

JUDO BC DIGEST

Winter 2004



Above: Judo BC members were recently treated to an impromptu clinic by Canadian judo legend Brad Farrow

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Craig Robinson

NCCP Chair

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CALENDAR OF EVENTS

2004			
DATE	TOURNAMENT	PLACE	CONTACT
February 7	Kamloops Open	Kamloops, BC	Les Kotani 250-579-5977
February 7	Northern BC Winter Games	Kitimat, BC	Aline.Strasdin@gems6.gov.bc.ca
February 21	Pacific International Sr.	Steveston, BC	ken_takahashi@telus.net
February 22-24	IJF Junior National Training Camp	Steveston, BC	www.judobc.ca
February 26-28	BC Winter Games	Port Alberni, BC	hkboas@telus.net
February 28	Spirit International	Vancouver, BC	nishih@hotmail.com
March 13	Langley Open	Langley, BC	fvdraftingservices@shaw.ca
April 3	BC Open	Kelowna, BC	sandymorris@shaw.ca
April 24	Kootenay Open	Cranbrook, BC	johnstons@cyberlink.bc.ca
April 24	Prince George Open	Prince George, BC	Aline.Strasdin@gems6.gov.bc.ca
May 8-9	Senior National Championships	Toronto, Ontario	info@judo.on.ca
May 15	Vernon 60 th Anniversary Shiai	Vernon, BC	judosmith@telus.net
June	Annual General Meeting	Richmond, BC	judobc@telus.net
July 3-4	Junior National Championships	Kelowna, BC	sandymorris@shaw.ca

If you have any changes or additions to the Calendar of Events, please contact the Judo BC office.

Judo BC does not endorse or recommend all opinions that may be expressed herein. The opinions expressed herein are not necessarily the opinions or policy of Judo BC, its members or the Judo BC Executive or its committee

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President's Report

Submitted by: Dave Magnusson

This issue of the *Judo Digest* contains a copy of the 'Mudansha Plan' as proposed by the Judo Canada President, Mr. Serge Piquette. This plan was presented to and first reviewed by a committee composed of representatives of all regions of Canada. I was a member of this committee. The committee was generally in favour of the proposal put forth by the Plan, but felt that much of the detail has yet to be perfected. I will not repeat the details of the Plan as I expect that you will read the President's proposal in some detail. However, I would like to provide a few comments.

The Plan, as currently presented, is by no means perfect. It has had several reviews and several more are needed. The implementation of the Mudansha Plan will cost money, and that is simply a fact of life. However, the cost per judoka is not great when you consider the benefits of having a strong national organization.

Fundamental to the Mudansha Plan is Mr. Piquette's belief that if Judo is to flourish in Canada, it must be strong at the club, provincial and national levels. In addition, all who practice Judo must be represented at each level. This plan has two main thrusts: to restructure the membership categories in Judo Canada to include all who practice Judo, and to strengthen the national organization. I believe all who practice Judo have a right and should be members of Judo Canada. I also believe that our national organization must carry the voice of all Judoka in Canada when it competes with other organizations for sponsorship, national focus, government funding and simply a chance to be seen among other sports. This is what Mr. Piquette is proposing in his Mudansha Plan. In addition, if our clubs and provincial organization are to be successful, we must have a strong national organization. I would urge you to support the concept of this plan and not be overly critical of the details, as the people reviewing the plan will be charged with that task.

Sincerely,

Dave Magnusson
President

Executive Director

Submitted by: Renée Hock

Judo BC members have been hard at work supporting, participating in, and enjoying a variety of events and activities throughout the province.

In December, the Abbotsford Judo Club in collaboration with Judo BC and Mr. Bruce Kamstra, hosted our annual Christmas Camp. The event provided our judoka with an opportunity to come together for training over the holidays, and to prepare for the upcoming competitive judo season.

This month Judo BC will be involved in an unprecedented number of events including the Northern BC Winter Games in Kitimat, and the BC Winter Games in Port Alberni. At this time it is important to recognize and thank our Provincial Advisors Ms. Aline Strasdin and Mr. Hank Boas, for their tireless efforts and preparation leading up to these events. These games play a critical role in our athlete development model, and the consistency that we've been able to maintain in providing these programs to our membership has been the foundation for our success at higher levels of competition.

Judo BC has been successful at hosting a number of high profile events, and a symbol of this achievement is that judo legend Nicolas Gill will be in attendance at this year's Pacific International Senior competition. Following this event, Junior National Coach Jean-Pierre Cantin will host a three day training camp open to all paid up members of Judo BC at the Steveston Judo Club.

