the Jeremy Glick Memorial Spirit of Judo Award which was presented to Sensei George Tsubota, head sensei of the Hodokan Judo Club. The award is named in honor of Jeremy Glick who gave his life on September 11, 2001 while on board flight 93. The award is based on the spirit of Judo, courage, compassion and character. Sensei Tsubota is the 12th recipient of the award. After individual competitions were complete, team competition continued with 3 girls and boys teams each.





OUTSTANDING TECHNIQUE

Female: Bailey Hoshino, Hawaii Judo Academy.
 Male: Noah Wusstig, Hawaii Tenri.

SPORTSMANSHIP AWARD

Female: Elizabeth Wright, Barstow Judo.
 Male: Jordan Sumida, Hilo Hongwanji.

FIGHTING SPIRIT AWARD

Female: Kaoru Saruwatari, Aya Junior High.
 Male: Colton Brouwers, Timberline Judo.

OUTSTANDING COMPETITOR

Female: Wakana Harada, Aya Junior High.
 Male: Cole Chandler, Hawaii Tenri.

The last day of competition added Senior and Master divisions to the event. Nearly 150 judoka were registered for the Senior and Master National Championships. The senior division included judoka ages 18 to 29, while masters' competition included those aged 30 and over. There were 40 divisions contested Sunday.

The hospitality of the 50th State Yudanshakai was greatly appreciated and made a great event. Aloha Hawaii, next year we meet in Indianapolis. Future Grassroots junior nationals will be held in Los Angeles, CA (2016) and Palm Beach, FL (2017).



Results:

DAY 1

Male Bantam Under 23 kg

1. Bryson Rubio, Shobukan
2. Thor Guerrero, Hawaii Judo Academy
3. Ashton Creveling, Bojuka Ryuu

Male Bantam Under 27 kg

1. Tyger Taam, Hawaii Tenri
2. Sam Odom, Anderson YMCA
3. Darius Pavao, Pearl City Hongwanji

Male Bantam Under 31 kg

1. Xander Erolin, Mililani Hongwanji
2. Tanner Lamott, Goltz Judo
3. Ryder Yoshitake, San Gabriel Judo

Male Bantam Over 35 kg

1. Sam Osi, Mojica Judo
2. Aiden Candelaria, Team Ortiz
3. Joseph Padilla, Kaimuki YMCA

Male Intermediate A Under 25 kg

1. Joshua Frias, Hawaii Tenri
2. Brayden Morioka, Hawaii Tenri
3. Eric Toma, Hawaii Judo Academy

Male Intermediate A Under 26 kg

1. Zachery-Pono Narciso, Pearl City Hongwanji
2. Bronson Morioka, Hawaii Tenri
3. Brendan Kuwabara, Hawaii Judo Academy

Male Intermediate A Under 30 kg

1. Jasen Wada, Hawaii Judo Academy
2. Brycen Pagurayan, Kapolei Judo
3. Tyler Kuwabara, Hawaii Judo Academy

Male Intermediate A Under 34 kg

1. Matthew Nakama, Hodokan
2. Lahaina Ah Sam, Hawaii Tenri
3. Ayden Coronil, Pearl City Hongwanji

Male Intermediate A Under 38 kg

1. Journe Wright, Vacaville PAL Makimoto Judo
2. Kade Okura, Boys and Girls Club
3. Kai Yawata, Kaimuki YMCA

Male Intermediate A Under 43 kg

1. Caden Pasa, Shudokan Judo
2. Joshua Ambrosio, Hanabi Judo
3. Andreas Schneider, Mililani Hongwanji

Male Intermediate A Over 43 kg

1. Alex Semenenko, Gladiator
2. Z Miyashiro, Koolau Judo
3. Sean Wilson, Hawaii Tenri

Male Intermediate B Under 28 kg

1. Dayne Takai, Salt Lake Judo
2. Keane Escaba, Pearl City Hongwanji
3. Victor Ortiz, Team Ortiz

Male Intermediate B Under 31 kg

1. Robert Yen, Cupertino Judo
2. Tegan Yuasa, Budokan Dojo
3. Conor Goucher, Yushido Judo

Male Intermediate B Under 34 kg

1. Brady Hoshino, Hawaii Judo Academy
2. Christian Buckner, Taishi Judo
3. Alexander Charette, Martial Arts Academy

Male Intermediate B Under 38 kg

1. Nicholas-Nainoa Narciso, Pearl City Hongwanji
2. Rodman Salangdron, Kapolei Judo
3. Noah Ogasawara, Leeward Judo

Male Intermediate B Under 43 kg

1. Isaiah Ramirez, Barstow Judo
2. Jake Brett, Pearl City Hongwanji
3. Branden Pagurayan, Kapolei Judo

Male Intermediate B Under 47 kg

1. Masami Blaze Sumiye, Hawaii Tenri
2. John Poznanski, Cranford Judo
3. Dan Ikeda, Aya Junior High

Male Intermediate B Under 52 kg

1. Raysen Motoyama, Mililani Hongwanji
2. Kainoa Titcomb, Pearl City Hongwanji
3. Brandon Shioya, Bojuka Ryuu

Male Intermediate B Over 52 kg

1. Hailama Anakalea, Kona Hongwanji
2. Takashi Matsumoto, East Bay Judo Institute
3. Hanorai Pugibet, Venus Judo Tahiti

Male Juvenile B Under 50 kg

1. Colby Watase, Makiki Seidokan
2. Landon Obra, Hawaii Tenri
- 3.

Male Juvenile B Under 55 kg

1. Ricky Marin, Mojica Judo
2. Masashi Matsumoto, East Bay Judo
3. Myles Honda, South Bay Judo
3. Anthony Brett, Pearl City Hongwanji

