

OHIO JUDO NEWS

JANUARY, FEBRUARY, MARCH 1984

An Official Publication of Ohio State Judo, Inc.

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*extension of term until Athletes Council changes their reps.

OHIO JUDO PLAYER TO BE ON TV

Hilltop YMCA judoist, eleven year old Molly See will be the subject of a ten minute segment on nationally syndicated television show, "Kids World". The segment will be entitled "Judo Champion" and will show Molly in action at the judo club, on the soccer field and at school. Molly was the USJA National Champion in 1981 and 1982 and runner-up in 1983. She has been practicing with Fritz Goss at the Hilltop Y since she was six. It's nice to see our competitors, our sport and our ladies getting the attention they The show will be broadcast twice, once in April and again next October.

FORMER OHIOAN IS COACH OF PERMANENT JUDO CAMP AT OTC

John Saylor, former competitor and coach from Ohio, was recently elected Coach of the Permanent Judo Camp at the U.S. Olympic Training Center in Colorado Springs, Co. Many of America's top athletes live at the OTC and John has now been given the responsibility of training these judo competitors.

John is well remembered in Ohio for his competitive ability. attaining 1st Place in the 209# Division at the 1978 Senior National Championships held in Chicago, Il., thus becoming first male Senior National Champion. John also helped train others in the state of Ohio. including many junior competitors at the Hilltop YMCA Judo Club, of which he was coach.

OHIOAN PLACES AT U.S. OPEN

Gloria Staples, a member of the Ohio State University Judo Club, competed in the 1983 U.S. Open Judo Championships held in Colorado Springs. She placed third in the 145 pound division, bringing home a Bronze Medal. The event brought in 12 foreign teams, including several World and Olympic Champions. Congratulations, Gloria, on both your success and the way you represented our state.

TOURNAMENTS WITHOUT CONTESTANTS? An Opinion by Doug Sherman

Tournaments without contestants just wouldn't be. So why aren't we trying to enforce fair play? Why are we not allowing ourselves to be controled under the existing rules of our sport? What I am saying is that there is a lack of new knowledgeable referees! Referee clinics are sponsored and held but participants are lacking. The same small group attends. The same referees donate their time, tournament after tournament. Where is the new generation of officials?

I like to coach my own son and students, but how can I if I'm busy being a referee? My position is strong, as you can clearly see. Let's get more people to share the responsibility - or let's not hold any contests!

Recently I've taken over the instruction of an old club. The first question I was asked by a parent was: "Do you attend tournaments and coach your students?" When three different parents ask the same question I must stop and reflect — should I neglect my coaching responsibility in order to referee? What do I say to my own son, Scott, who wins when he has a coach and has more difficulty without that extra help. My answer is simple: "When my students play I'll make every effort to coach, but if I'm already on the mat refereeing they must do it on their own, using what I've taught them in order to do their best. If I find that 90% of the time my students have no coach, then I would be forced to come without tie and jacket (which many others use as their crutch to get out of refereeing).

Of all the excuses I know, have heard and have used, there is really only one that could be considered acceptable - the person doesn't referee because they don't care about judo. Even those who are poorly qualified but get out and referee (sometimes making mistakes), trying to improve themselves, are of greater worth than the bunch of instructors/coaches who aren't properly dressed and can't spare a few minutes to relieve those who spend all day out on the mat.

Let's stop pushing out this manure and vote for a Dan requirement of more referee time to get promoted to higher rank. Let's require every club that has a member playing in any tournament provide a referee, timer, or scorer or just not let that club enter. This may sound tough but it's never easy to move mountains. If you are a Black Belt you have no excuse. If you are a Brown Belt you should already be helping as a timer, scorekeeper, etc and should be studying refereeing. If you are a lower kyu you should be attending clinics with the rest of the group.

Let's do this in 1984 and stop hiding from our responsibilities!

FORMER OHIOAN IN FLORIDA NEWS

Judo is not a household word in every community but a Yonkvu in Tampa. Florida is helping to build a wholesome image of our sport in that city. Sister Mary Hilaire Tavenner (formerly of the Shodokan/Lorain Y Judo club, Ohio) was the subject of a human interest story covered by both the Tampa Tribune and the local TV. For those of you who did not know this special judoka, she is a nun-currently a seventh grade teacher at Incarnation Catholic School. She is currently a member of the Florida School of Judo where instructor Ed Maley nicknamed her "Sister Toughie".

Sister Mary Hilaire recalled in the article her introduction to judo, while she was involved in the swimming program at the Lorain YMCA, and her competitive experiences in Ohio. She says of judo: "I know it helps me be a better sister. It teaches me humility. There is a spiritualism to judo. What happens on that mat is a microcosm of the world."