Speaking of judo legends, ever heard of Brad Farrow? If not, you should have. Brad is a 6th degree black belt in judo who began practicing (we won't say when) at the Steveston Judo Club. From there, Brad went on to win 11 National championships, represent Canada at 3 Olympic Games, and 6 World Championships. Recently, Brad was in town for a business meeting and attended practice at the Steveston Judo Club. Members were treated to an amazing clinic, and we are currently attempting to secure another clinic date with Brad that would be open to all members of Judo BC.

Through the Vision 2004 audit, the Executive is currently in the process of developing a strategic plan for our organization for the next quadrennial cycle. This process will greatly assist us in helping to identify challenges and opportunities within our current organizational structure and provide the framework for us to maximize our growth and development over the next four years.

Finally, it is important for all membership to take note that due to the increasing problems related to email communication, the most updated and accurate information is available on our web site at www.judobc.ca. Members are therefore advised to visit the site regularly to ensure that you are receiving the most up to date information.

Best of luck to all of you preparing to host and/or participate in our upcoming events. I look forward to seeing you there.

Sincerely,

Renée Hock

Judo Canada

Prepared by: Serge Piquette A. Piquette, President, Judo Canada

The following report is one of the current major topics of discussion among the Judo Canada Executive, and has been included in this issue of the digest for your information:

It is important to remember that Judo Canada is, in fact, an association composed solely of black belt members, and provides services only to these members. However, at the last Annual General Meeting held in June 2003, the Board of Governors voted unanimously to accept in principle the proposal of welcoming non-black belt judoka affiliated with accredited provincial associations as members of Judo Canada.

Following this decision, it was agreed that a committee would submit to the Board of Governors a plan outlining the inclusion of Mudansha members in our corporate structure, and how they would benefit from the Judo Canada services to which they would be entitled.

Why should all judoka become members of Judo Canada?

Because the Canadian government demands that we be a Federation representing all practitioners of judo in Canada.

Because we have made the commitment to Sport Canada in our strategic plan to increase our membership.

To improve our level of self-financing and, at the same time, increase our level of financial support from the government.

The revenue gained from this endeavour would have a pan-Canadian ripple effect on the development of our sport: we would be able to assist all provinces and territories to develop more quickly through enhanced services and additional financial aid.

We would have one Canadian judo passport indicating provincial affiliation.

We could provide all Canadian judoka with access to a national network allowing online registration, as well as access to individual data on competition and technical accomplishments via a personal access code.

We would have the financial means to hire the personnel necessary to provide real services to our members.

We could establish a true partnership with the technical directors of our Canadian dojos; they are key to this project if the Mudansha plan is to be a global success.

The more members we are able to attract, the greater the possibility of establishing links with a major sponsor, as well as numerous regional sponsors; we must remember that there is great strength in numbers, strength that we should seek to exploit. This list could continue at length,

but what is most important is to believe in the possibility of this project; believing and working together are all that is necessary to see it materialize.

CLIENTELE

The current clientele of Judo Canada is exclusively judoka who have reached the level of black belt or higher. To this membership list we should add, from their first step onto the tatami, all judoka practising on our mats. We must make room for our visually impaired athletes, those practising self-defense techniques, and mature individuals seeking ways to protect themselves. We must make additional space for girls and women by adapting the sport to better suit their needs. Our dojos must become places where the tradition and evolution of our sport intersect. We owe it to ourselves to open our doors to the world by diversifying our pedagogical approaches and allowing all those interested to pursue our sport.

We must not forget that participants come to our dojos first and foremost to have fun, improve their health, feel safe, and learn a new sport while forgetting daily stresses. As you can see, you are surrounded by potential clients, clients that could increase the numbers in your dojo and, at the same time, increase the number of members affiliated with Judo Canada as well as your provincial and territorial organizations.

PROJECT AND IMPLICATIONS

All Canadian black belts and technical directors should embrace this plan. Collectively, we must believe that the additional membership fees requested by Judo Canada are not exaggerated or exorbitant. On the contrary, these fees are absolutely necessary for the national development of judo in Canada, and we believe that you have sufficient love for the sport to once again support what is, in fact, **THE FIRST REAL, GLOBAL PROJECT** that will, from its inception, involve all Canadian judoka.

I believe you all know that judo could live on for many years as it did in its early days. Even in the beginning, however, Master Jigoro Kano sent ambassadors throughout the world to promote his sport when he was not doing it himself. For all this time, judoka have assembled – as have those involved in other sports – to discuss among themselves ways to develop their sport and gain a more prominent place on the world stage. Whether we wish it or not, we are in competition with other sports and activities due to the fact that we are an internationally organized sport, an Olympic sport. We have a moral duty to organize ourselves and maintain our level of prestige, not only to honour our founder but also to honour all those Canadian judoka who have made lifelong contributions, enabling us to reach current levels of excellence.

CURRENT AND FUTURE SERVICES

Judo Canada is the only official organization recognized by international judo bodies (IFJ) and the International Olympic Committee. All reciprocal agreements with these partners constitute a part of the services Judo Canada provides to its members: maintenance of technical grading standards, presentation and development of coaching training programs, ensuring the quality and safety control mechanisms during national tournaments, etc...