Male Juvenile B Under 60 kg

1. Kellen Goya, Shudokan Judo
2. Hunter Nagai, Sawtelle Judo
3. Alexander-Kaulana Narciso, Pearl City Hongwanji

Male Juvenile B Under 66 kg

1. Gregory Laslo, Abbotsford Judo
2. Davon Johnson, Ippon Judo
3. Gilberto-Nicholas Gonzales, EBJI

Male Juvenile B Under 73 kg

1. Geoffrey Hanks, Aberdeen Judo Academy
2. Jacob Anthony, USA Stars
3. Spencer Depies, Club Olympia

Male Juvenile B Under 81 kg

1. Nicholas Wood, East Bay Judo Institute
2. Kurt Roots, unattached
3. Kody Minemoto, Shudokan Judo

Male Juvenile B Under 90 kg

1. Joseph Hoshino, Pearl City Hongwanji
2. Brandon Chagolla, Okubo Judo
3. Tommy Carroll, Bojuka Ryuu

Male Juvenile B Over 90 kg

1. James Lawhn, Kaimuki YMCA
2. Dane Yamashiro, Wadokan
3. Michael Easterlin, Southern Idaho Judo Institute

Female Bantam 1 Under 23 kg

1. Rose Ortiz, Team Ortiz
2. Charlotte Campbell, Hawaii Tenri
3. Casimira Chinen, Mililani Hongwanji

Female Bantam 1 Under 27 kg

1. Angelina Daoang, Hawaii Tenri
2. Emily Garcia, High Desert Judo
3. Cassidy Ginoza, Mililani Hongwanji

Female Bantam 1 Under 31 kg

1. Jeralyn Montejo, San Gabriel Judo
2. Marjorie McDaniel, Sakurakan Judo
3. Lilah Marsh, Emmett Judo

Female Bantam 1 Under 35 kg

1. Ariyanna Avalos, Barstow Judo
2. Kau'i Vista, Wailuku Hongwanji

Female Bantam 1 Over 35 kg

1. Madalynn Romo, High Desert
2. Sarah Ontiveros, Guerreros

Female Bantam 1 Super Heavyweight

1. Tavina Harris, Hanapepe Judo

Female Intermediate A Under 26 kg

1. Monica Reyes, Hawaii Judo Academy
2. Erin Hikiji, Mililani Hongwanji
3. Caetlin Dias, Makiki Seidokan

Female Intermediate A Under 30 kg

1. Aerin Dias, Makiki Seidokan
2. Kelli Ann Ichimura, Boys and Girls Club
3. Makeila Orta, Hawaii Tenri

Female Intermediate A Under 34 kg

1. Caelin Balangsag, Hawaii Tenri
2. Alyssa Barkus, San Francisco Judo Institute
3. Aliya Takano, Mililani Hongwanji

Female Intermediate A Under 38 kg

1. Genevieve Herrick, Hawaii Tenri
2. Tiffany Marn, Hawaii Tern
3. Makena Abe, Hawaii Tenri

Female Intermediate A Under 43 kg

1. Miyuki Sandoval, North Sound Judo
2. Karlee Carrouth, USA Stars
3. Niki Tengan, Hawaii Tenri

Female Intermediate A Over 43 kg

1. Mahogany Morris, Hanabi
2. Christine Coulson, Capital Judo

Female Intermediate A Super Heavyweight

1. Sanoe Kihe, Wadokan-Kona

Female Intermediate B Under 28 kg

1. Carli Orozco, Salinas Judo
2. Brie Bella, Hawaii Tenri
3. Natalie Toma, Hawaii Judo Academy

Female Intermediate B Under 31 kg

1. Taylor Anne Arakaki, Salt Lake Judo
2. Jazmyn Lazo, Koolau Judo
3. Madelyn Mones, Migoto Judo

Female Intermediate B Under 34 kg

1. Isabella Coulter, San Gabriel Judo
2. Marisol Torro, Sawtelle Judo
3. Maya Letona, Silicon Valley Judo

Female Intermediate B Under 38 kg

1. Saisha Morales, Ippon Judo
2. Madison Kogachi, Mililani Hongwanji
3. Alexa Silao, Jason Morris Judo

Female Intermediate B Under 42 kg

1. Jessica Dixon, Hawaii Tenri
2. Skye Realin, Mililani Hongwanji
3. Noran Elmahroukey, Hudson

Female Intermediate B Under 47 kg

1. Jaycee Ichimura, Boys and Girls Club
2. Ella Berger, Redwood Coast Judo
3. Kaitlyn Kodama, San Jose Buddhist

Female Intermediate B Under 52 kg

1. Charlize Jasmine Pascual-Tabuyo, Hawaii Tenri
2. Emily Paulino, Sogoro Judo

Female Intermediate B Over 52 kg

1. Noelle Acosta, Western Idaho Judo Institute
2. Maico Mori, Hachijo Judo
3. Kimberly Kealoha, Leeward Judo

Female Juvenile B Under 44 kg

1. Jenna Enoka, Hodokan
2. Rena Asano, Leeward Judo
3. Stephanie Ma, Mojica Judo

Female Juvenile B Under 48 kg

1. Taylor Miyao, Hawaii Tenri
2. Chastyne Dolor, Pearl City Hongwanji
3. Hi'ilani Meyer, Hawaii Tenri

Female Juvenile B Under 52 kg

1. Torie Oishi, Taishi Judo
2. Kristen Kojima, Pearl City Hongwanji
3. Taryn Ichimura, Boys and Girls Club

Female Juvenile B Under 57 kg

1. Misato Sandoval, North Sound Judo
2. Haylie Shinsato, Mililani Hongwanji
3. Isabella Hirth, USA Stars

Female Juvenile B Under 63 kg

1. Michaela Barnes, USA Stars
2. Abigail Sigurdson, Western Idaho Judo Institute
3. Kari Okubo, Hawaii Tenri

Female Juvenile B Under 70 kg

1. Shaena Peralto, Mililani YMCA
2. Gezlen Ragudos, Aiea Hongwanji
3. Haley Halsey, Sanshi

Female Juvenile B Over 70 kg

1. Sabrina Hollins, Pearl City Hongwanji
2. Megan Hanks, Aberdeen Judo
3. Ashlyn Antonio-Asuncion, Mililani Hongwanji

DAY 2

SHAI

Male Juvenile A Under 36 kg

1. Aizayah Maka Yacapin, Ippon Judo
2. Brayden Bella, Hawaii Tenri
3. Braden Goucher, Yushido Judo