In a note from Sister Mary Hilaire Tavenner she sent her greetings to her Ohio friends and especially wanted to thank Mr. Les Fazekas, instructor of the Lorain Y/Shodokan Judo Club, for "his sincere love for judo, his expert instruction and his dedication to the pursuit of judo". It was good to hear from her and as the article stated: "Give 'em heaven, sister!"



OSJI PROMOTIONS THRU 3/31/84

TO SHODAN Virgil Goodwine - Ohio State Univ David Rumpler - Hamilton Richard Dittrich - Shodokan David High - Parks Judo Margaret Goldberg - Parks Judo Bob Plazzo - Parks Judo TO IKKYLL Denver Gray - Hamilton Angie Bensley - Gahanna TO NIKYU Hong Sok Hwang - Hamilton TO SANKYU Lisa Saum - Lima TO YONKYLL Lou Young - Kittyhawk Michael Glynn - Renshuden TO GOKYU Van Adams - Kittyhawk Alva Bowman - Lima Bonnie Askins - Lima Stella Herrera - Lima Randy Kennedy - Lima JR-7 Chuck Rhoads - Kittyhawk JR-6 Jeff Thompson - Renshuden Kathleen Doyle - Renshuden JR-5 Desmond Wong - Kittyhawk Sherman Wong - Kittyhawk JR-4 Carrie Glynn - Renshuden Daniel Doyle - Renshuden Mark Sarnow - Kittyhawk Damon Parker - Renshuden JR-3 Raymond Wong - Kittyhawk Jeff D'Allessandris - Kittyhawk Jav Weiland - Renshuden James Rachal - Renshuden Joshua Askins - Lima Kane Sutton - Lima Sean Stewart - Renshuden Scott Stewart - Renshuden Matt Haines - Renshuden Renee Rayburn - Renshuden Kimberly Rayburn - Renshuden JR-2 Jim Devins - Kittyhawk Robbie Kowalski - Kittyhawk Reggie Allen - Kittyhawk Dustin Clemens - Kittyhawk

Frankie Mayernick - Kittyhawk

Carrie Wieland - Renshuden Scott Stevenson - Renshuden Bill Leis - Lima Wayne Karcz - Lima Karl Turner - Lima Brian Swickrath - Lima

A POINT OF VIEW

from Don E. Speakman

In the June 1983 issue of the OSJI Newsletter, Frank Herzog wrote an article discussing several points about American judo. One of the issues he touched upon had to do with armbar techniques and the injuries sustained through their application. I would like to add some comments concerning this area of judo.

For many years, teaching the use of armbars was limited to Black Belt Judokas. This tradition was handed down directly from the Kodokan and was made part of the rules governing judo matches; this rule was enforced throughout the U.S.A.

The rationale behind such a rule was sound and logical. Armbars were recognized as being high risk techniques, where misapplication could easily lead to permanent injury. It was considered, therefore, to be a waza that was to be reserved for the more mature, highly trained and experienced player. All Kyu grades were automatically prohibited from its use. This included Black Belts when matched against a Kyu grade.

Within recent years, this traditional, common sense rule has been replaced by one that allows Kyu grades to apply armbars. The only rationale put forth for this change is that we now conform to international style of play.

I would like to suggest that, locally, there looms in the background the potential for a dandy liability lawsuit against instructors that teach armbars to Kyu grades, and for tournament directors that allow them to be used in shiais. A good lawyer would have a field day, I suspect, questioning medical experts about the effects of locking the elbow joint, and, questioning an instructor as to his knowledge of any research that led to the change in the rules.

I would strongly suggest a re-adoption of the traditional rule for use of the armbar in all OSJI shiais.

Another technique that was not in use in past years and is now allowed on the mats is the front double-leg pick-up. As if there are not enough throwing techniques to choose from for mastering, this particular waza was a self-defense move and offers lots of opportunity for spinal and tail-bone injuries.

As the blind lead the sheep down the primrose path of self-destruction, the element of common sense seems to have been left behind in the shed.