But in the case of the Mudansha plan, Judo Canada would, in addition to its current responsibilities, take care of providing an online membership system to all provincial and

territorial partners, administer a pan-Canadian communications project, provide access numbers to dojo Technical Directors and all members regardless of age and rank, offer a development network to assist all judoka in reaching their desired level of technical skill, and provide training for master athletes in order to ensure the continuing, increasing competence of our judo instructors.

Above all, however, Judo Canada must aid in financing provincial and territorial projects designed to assist the development of judo. The more revenue Judo Canada is able to generate, the more redistribution it is able to facilitate, enhancing direct services to all members.

FINANCIAL ASPECTS

Judo Canada generates approximately \$140,000.00 annually. Nearly all of this sum is derived from membership fees paid by black belt members, and is insufficient to maintain the operation of the national office: 2 professional employees, 2 support staff, rent, telephone, electricity, insurance, and office supplies.

We are lucky to have government assistance; without it, we would not be able to stay in business. We must try to come as close as possible to complete operational independence. To do so, we would have to increase our level of self-financing to \$300,000.00 annually and, for the first year of our plan, we would require an additional \$150,000.00 in order to ensure the base capital necessary to establish the services required to launch the Mudansha project.

Everyone understands that we cannot promise a plan and lack the means to implement it. If we promise software, operations personnel, creation of a new passport or membership card, we must deliver. This is why we must ensure that the method of dues payment selected will be the one best suited to providing the funding necessary to launch the project and, naturally, maintain and improve it in the future.

THE BALANCE SHEET

Realistically, we estimate the membership potential of Judo Canada at 15,000 judoka. Our proposal would be to seek \$25.00/judoka to cover the cost of purchasing a Judo Canada passport and the first year's membership dues.

15,000 judoka x \$25.00 = \$375,000.00 Gross revenue, Sept. 1, 2004 – Aug. 31, 2005

For the same period, in order to compensate for the loss of revenue to provinces and territories that generated funding through the sale of provincial/territorial passports, Judo Canada proposes to return to the provincial/territorial associations \$5.00 for each member who submits payment to Judo Canada, and to ask provinces/territories to mail out to members the passports created and financed by Judo Canada.

Gross cost to compensate provinces/territories for lost revenue and mailing costs.
15,000 judoka x \$5.00 = \$75,000.00

Gross revenue, Year 1: approximately **\$300,000.00** 01/09/04 to 31/08/05

ESTIMATES: YEAR 1 EXPENDITURES

For the purchase and installation of the new software, we estimate a cost of:

\$75,000.00

Cost of new passport:

\$35,000.00

Cost of personnel and logistics of implementation:

\$60,000.00

Reserve fund for unexpected costs at this stage of project:

\$15,000.00

Total estimated costs for Year 1: 01-09-04 to 31-08-05

\$185,000.00

With membership sales to 15,000 judoka, there is the possibility of an operational surplus, adding cushion that could be utilized outside our regular operating budget to create a fund supporting provincial and territorial development projects.

Gross revenue minus return to provinces and territories
\$375,000.00 - \$75,000.00 = **\$300,000.00**

Estimated expenditures, Year 1 = **\$185,000.00**

Reserve fund = **\$115,000.00**

The security feature in this proposal is the initial \$25.00 membership payment to cover the first year and purchase of the Canadian passport; with this proposed amount, we could register only 10,000 members and still have enough funding to implement the project.

Example: 10,000 memberships x \$25.00 = \$250,000.00
 Less provincial/territorial return = \$50,000.00
 Remaining for project = \$175,000.00

With only minor adjustments, we would still be able to complete the project.

ESTIMATED REVENUE FOR SUBSEQUENT YEARS

We believe that the renewal potential for memberships is between 4,500 and 7,500 judoka annually. This includes only new judoka replacing judoka who join and leave the sport the same year. Note that it is important for us to make an effort to retain our members.

To satisfy a Sport Canada regulation, we must impose an annual Judo Canada membership fee of \$5.00.

Let us assume that each year 5,000 new members will purchase a Judo Canada passport.

Year 1: 5,000 judoka x \$25.00	\$ 125,000.00
Add to this 15,000 judoka x \$5.00 membership fee	\$ 75,000.00
Which represents gross revenue of	\$ 200,000.00
Revenue, Year 1	\$ 200,000.00
Less return to partners =	\$ 25,000.00
Remaining to Judo Canada, for inclusion in budget	\$ 175,000.00

These realistic estimates confirm that it is possible for Judo Canada to increase its level of self-funding to \$300,000.00 or more annually.