Male Juvenile A Under 40 kg

1. Justin Yuen, Kaimuki YMCA
2. Dan Ikegami, Tri-Valley Judo
3. Tyler Matsumoto, Leeward Judo

Male Juvenile A Under 44 kg

1. Noah Wusstig, Hawaii Tenri
2. Colton Brouwers, Timberline Judo
3. Christian Pak, Hawaii Judo Academy



Male Juvenile A Under 48 kg

1. Tayler Otsuka, Mililani Hongwanji
2. Hunter Fujiwara, Sogoro Judo
3. Phillip Dolor Jr., Pearl City Hongwanji

Male Juvenile A Under 53 kg

1. Chase Wusstig, Hawaii Tenri
2. Robert Tanaka Jr., Ju Shin Kan Judo
3. Calvin Nguyen, Northglenn Judo

Male Juvenile A Under 58 kg

1. Yuya Higahi, Aya Junior High
2. Jackson Butler, Tri-Valley Judo
3. Christopher Yamane, Pacific Judo Academy

Male Juvenile A Under 64 kg

1. Zion Lista, Hawaii Tenri
2. Alonzo Lopez, Fresno Judo
3. Jordan Nagai, Sawtelle Judo

Male Juvenile A Over 64 kg

1. Kaishu Maruyama, Aya Junior High
2. Soichiro Kataoka, Aya Junior High
3. Kaiter Okura, Boys and Girls Club

Male IJF Junior Under 55 kg

1. Ricky Marin, Mojica Judo
2. Jason Wong, PAL Makimoto Judo
3. Isaac Harai, Ippon Judo

Male IJF Junior Under 60 kg

1. Patrick Mendiola, Ippon Judo
2. Brian Short, Yushido Judo
3. Colton Hanashiro, Hawaii Judo Academy

Male IJF Junior Under 66 kg

1. Cole Chandler, Hawaii Tenri
2. David Honda, South Bay Judo
3. Joshua Gima, Aiea Hongwanji

Male IJF Junior Under 73 kg

1. Arthur Ghukasyan, Kenams Judo
2. Tyler Shimizu, Sacramento Judo
3. Kell Berliner, unattached

Male IJF Junior Under 81 kg

1. Royce Mori, Pearl City Hongwanji
2. Jonah Hoshino, Pearl City Hongwanji
3. David Reeder, High Desert Judo

Male IJF Junior Under 90 kg

1. Kahuakapumaikalani Yasumura, Mililani Hongwanji
2. Denny Nguyen, Zenyu Judo
3. John Faletagoai, Mountain View Judo

Male IJF Open Under 55 kg

1. Justin Raymond, Kona Hongwanji
2. Micah Platt, Kapolei Judo
3. Nathan Lee, Wadokan

Male IJF Open Under 60 kg

1. Brendan Chang, Hawaii Judo Academy
2. Jordan Sumida, Hilo Hongwanji
3. Georges St. Amour, British Columbia Judo

Male IJF Open Under 66 kg

1. Gregory Laslo, Abbotsford Judo
2. Ben Hinatsu, Western Idaho Judo Institute
3. Moana Heiny, Venus Judo Tahiti

Male IJF Open Under 73 kg

1. Tyler Shimizu, Sacramento Judo
2. Christin Fallat, Guerrero Judo
3. Geoffrey Hanks, Aberdeen Judo

Male IJF Open Under 81 kg

1. Austin Nakamura, Hilo Hongwanji
2. Jacob Sanders, Wadokan Judo
3. Gabriel Easterlin, Southern Idaho Judo Institute

Male IJF Open Under 90 kg

1. Braxton Clark, Nanaimo Judo
2. Aiurahi Raihauti, Venus Judo Tahiti
3. Tavis Jamieson, Steveston Judo

Female Juvenile A Under 36 kg

1. Sarah Obra, Hawaii Tenri
2. Abigail Harvey, Fireweed Judo/Mountain View Judo

Female Juvenile A Under 40 kg

1. Bailey Hoshino, Hawaii Judo Academy
2. Makena Barkus, San Francisco Judo Institute
3. Cheyenne Fu, South Bay Judo

Female Juvenile A Under 44 kg

1. Amanda Higa, Hawaii Tenri
2. Kaylee Buckner, Taishu Judo
3. Anna Asano, Leeward Judo

Female Juvenile A Under 48 kg

1. Wakama Harada, Aya Junior High
2. Faith-Joy Okubo, Hawaii Tenri
3. Hikaru Abe, Obukan

Female Juvenile A Under 53 kg

1. Kaoru Saruwatari, Aya Junior High
2. Elizabeth Wright, Barslow Judo
3. Poeiti Golthen, Venus Judo Tahiti

Female Juvenile A Under 58 kg

1. Zoe Tateyama, Pearl City Hongwanji
2. Alicia Fiandor, Nanaimo Judo
3. Dana Sugai, Kona Hongwanji Judo

Female Juvenile A Under 64 kg

1. Oceane Mahe, Venus Judo Tahiti
2. Mahealani Lewis, Hawaii Tenri
3. Shamma Nakama, Waiakea Judo

Female Juvenile A Over 64 kg

1. Hikari Yuasa, Aya Junior High
2. Kelsey Painter, CR Judo Club
3. Ava Daugherty, Cupertino Judo

Female IJF Junior Under 44 kg

1. Jenna Enoka, Hodokan Judo
2. Kaelynn Canyete, Pearl City Hongwanji

Female IJF Junior Under 48 kg

1. Breanne Takaesu, Mililani Hongwanji
2. Stevona Delgado, Mojica Judo
3. Eva Chen, Zenyu Judo

Female IJF Junior Under 52 kg

1. Christine Nguyen, Budokan Dojo
2. Ashley Fernando, Migoto Judo
3. Mackenzie Harvey, Fireweed Judo/Mountain View Judo

Female IJF Junior Under 57 kg

1. Misato Sandoval, North Sound Judo
2. Isabella Hirth, USA Stars
3. Danielle Dang, Zenyu Judo

Female IJF Junior Under 63 kg

1. Melinda Chow, Hawaii Tenri
2. Miranda Imamura, Fresno State Judo Club
3. Michaela Barnes, USA Stars

Female IJF Junior Under 70 kg

1. Meghan Jamieson, Steveston Judo
2. Neula Aarona, Makiki Seidokan
3. Elizabeth Recktenwald, Yushido Judo

Female IJF Junior Over 78 kg

1. Megan Hanks, Aberdeen Judo Academy
2. Sabrina Hollins, Pearl City Hongwanji
3. Estefany Gonzalez, East Bay Judo Institute