1984 OSJI STATE JUDO CHAMPIONS CROWNED

The following judoka are the State Champions in their respective divisions for 1984:

SENIORS

Rvan Edwards - Springfield - Men 171 Chris Borohese - Ohio State Univ - Men 132 Hono Sok Hwano - Hamilton - Men 143 Frank Herzog - Hamilton - Men 156 Mark Curry - DAMAC - Men 172 Fritz Goss - Hillton - Men 189 Dennis Eldridge - Shodokan - Men 209 David Rumpler - Hamilton - Men Over 209 Virgil Goodwine - Ohio State U - Men Open Janet Grav - Hamilton - Women 106 Brenda Crouthers - Ohio State U - Women 114 Carrie Houser - Hillton - Women 123 Ann Fazekas - Shodokan - Women 134 Gloria Staples - Ohio State U - Women 145 Toni Barnes - Shodokan - Women 158 Karen Kniffin - Kittyhawk - Women Open

JUNIORS

Jason Rachel - Mansfield - Boys & Lt. Steven Hardy - Hilltop - Boys 6 Hvv. Steve Hensley - Hamilton - Boys 7 lt. Michael Spencer - DAMAC - Boys 7 Hvv. Sherman Wong - Kittyhawk - Boys 8 Lt. Jason Webb - Delaware - Boys 8 Hyv. Ottis Compton - Hilltop - Boys 9 Lt. Danny Edwards - Shodokan - Boys 9 Hvv. Aaron Ray - Hillton - Boys 10 Lt. Bryan Dall - Shodokan - Boys 10 Hvy. Chris Autenrieth - Hillton - Boys 11 lt. Chuck Rhoads - Kittyhawk - Boys 11 Hvv. Jason Cramer - Hamilton - Boys 12 Lt. Brian Smith - DAMAC - Boys 12 Hvv. Craiq Wiseman - Hamilton - Boys 13 Lt. Greg Kyser - Hilltop - Boys 13 Hvv. Todd Hayden - DAMAC - Boys 14 Lt. Hono Sok Hwano - Hamilton - Boys 14 Hvv. Richard Hofmann - Hilltop - Boys 15 Lt. Jeff Thompson - Renshuden - Boys 15 Hvy. Brian Brinker - MidEast - Boys 16 Lt. Billy Joe Dulin - OSU - Boys 16 Hyv. Ryan Edwards - Springfield - Men 132 Richard Dittrich - shodokan - Men 143 Duane Eldridge - Shodokan - Men 156 Bret Cramer - Hamilton - Men 172 Shawn Sutter - Kittyhawk - Men 189 Tanya Moysaenko - Miami Co - 6 7&8 under 55 Faith Askins - Lima - 6 7%8 56-70

Chassie Armstrong - Martial Y Arts - 6 9&10 under 65
Traphena Neidemire - Lima - 6 9&10 66-80
Amv Hardv - Hilltop - 6 9&10 81-95
Vanetta Starcher - Mansfield Y - 6 11&12 under 70
Lorey Edwards - Shodokan - 6 11&12 71-85
Kristen Eddy - MidEast - 6 11&12 86-100
Sharon Iacovone - Worthington - 6 11&12 101-120
Ann Fazekas - Shodokan - 6 13&14 121-135
Karen Cole - Sraid - 6 13&14 136-150
Janet Gray - Hamilton - 6 15&16 under 105
Carrie Houser - Hilltop - 6 15&16 106-120
Angie Bensley - OSU - 6 15&16 121-135
Lynda Smith - Gahanna - Women 134



ATTEND JUDO CAMP

Plan Ahead Two Camps To Choose From

June 10 - June 16, 1984
MOREHEAD STATE UNIV
JUDO SUMMER CAMP

and

June 16 - June 23, 1984
CAMP SHODOKAN SUMMER
JUDO TRAINING CAMP

JUDO TRAINING TIPS

by Fritz Goss

Judo drills should be "specific" to judo. This term means that the excercises and drills that you do should be as similar as possible to the actual movements that you do in judo. An example of a good conditioning drill which is very specific to judo: jumpino sideways over a partner who is lying on his or her stomach next to you. The person doing the drill hops sideways back and forth over the partner for 20 to 45 seconds, depending on the condition of the athlete.

How is this a "specific" drill? It works on the springing, explosive power of the legs, balance during movement and the actual movement of both legs sideways at the same time. All of these are requirements of various throws. While you are developing these aspects of your judo skills, you are also improving your conditioning.

Any exercise you do in your club should meet one or more of the following requirements: it builds stamina; it increases strength; it increases flexibility; it increases skill. Examine the exercises you do in your judo club. yourself. "Why do we do this exercise?" If it does not fit into one of these areas, perhaps you should modify or eliminate this exercise. "Because we have always done them", is not a reason for continuing to waste your time. Make the most of your time in the doio.

For a great reference on this subject, CHAMPIONSHIP JUDO DRILL TRAINING, by 1964 Judo Olympian Ben Campbell is excellent.

For the past four years Mrs. Linda Hardy of the Hilltop YMCA Judo Club was a dutiful judo mom. driving her three kids. Scott, Amy and Steve, (ages 12, 9, and 6) to every practice from Mt. Sterling to Columbus, a 60 mile round trip. When the Hilltop Club offered adult Judo for the first time last spring. Mrs. Hardy was the first to sign up. She had been competitive swimmer in high school and always enjoyed competing, even though she had had a 13 year hiatus from training. This fall Mrs. Hardy began training seriously with small group of senior Y competitors which included her son Scott. She has competed in three tournaments this fall, winning all three and running up an undefeated record of 11-0. Congratulations to Mrs. Hardy! Judo moms of the world....suit up!

1983 YMCA NATIONAL CHAMPIONSHIPS

The Lorain Y/Shodokan Judo Club participated in the 1983 YMCA Nationals held in Philadelphia with the following results:

Chris Eldridge - 1st Place - Boys 7-8 Lt.

Jim Gullickson - 1st Place - Boys 10-12 hvy.

Lorie Edwards - 1st Place - Girls 11-12 Lt.

Ann Fazekas - 1st Place - Girls 13-16 over 130 lb.

Ray Ecobichon - 1st Place - Masters lt.

Rich Dittrich - 1st Place - Men 143 lb.

Dennis Eldridge - 2nd Place - Men 209 lb.

Toni Barnes - 2nd Place - Women 158 lb.

PLEASE SEND

Photos Articles Shiai Results Club News Etc....

TO: Russ Scherer
Editor - OHIO JUDO NEWS
791 Merrick Place
Xenia, Ohio 45385

For inclusion in upcoming issues.

ALL EVENTS CALENDAR

04-06-84	DEADLINE FOR APPLICATION FOR PROMOTION TO NIDAN OR ABOVE FOR SPRING PROMOTIONAL (4-14-84)-ALL FORMS AND \$5 APPLICATION					
04-07-84	FEE MUST BE SENT TO: CONTACT: JIM NICHOLS 614-422-6261 JUDO CLINIC BY GEORGE HARRIS- DELAWARE HAYES HIGH SCHOOL 10:00AM-4:00PM;\$8-SENIORS,\$6-JUNIORS,\$2-SPECTATORS;SANCTION-					
04-08-84	OSJI;\$2 DISC.BY APR1 CONTACT:DOUG SHERMAN 614-262-5729 LIMA INVITATIONAL SHIAI-LIMA, BRANCH-OSU,LIMA,OH-PREREG.\$8BY APR.4-\$10 AT DOOR;2 ELIM;PLAQUES-1ST,2ND,3RD;JR REG 9-10:30,					
04-08-84	SR REG 10:30-1:00PM CONTACT:GERALD CONKLE 419-648-6091 YORKVILLE SHIAI-YORKVILLE H.S., SOMONAUK ST., YORKVILLE, IL\$6, WEIGH-IN:JRS-10-11:30AM; SRS-UNTIL 1:30PM-2 ELIM-NOVICE&ADV					
04-14-84	CONTACT:EDWARD BOON 312-553-5731 OHIO HIGH SCHOOL CHAMPIONSHIPS-KITTYHAWK GYM(NEW), WPAFB, OHIO 9TH-12TH GRADE; BOYS&GIRLS MOD. 2 ELIM; OHIO RESIDENTS ONLY; \$7					
04-14-84	REGIST: 9-10:00 AM CONTACT: RUSS SCHERER 513-429-22 OSJI QUARTERLY SHIAI-KITTYHAWK GYM, WPAFB, OH; MEN/WOMEN/BOYS GIRLS; SRS (RANK&WEIGHT); FOOL ELIMINATIONS; CERTIFICATES; \$3;					
04-14-84	REG:JR-9-11AM, SR11-1 CONTACT: RUSS SCHERER 513-429-2282 OSJI SPRING PROMOTIONAL SHIAI AND TESTING-KITTYHAWKGYM, WPAFB PREREGISTRATION REQUIRED SAME SITE AS OHIO H.S.CHAMPS					
04-14-84	BE THERE BY 9:00AM CONTACT: JIM NICHOLS 614-444-666 KONAN PROMOTIONAL CLINIC-YAMAGA-MICHIGAN					
04-14-84	CONTACT: JIM CORNFORTH PURDUE UNIV SENIOR INVIT SHIAI-COREC BLDG, PURDUE UNIV, LAFAY- ETTE, INDIANA-DOUBLE ELIM-\$10-WH/BR/BL-MEN(140, 160, 180, 200, 0) WOMEN(110, 125, 140, 0) MIN AGE-17; 10:30-12 REG 317-742-7224 NEW CASTLE YMCA SHIAI-20 WEST WASHINGTON ST, NEW CASTLE, PA-\$6 GOOD PT SYST-REGIST: 9-11:00AM-SRS(WH, BR, BL) L, M, H (MEN) - WOMEN L, M, H-BOYS: 2YR(L, H) CONTACT: AL BATTISTON 412-656-8723					
04-15-84						
04-25-84 TO 04-26-84	USJI SPRING NATIONAL MEETING- SHERATON WORLD, ORLANDO, FLORIDA					
04-26-84 TO 04-28-84						
05-04-84 T0 05-05-84	NATIONAL HIGH SCHOOL CHAMFIONSHIPS-HONOLULU, HI-HAWAIIAN MONARCH HOTEL-TOURNY DIRECTOR: ERIC NAKAGAWA, (808) 247-1714 CONTACT: RUSS SCHERER 513-429-228					
05-06-84	MICH. STATE UNIV INVIT SHIAI- MSU, MICHIGAN					
05-06-84	CONTACT:MR. JAY KIM IRVING PARK YMCA INVIT. SHIAI-4251 W. IRVING PARK RD, CHICAGO IL.					
05-12-84	OHIO JUNIOR OLYMPICS-RAVENA H.S., KENT, OHIO					
	CONTACT:KIEL SOON PARK 216-666-4483 KONAN ANNUAL MEETING-PROMOTIONAL/DINNER-JACKSON, MICHIGAN					
AND 05-20-84	CONTACT: JIM CORNFORTH					