Female IJF Open Under 52 kg

1. Brianna Weck, Kokushi Dojo
2. Tori Kaya, Puna Hongwanji

Female IJF Open Under 57 kg

1. Amber Hakkei-Nagaoka, Wadokan Judo
2. Jaylin Kuoha, Kailua PAL
3. Shayla Pang-Kee, Wadokan Judo

Female IJF Open Under 63 kg

1. Lavanna Laass, Hart Judo Academy
2. Skye Matsuura, Hilo Hongwanji
3. Maire Coffinet, Venus Judo Tahiti

KATA

Nage No Kata Junior

1. Evan Nishida/Cameron Nishida, Hodokan Judo
2. Alyssa Kosugi/Tegan Yuasa, Budokan Judo

Nage No Kata Youth

1. Chase Oishi/Bryce Oishi, Taishi Judo
2. Torie Oishi/Thuy-Linh Turek, Taishi Judo

Ju No Kata Youth

1. Bryce Oishi/Chase Oishi, Taishi Judo
2. Hunter Nagai/Jordan Nagai, Sawtelle Judo
3. Thuy-Linh Turek/Torie Oishi, Taishi Judo

Katame No Kata Junior

1. Tegan Yuasa/Alissa Kosugi, Budokan Judo
2. Aimee Morifuji/Megen Horiuchi, Mililani YMCA

Katame No Kata Youth

1. Bryce Oishi/Chase Oishi, Taishi Judo
2. Hunter Nagai/Jordan Nagai, Sawtelle Judo
3. Thuy-Linh Turek/Torie Oishi, Taishi Judo