	PAGE 2					
05-20-84	TOLEDO INVITATIONAL SHIAI-INDIANA YMCA HOST-JR & SR					
05-26-84						
TO 05-27-84						
06-03-84	CONTACT: RUSS SCHERER 513-429-2282 CHICAGO OPEN - GLENBARD EAST HIGH SCHOOL, 1014 S. MAIN ST., LOMBARD, IL.					
06-10-84 TO 06-16-84	CONTACT: RUSS SCHERER 513-429-2282 MOREHEAD STATE UNIV JUDO CAMP - JRS & SRS - COMPETITION TECH PROMO REQ, REFEREEING, KATA, ETC-CAHILL, CELOTTO, BAKER, STOOPS,					
06-16-84	CAMP SHODOKAN - LORAIN, OHIO \$125; CHECK-IN 2-4PM(6/16/84)					
06-28-84	USJF JUNIOR NATIONALS-ODESSA COLLEGE SPORTS FACILITY (ODESSA HILTON-HQS) -\$15-ENTRY DEADLINE: 04-11-84-PEGIST-THURCARM AND					
07-05-84 TO 07-07-84	5 BAD POINT (9-20YR) CONTACT: DALE LEHMAN USJA JUNIOR NATIONALS-SPOKANE, WASHINGTON-					
08-04-84 TO 08-11-84	OLYMPIC GAMES - LOS ANGELES, CALIFORNIA					
08-11-84 TO 08-19-84	JOSHI ELITE FEMALE TRAINING CAMP-OTC, COLORADO SPRINGS, CO.					
08-17-84 TO 08-19-84	CONTACT: RUSS SCHERER 513-429-2282 NATIONAL JUNIOR OLYMPIC JUDO CHAMPIONSHIPS-DAYTON CONVENTION CENTER, DAYTON, OHIO-AGES 6-20 -\$15-MOD.2 ELIM-INTERNATIONAL					
10-07-84	AGE/WT DIV. CONTACT: RUSS SCHERER 513-429-2282 BRITISH OPEN FOR WOMEN-LONDON, ENGLAND					
10-13-84 TO 10-14-84	CONTACT: FRANK FULLERTON GREAT NORTHEASTERN OPEN YMCA CHAMPIONSHIPS-UTICA, NEW YORK					
	CONTACT: RUSS SCHERER 513-429-2282 1984 YMCA NATIONALS-LORAIN CO. COMMUNITY COLL, 1005 N. ABBE RD ELYRIA, OH-ENTRY DEADLINE: 10/15/84-\$12-WEIGH-IN: 86-9/G6-12(8-					
The same of the sa	9AM); MEN/WOMEN(SUN.) CONTACT: LES FAZEKAS 216-986-6683 U.S. OPEN TRAINING CAMP-OTC, COLORADO SPRINGS, CO.					
11-14-84 TO 11-16-84	CONTACT: FRANK FULLERTON USJI FALL MEETING-OTC, COLORADO SPRINGS, CO.					
11-16-84 TO 11-18-84	CONTACT: FRANK FULLERTON J.S.OPEN CHAMPIONSHIPS-OTC, COLORADO SPRINGS, CO.					
	CONTACT: RUSS SCHERER 513-429-2282					

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