DAY 3

SHIAI

Male Seniors Brown Belt Under 55 kg

1. Ronnie Wise III, Vacaville PAL Makimoto Judo
2. Jason Wong, PAL Makimoto Judo
3. Nathan Lee, Wadokan Judo

Male Seniors Brown Belt Under 66 kg

1. Jordan Matsunaka, Salt Lake Judo
2. Douglas Gezyozaga, Koolau Judo
3. Warren Chiang, Koolau Judo

Male Seniors Brown Belt Under 73 kg

1. Kell Bertliner, unattached
2. Lindsey Nelson, Hawaii Tenri
3. Dahmahnoc Nocera, Samurai Judo Association

Male Seniors Brown Belt Under 81 kg

1. Jacob Sanders, Wadokan Judo
2. Abrahama Joey Faletogoai, Mountain View Judo

Male Seniors Brown Belt Under 90 kg

1. Kainalu Matthews, Hawaii Tenri
2. Larry Solis, Nishi Judo
3. Matthew Flores, unattached

Male Black Belt Under 55 kg

1. Cody Fernandez, Hawaii Tenri
2. Manuel Reyes, Hawaii Judo Academy
3. Justin Raymond, Kona Hongwanji

Male Black Belt Under 60 kg

1. Brady Lafortune, Salt Lake Judo
2. Yvan Shan, Venus Judo Tahiti
3. Brendan Chang, Hawaii Judo Academy

Male Black Belt Under 66 kg

1. Michael Fujiuchi, Shobukan
2. Gary Moore, High Desert Judo
3. Michael Valentine, Hawaii Tenri

Male Black Belt Under 73 kg

1. Daniel Chow, Hawaii Tenri
2. Tyler Shimizu, Sacramento Judo
3. Stephen Brewer, Pearl City Hongwanji

Male Black Belt Under 81 kg

1. Chad Taniguchi, Sogoro Judo
2. Wesley Walker, Shobukan
3. Maika Benedetti, Kaimuki YMCA

Male Black Belt Under 100 kg

1. Victor Huynh, Los Angeles Tenri
2. Harvey Fung III, Wadokan Judo
3. Eric Nishioka, Gardena Judo

Male Black Belt Over 100 kg

1. Eric Sanchez, Guerrero's Judo
2. Jimmy Barnes, USA Stars
3. Nathaniel Henderson, Pearl City Hongwanji

Male Masters Novice Under 60 kg

1. Kai Nakamura, Kailua PAL Judo
2. Colton Hanashiro, Hawaii Judo Academy
3. Wyatt Townner, Western Idaho Judo Institute

Male Masters 30-34 years old Lightweight

1. Kyle Shiraki, Mililani Seidokan
2. Joel Billena, Pearl City Hongwanji
3. Lambert Sakai, Hawaii Tenri

Male Masters 30-34 years old Middleweight

1. Garret Hashiro, Kailua PAL Judo
2. Jensen Hernandez, Mililani Seidokan Judo
3. Edwardo Lopez, Mojica Judo

Male Masters 35-39 years old Middleweight

1. Rommel Salamat, Pearl City Hongwanji

Male Masters 40-44 years old Lightweight

1. Trevor Sakamoto, North Capital Judo
2. Kenneth Young, Hawaii Tenri

Male Masters 40-44 years old Middleweight

1. Aaron Sekulich, Shobukan Judo
2. Daniel Bennett, Hawaii Judo Academy
3. John Altomare, Hanapepe Judo

Male Masters 45-49 years old Lightweight

1. Randall Platt, Kapolei Judo
2. Seren Paul Chandler, Hawaii Tenri

Male Masters 45-49 years old Middleweight

1. Hugh Hall, Judo Karate Center
2. James Kimura, Hodokan Judo
3. William Wilcox, Hanapepe Judo

Male Masters 50-54-years old Lightweight

1. Michael Marcella, Pacific Judo Academy
2. Ralph Taniguchi, Shobukan

Male Masters 50-54 years old Middleweight

1. Lance Tengan, Hawaii Judo Academy
2. James Hoekstra, Hawaii Tenri

Male Masters 55-59 years old Middleweight

1. Aaron Lee, Hodokan
2. Ken Teshima, Garden Judo

Male Masters 55-59 years old Heavyweight

1. Bernard Di Rollo, Venus Judo Tahiti
2. William Caldwell, San Shi Judo

Male Masters 60-64 years old Middleweight

1. Martin Giesselman, Hawaii Judo Academy
2. Daniel Kaneshiro, Sogoro Judo

Male Masters 60-64 years old Heavyweight

1. Brad Karmann, Goltz Judo
2. Michael Shiroma, Kapolei Judo

Male Masters 75-79 years old Middleweight

1. Lloyd Maxton, Heisei Judo

Female Brown Belt Under 52 kg

1. Brianna Weck, Kokushi Dojo

Female Brown Belt Under 57 kg

1. Shadi Ebrahimi, Goltz Judo
2. Miyuki Patricia, Makawao Hongwanji
3. Frances Padgett, unattached

Female Brown Belt Under 63 kg

1. Estee-Arlene Trani, Kapolei Judo
2. Shayla Pang-Kee, Wadokan Judo

Female Brown Belt Under 78 kg

1. Brandi Lopez, Kapolei Judo
2. Michelle Hanada, Makawao Hongwanji

Female Black Belt Under 48 kg

1. Corey Jo Tashima, Hawaii Judo Academy
2. Elisha Lum, Hodokan Judo
3. Kaelynn Canyete, Pearl City Hongwanji

Female Blank Belt Under 57 kg

1. Misato Sandoval, North Sound Judo
2. Nicole Taniguchi, Sogoro Judo
3. Amber Hakkei-Nagaoka, Wadokan Judo

Female Black Belt Under 63 kg

1. Christina Chow, Hawaii Tenri
2. Melinda Chow, Hawaii Tenri
3. Joy Sigurdson, Western Idaho Judo Institute

Female Black Belt Over 78 kg

1. Estefany Gonzalez, East Bay Judo Institute
2. Inez Torres, Goltz Judo

Female Masters 40-44 years old Middleweight

1. Leigh Yamada, Pacific Judo Academy
2. Akiko Reyes, Hawaii Judo Academy

KATA

Katame No Kata

1. Melanie Isa/Tori Kaya, Puna Hongwanji
2. Frances Padgett/Matthew Flores, North Raleigh Judo

Nage No Kata

1. Jaylin Kuoha/Layne Fujioka, Kailua PAL Ju No Kata
1. Matthew Flores/Frances Padgett, North Raleigh Judo

Goshin Jutsu

1. Ronald Takeya/Stephen Hall, Waiakea Judo

USJF NATIONAL KATA CONFERENCE

by Jennifer Tu



When the first day of the fourteenth annual conference finally arrived, I found myself outside the main hotel in downtown Waikiki. I met some of my fellow attendees as we waited for the shuttle to take us to the conference site. On arrival, we were all warmly greeted by our host, Sensei Tsubota, before beginning the kata conference.

We were taught by the talented clinicians Sensei Noburo Saito, 8th dan, from Birmingham, Michigan, and Sensei Eiko Saito Shepherd, 7th dan, from St. Louis, Missouri. During each kata session, we split into beginner and advanced student groups, and each clinician worked closely with a group. Despite my initial nervousness about not having a kata partner with me, I was able to easily find a partner for each kata. It turned out to be a really fun way to meet some of my fellow conference attendees. One surprising thing I learned is just how much you learn when practicing kata. When you practice kata with a partner, you're not just learning the sequence or techniques of a kata. You learn judo from practicing kata with different partners in just the same way as you do when you practice your uchikomi. But not only did I learn from practicing with different partners, I also got a lot of hands-on instruction from the clinicians. In particular, Saito-sensei worked mostly with the beginner students. He was quick to demonstrate exactly where and how tori should be applying force (and then the why would quickly become obvious to uke).

Our days immediately fell into a comfortable rhythm.

I would purchase an exquisitely fresh papaya from the local grocery store, and eat it as I chatted with my fellow attendees on the shuttle ride in.

We'd study a morning kata, then break for the delicious lunch generously provided by Sensei Tsubota.



Recharged by lunch, conversation, and the amazing mango – both fresh and pickled – brought by Ward, one of the local students, we would then study our afternoon kata.

As exhaustion crept in, I'd look to AJ, a ten-year-old white belt from one of the local dojos, for inspiration on how to stay focused. Despite his age, he was always attentive and ready to take on the next kata or technique. A quick glance at AJ would always help me bring my wavering concentration back into line.

In the evenings, we would leave the conference site just as the tropical sun stopped beating quite so fiercely. It would be just high enough for me to dry off in the island air after taking a quick dip in the warm ocean.

Seven kata across three days is an overwhelming, dizzy experience.

It was a challenge to try to remember so much new information, and keep cramming even more in.

I'm very grateful for the opportunity to have attended the conference, to have learned from Sensei Saito and Sensei Shepherd, and to have been inspired by my fellow attendees. I'm excited to keep studying the kata, and to discover what new insight they bring to the rest of my judo.

2014 Keiko Fukuda JOSHI JUDO CAMP

by Aiyana Johnson



This year's Keiko Fukuda Joshi Judo Camp was a lot of fun. This is the second year I have attended the camp and it was nice to see a lot of girls that I met last year. There were a lot of new people also and I was excited to make some new friends.

At the camp, all the women and girls were very kind and giving. It is amazing to be around so many girls that are in the spirit of Judo. There were two main instructors at camp this year: Sensei Eiko Shepherd and Sensei Amarilis Savon Carmenate.

In the morning, Sensei Shepherd would have us warm up and then she would teach us some kata. I really enjoyed doing the kata with Sensei Shepherd. We practiced Goshin-Jutsu Kata, Ju-No Kata, Nage-No Kata, Katame-No Kata, and Itsutsu-No Kata.

After lunch, Sensei Savon would go over techniques that helped her become so successful in competition. We learned turn over techniques, escapes from guards, and transitional pins. I loved doing Newaza, Randori, and Tachi waza with Sensei Savon. There were plenty of black belts around to help beginners with certain techniques. On the third day, we got to do some Newaza competition. I feel that both instructors really helped me with my judo.

Saturday evening, everyone went to a nice dinner at a traditional Japanese restaurant. I sat with three of my friends that I met at the camp last year. We actually kept in touch this past year and I visited them quite a few times through the year. We talked about girl stuff while we ate and I was sad when dinner was over.

I have been doing Judo for about one and a half years and I compete a lot. This has been a wonderful year for me and my family in Judo. We have attended clinics taught by Kevin Asano, Aiko Sato, Shintaro Nakano, Gerardo Padilla, and Yoko Tanabe. I have visited open mat night at San Jose State where I got to do Randori with Marti Malloy and Aiko Sato.

I hope I can go back to Joshi Judo Camp every year as I love all the Senseis, all the girls, and all the JUDO!

For information about Joshi Judo Camp, see <http://www.fukudajudocamp.org>.

Kayla Harrison FIGHTS EVEN HARDER FOR ABUSED KIDS

by Chuck Medani

At the 2014 Senior National Championships earlier this year in Reno, Nevada, to photograph the event, I was able to have a conversation with Kayla Harrison, 2010 World Champion and 2012 Olympic Gold medalist. Kayla had given a public appeal for her “Fearless” foundation on the first day of the national championships, and I wanted to get some more detail and spread the word to USJF members.

Kayla is one of the most welcoming and gracious world-class athletes that you can imagine, and she was happy to spend a few minutes talking about her foundation. (I confess I also shamelessly accepted her offer to hold her Olympic Gold Medal – and can confirm that I was struck with awe as I held it in my hands.)

The seriousness of the sexual abuse of youth cannot be overstated, and Kayla is a proficient spokesperson for the need to actively address this as our collective responsibility to the health of our society.

She spoke easily but with conviction: “It is (now) no secret that I had a very troubled past – I was actually abused by my first coach, and when I was 16, I moved to Boston. I told my mother, and I was basically at rock-bottom. To say that I was struggling would be an understatement. My mother pressed charges and the FBI got involved, and he’s serving time in federal prison, but I was at a very, very low point in my life when I moved to Boston.

“It is because of the Pedros (Judo coaches Jim Pedro Sr. and Jimmy Pedro Jr.), and my teammates, that I can say that not only am I an Olympic champion, but I stand in front of people as a strong, confident, happy young woman.

“Shortly before the Olympics I came out with my story and I told the media what had been going on; what had happened in my past and it took a foothold and a lot of people thought that it was an amazing ending to a sad story.

“After the Olympics I did a ton of speaking. I was going all over the country and I was speaking at all these amazing charity events and to organizations, and they’re all doing awesome stuff, but I realized that it’s all at a very, very local and regional level. There is no huge foundation – there is no Livestrong, there is no Susan G. Komen, where you can get online and type in ‘child sexual abuse’ and say, ‘OK, I want to donate my time, my money, and my effort into ending this epidemic.

“And the more I get involved, the more I realize that abuse feeds on the silence. One in four girls and one in six boys will be sexually abused before they are 18.

“It affects all of us. It doesn’t just affect Catholics, it doesn’t just affect Boy Scouts, it doesn’t just affect athletes. It affects everyone. It doesn’t know race or religion or wealth or status. It happens everywhere to everyone.



“I wanted to create a foundation that would not only change a victim’s life and do what the Pedros did for me, but I want it to outlive me and outlast me and be bigger than anything I could have ever done.

“I won a gold medal, and for me that was a very selfish thing. I wanted to be an Olympic champion. But now I have a platform, and I feel like I have a responsibility to use that platform to do some good. So that’s why I created the foundation.

“There are two goals of the foundation. The first part is education. I’m working with a psychologist at McLean Hospital in Boston, a world-renowned hospital for working with victims of sexual abuse and survivors of PTSD (post traumatic stress disorder). We are creating a book that is basically going to use my story as a guideline for kids: this is what (child) grooming looks like, this is how you can get help, this is who you can talk to, and this is what you should do if someone who is close to you tries to take advantage of you. Because there’s all this material for kids on Stranger Danger and Bullying and Saying NO to drugs, but there is no educational tool that says, ‘This is how you can get help if someone close to you is taking advantage of you’. And there should be.

“Once the book is finished, we’re going to pitch it, and I really want it to have to be in your kid’s seventh grade health class curriculum. I want them to have to read about it and talk about it and hear about it and talk to their parents about it, because this is something that

Continued on page 20



Matsuri Demonstration in Santa Rosa, CA

On May 24th, 2014, DeLeon Judo Club (head sensei Henry Kaku) provided a judo demonstration at the Sonoma County Matsuri Festival, in Santa Rosa, CA. The mission of Sonoma County Matsuri is to share and promote Japanese Arts & Culture, and it is part of DeLeon Judo Club's mission to promote judo as a Japanese art. To this end, DeLeon Judo has been a participant of the matsuri for the last five years.

Sensei Kaku led a dozen students through a demonstration of basic falling instruction, explaining the obvious need to never stop practicing these skills. The everyday usefulness of being able to roll was shown as one sempai shoved another from behind. Next came demonstrations of various throws – leg, hip, hand, and sacrifice throws. The students showed off their skills using sute geiko (no resistance, back and forth). A drill was then used to show how the club practices fast throwing – uke rushes in to tori, who immediately gets a grip and throws uke without hesitation.

A few choreographed self-defense techniques were performed. Among the attacks were a grab for a purse, a “drunken headlock”, and a couple of knife attacks. The unarmed attacks were performed using an attacker who was physically considerably bigger than the victim, and included a flying scissors throw (Kani Basami) and flying arm bar. These are spectacular throws, and always crowd favorites.

To finish the demo, several rounds of randori were played, giving a good view into what competitive judo really looks like.

This 20 minute demonstration was performed before an audience of approximately 100 people. The feedback was positive, with many questions being asked throughout the rest of the day. DeLeon Judo Club performs several demonstrations a year, at cultural events such as Sonoma Matsuri, as well as at local schools. The club meets Tuesday and Thursday nights, in Petaluma, CA.





Migoto Judo Dojo Hosts Members of the Japanese Navy for a Judo Workout and Cultural Exchange

by Ashley Fernando

Migoto Judo Dojo hosted members of the Japanese Navy (JMSDF Training Squadron), who were in San Diego, California for a planned training deployment. With the help of Lieutenant Commander Yamashita and the approval of Rear Admiral Yuasa, ten judoka came to Migoto Judo Dojo for a workout and cultural exchange. Under the direction of Ensign Kimura and accompanied by a film crew and medic, judoka from the JMSDF led the class in exercises and drills. Sensei Roland Fernando and Sensei Jake Sugiyama of Migoto Judo Dojo organized the activities into a structured set of activities led by the Japanese visitors.

The evening started with the JMSDF Judo going through warm-ups and stretching exercises followed by a demonstration of their Tokui Waza (favorite techniques). San Diego area and visiting judoka were amazed by the ease and fluidity of their technique in addition to the intense control and power they have in the finish of their throws. The group was then divided by size and ability and the Japanese visitors led lessons for each group. With over 65 judoka on the mat, it was crowded but well organized and structured. A randori session followed, providing 35 minutes of an intense workout.

Continued on next page





Community DOJO (CONTINUED)



Migoto Judo Dojo followed the workout with a demonstration of Nage No Kata performed by Junior Kata Team members Madeline Mones and Sarina Kuninaga. The Japanese visitors were honored to see the demonstration and impressed with it being done so well by junior students. Some said they wished they did it that well when they tested for their shodan promotion back in Japan. They were not surprised to hear that this team does well in kata competitions including the Fukuda International Kata Championships held annually in San Francisco. Gifts were exchanged at the conclusion of the general practice which lasted from 7 pm until 9 pm.

An open mat session and cultural exchange followed from 9 pm until 10 pm. The main Dojo was open to all judoka that wanted an extra work out or had questions about techniques or combinations that were covered earlier. The reception area had food and drinks and judoka from near and far came to socialize and exchange ideas and friendship. It was a unique experience that all hope to have again.

The friendships that developed so quickly around the common bond of Judo will be the foundation of future exchanges. All wanted the evening workout to continue and look forward to the next visit by the Japanese Navy. The doors at Migoto Judo Dojo are open to all that want to attend any event or workout. See you on the mats... "Hajime!"

For more information on Migoto Judo Dojo, please visit <http://www.migoto-judo.org/> or email roland@migoto-judo.org

About the author:

Ashley Fernando is 16 years old and will be starting her Junior Year at High Tech High School in Chula Vista, CA. She is an assistant instructor for the High Tech High Judo Club that is run by Migoto Judo Dojo. She has been studying judo for over 11 years and is a Brown Belt (Ikkyu) in judo.

CPR Certification and Training



What would you do if your student breaks his finger while in randori? What would you do if a student goes into a seizure or has an asthma attack while in your judo class? These and other scenarios were discussed in the recent CPR class at Berkeley Judo Club, sponsored by CENCO Yudanshakai development coordinator Henry Kaku. The CPR/First Aid class was given by Robin Giles, who holds a B.A. in Sports Medicine, and is a Comp TIA certified technical trainer in CPR/First aid trainer. Robin, in addition to being a certified instructor, holds a black belt in Tae Kwan Do. She became involved in judo through her son who is at Deleon Judo Club in Petaluma.

All judo instructors and assistant instructors should be trained on a regular basis so they would know how to handle these situations. CPR/First Aid courses constantly change as the medical industry learns the best techniques to deal with these emergencies. Just as important as understanding proper procedures in an emergency is to understand what not to do in these situations. The class discussed many situations and practiced techniques to prevent further injury until emergency responders could arrive.

CENCO Yudanshakai recognizes the importance of all senseis and sempai being familiar and current with CPR and First Aid techniques. This was the first CPR/First Aid class to be sponsored by CENCO Yudanshakai and we want to continue to offer them to the judo community.

— Henry Kaku

Improving Your **JUDO PHOTOGRAPHY**

Part-2: Meaningful and Evocative Judo Photography

BY CHUCK MEDANI



(Fig.1)

When we think of sports photography, it is easy to think of super sharp images of spectacular moves by athletes scoring a goal, hitting a perfect ski jump, the tennis ball compressed against the tight strings of a racket, or in our particular sport, a beautifully executed throw with tori using perfect form and uke hurtling toward the mat for a booming ippon. We'd all like to get that shot that could be the next cover of *Sports Illustrated*.

In the real world of judo, however, those moments are uncommon, and often are in a physical environment (poor lighting and limited access) where professional level camera equipment is helpful to capture the moment. But even pro equipment can't guarantee success.

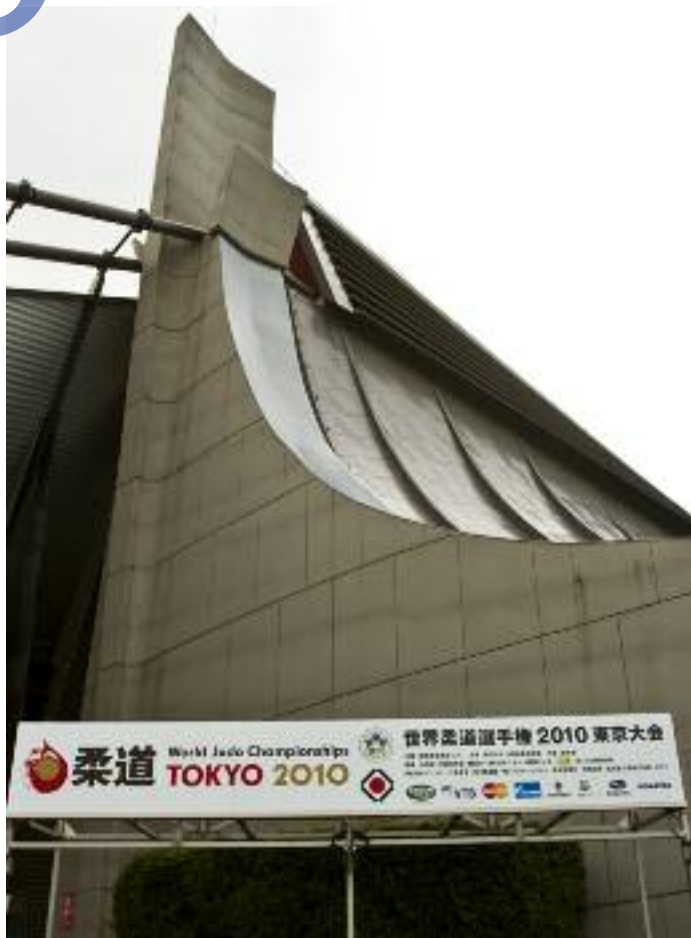
Does this mean that we should just give up on getting rewarding judo pictures? Well, of course not, because it's not about the ippon throw!

I have been shooting images of judo for over four decades, and I can tell you that those perfect shots are difficult to come by, whether you are at a local tournament or at the world championships. And even when you do bring home a bunch of pictures of spectacular throws, they tend to show isolated moments that are probably only of passing interest to you and your viewers, quickly becoming a forgotten item with no context or significance.

But my main message is one that will serve you well for your entire photo shooting career: It's not the isolated, poster-ready throw that you should seek. It's the story of the event, including the people, venue, fans, families, officials, and anything else you believe will enhance your viewers' understanding and experience. And you can create it with just about any camera that you have.

In the next installment of this series, I will discuss professional-level camera, lenses, techniques, settings, and so forth, but that equipment and those techniques are actually not necessary, and are even ineffective without the story.

So when you have your camera with you (but you always have your camera with you, don't you?) at the next judo event, use it to create a record of what, when, why, where, and how. I'd like to suggest some



(Fig.3)



(Fig.2)



(Fig.4)

guidelines that will enable you to tell that multi-dimensional story through pictures.

We've all heard that a picture is worth a thousand words, so seek to create those images that speak to your audience, whether it is just you, or your family, or the visitors to your house that see that special picture framed on your wall. Ideally your images will tell the story without the need for your narration.

When developing your story, remember to get wide, medium, and detail shots, starting wide with pictures of the trip to the tournament, the town, and the venue. These shots serve to give your viewers the sense of the greater environment, setting the stage for greater detail. And remember that a picture of a small portion of the venue can be more dramatic and effective than a picture of the entire building. (Figs. 1-4)

With medium-distance shots, this tells the story of the athletes in preparation, the coaches, the fans, the crowd, and what it feels like to be on the floor next to the mat and roaming around the floor before, during, and after the tournament. It is here that your pictures can give the sense of excitement and semi-orderly chaos that characterizes many judo events. (Figs.5-8)

Have you noticed that we haven't even gotten to the matches yet, and you have painted the picture of what it is like to be there? That's your

goal. Experienced photographers are guided by the principle that they don't take pictures, they make them, which means that they have a certain level of control in what they shoot, how they frame the shots, how they eventually order the images, all to create that story.

Detailed shots are closer than the medium-range shots, and can be the faces, the body language, and the expressions, showing the smiles and tears, the joy and the disappointment. Or they can be details that speak for themselves. (Figs. 9, 10)

And then there are the matches themselves. Start shooting before the competitors step onto the mat, and keep shooting, including shots of both athletes, their faces showing confidence or fear, anxiety or dominance. I will often zoom in close to the competitors during matwork, when things typically move a little more slowly than standing techniques, to show close-ups of straining faces, arms, and hands, locked in tough physical combat. And occasionally I'll get the spectacular shot of uke in the air, but I can't count on it, and have to include these other components of the day's shoot to tell the story. (Figs. 11-14)

It's easy to just shoot and shoot and shoot pictures, but are you going to have material at the end of the day that will allow you to show what you want? Even (or especially) if you are just getting started at this, try to create a shot list to remind yourself what photos to get that will create your story. The pros do this to ensure that their editors will have a good selection of images from which to choose, so why



(Fig.5)



(Fig.6)



(Fig.7)



(Fig.8)



(Fig.9)



shouldn't you do the same? Your shot list will help you be more efficient and effective than just shooting randomly, and you'll be able to add those candid, unplanned shots to make your story even more personal and real.

When you shoot lots of pictures, inevitably a number of them will be of poor quality, with missed focus, extreme exposure errors, unintended blur, an ambiguous subject, etc. In general it's good to use the good ones that really contribute to the photographic narrative, but remember that blurred photos can suggest motion, and even other "mistakes" such as missed focus and unclear subject matter can contribute to the visual sensations that you are trying to communicate

An important rule to follow is: Don't take your eye from the camera's viewfinder or LCD screen after the winning technique. If you keep focused on the athlete, you will get some hugely emotive shots of his or her expressions and signs of triumph, or the loss and disappointment of the defeated competitor. And don't forget the coaches' expressions and behavior, the celebrations at the edge of the mat after a winning performance, as well as the telling body language of the judoka standing alone against the far wall behind the stands after a devastating loss. (Figs. 15-18)

An important part of developing your photographic story is the level of access that you have. If you are in the stands 20 meters from the action, it's not going to be easy to get anything but venue shots. So you have to get up and roam around. Take pictures of the registration table and your athlete signing in, the folks at the weigh-in, the posted draws, and so on.

At local tournaments, it is easy to simply walk around and go just about anywhere you want to go to get a picture. But as you attend more regional, national, and certainly international tournaments, it is progressively more difficult to do so without special accreditation. So whenever you are at a regional event, introduce yourself to the tournament director, and ask permission to take pictures at the side of the mat and throughout the area of activity on the venue floor. At national events, request that accreditation several weeks beforehand, so you know whether you can get access to develop that story.

Does this seem to be too much of a hassle? To take all these pictures? To create a story that you want to tell? I can assure you that when you get back home and are reviewing your images and getting your slide show ready, you will marvel at how creating the story of the day's events will be not only much more rewarding to you and descriptive to your viewers, but how, in the future, it will easily take you and your special judoka back to that place and time that others thought it wasn't worth the hassle, but you (and your family) are oh-so-glad you did it. (Fig. 19)

The author is the President of Shufu Yudanshakai and an instructor at College Park Judo Club, Maryland. His contact information is charles.medani@gmail.com.



(Fig.10)



(Fig.11)



(Fig.12)



(Fig.13)

Photography (CONTINUED)



(Fig.14)



(Fig.15)



(Fig.17)



(Fig.18)



(Fig.19)



(Fig.16)



United States Judo Federation

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Kayla Harrison **(CONTINUED)**

feeds on the silence. It feeds on this silence because we're too ashamed and it's such a taboo in our society that we can't talk about what happened to us or we're too ashamed as victims. The only way to end it is to talk about it, so that's why basically, since the Olympics, I haven't shut up and I don't plan on shutting up anytime soon.

"The second part of the foundation is a clothing line that I started with Fuji Sports, called the Fearless collection. And we created a headband, and 100% of the profit from the sale of the headbands goes to the foundation.

"Lastly, the biggest thing that changed my life, besides the people that were in it, was judo. It's no secret that without judo, I'm afraid to say where I might have been today. It was that 'thing' that I had in my life that I could go to and just focus on and not worry about my past, not worry about who was looking at me or what people were saying about me or what was going on in my life. Psychologists call that "mastery". For me it was judo but for someone else it might be tennis, it might be knitting, it might be painting.

"We're creating a judo program in Boston for survivors of sexual abuse where they can come and do judo once a week and just be kids – and

just learn a sport and have something in their life that gives them confidence and makes them feel whole again.

"But my goal is for it not to be just judo, but tennis, and knitting, and painting, and eventually it will be so much bigger than me and so much wider and have such a great impact that it changes our society and hopefully our world so it's not one in four, or one in six, but a much smaller number. That's my goal for the foundation – that's what I'm trying to accomplish."

Standing with Kayla Harrison while she explained her goals, I felt the power and zeal that she emanates. My sense is that she will not be denied in her quest for this change in how our society treats child sexual abuse. It was a special feeling not unlike holding an Olympic gold medal for the first time. Only much stronger and more compelling.

Check out Kayla's Fearless foundation at <http://kaylaharrison.com/foundation>.