5 YEAR FINANCIAL PROJECTIONS

Remaining conservative with expenditures and revenue for the next 5 years, we believe that we can maintain the following levels:

Maintaining membership costs at today's level for the next 5 years and assuming a steady number of affiliated judoka (15,000 judoka), we can expect the following situation :

15,000 judoka x \$5.00 x 5 years	=	\$375,000.00
5,000 judoka x \$25.00 x 5 years	=	\$625,000.00
Revenue for 5 years	=	\$1,000,000.00

If we subtract from this figure the amount returned to our partners, we are left with more than \$875,000.00 to be added to our regular budgets.

However, this is a minimum level of self-financing, since we sincerely believe that we could increase our membership to 25,000 over the course of the next 5 years. This would add even more to our projected revenue and allow us to further invest in provincial and territorial development projects.

RESOURCES CONTRIBUTING TO THE SUCCESS OF THE PLAN

Judo Canada currently has more than 1,800 black belt members possessing extensive knowledge of our sport in the sporting, recreational and competitive arenas; these supporters will allow us to implement many projects designed to develop our sport on local, regional, provincial and national levels. Among these members are 400 technical directors who have attained at least PNCE Level 1. Through the quality of their instruction and love for judo, we are certain that these individuals will convince practitioners of the Mudansha plan's sound nature.

We also have over 1,000 volunteers across Canada who occupy administrative positions at the regional, provincial and national levels. We are certain that these individuals will put all of their energy and expertise into the implementation of our project.

We have significant expertise within our Judo Canada committees and commissions; our Executive Committee has proven its ability to make waves since its election. In addition, our Board of Governors has demonstrated its open-mindedness by voting unanimously to strike a committee to examine the feasibility of and present a project that would include Mudansha judoka as full members of Judo Canada. And what more can be said of the committee hard at work on the presentation of this Judo Canada membership plan for all Canadian judoka?

CONCLUSION

We believe it imperative that Judo Canada become a true National Judo Federation, representing all Canadian judoka. It is essential to the survival of our sport. Sport Canada financing guidelines demand that it be so.

This collaborative project will bring us closer and make us stronger in many ways; by working together toward a common objective, we are taking a significant step toward the unity of our Federation. By considering the needs of the collective above our personal conflicts, we break down the mistrust that sometimes separates us.

We have all the expertise necessary to make this project a reality. All we lack is the real willingness to proceed that can only be demonstrated through significant, concrete gestures made by each of us toward our new members. It is normal that there will be some resistance. We must make an effort to explain our actions to those who lacked time to follow the project from its beginnings. In particular, we must tell those who resist this step that the project is about the survival of the sport in which they have invested countless years of practice. Things may not necessarily be perfect from the start, but we believe that in the long run the vast majority of judoka will be very happy with the results.

Here, we wish to conclude this proposal in the hopes that 2004 will see the implementation of our membership plan for all Canadian judoka.

SUMMARY OF KEY POINTS

We propose an initial membership fee for non-black belt members of \$25.00; this amount will also include the cost of a Judo Canada passport.

We propose that an annual membership fee be charged to our non-black belt members. The proposed fee is \$5.00 annually.

We will offer the new passport at no cost to current passport holders. These members must, however, pay the \$5.00 Judo Canada membership fee.

We will offer Provincial and Territorial Associations with their own passports a return of \$5.00 per member to compensate for loss of revenue collected through the sale of these provincial and territorial passports.

In the case of a significant surplus in Year 1 (i.e.: \$50,000.00), it will be placed in a fund earmarked for special development projects.

We propose that the voting procedure for the membership plan be that outlined in the general bylaws of Judo Canada.

The general bylaws of provinces and territories, as well as those of Judo Canada will be revised, if necessary, during the 2004-2005 season.

We must decide whether we prefer a membership card or a passport.

We propose a change that would allow a 4-year mandate for our administrators, add an additional Vice-President (Maritimes) and Vice-President (Alberta), and add a member-at-large (chosen by the Executive Committee).

This concludes the plan as I envision it. I deliver it to you without pretension; please examine it closely. I hope that together we can find the best formula to sell this project to our colleagues. I would greatly appreciate you taking the time to read this document and prepare your questions/suggestions before our next meeting in order to aid us in reaching a final proposal.

Yours in sport,

SERGE A. PIQUETTE

Judo BC Team

A Recipe for Success

Submitted by: Renée Hock

If you used a quick show of hands to take a survey among athletes and asked “who wants to be a champion?” likely everyone would raise their hands. Of course, all athletes want to succeed in their sport. However, how many athletes are truly willing to make the commitment and follow the necessary steps required to achieve their goals?

What is truly required to achieve an element of success at the highest levels of competitive judo? This article details some of the major components that if considered in your training program will help to improve your chances at successfully attaining your competitive goals:

Commitment

Hard Work

Attitude

Mental Skills

Planning

Integration of skills

Outside Support

Nutrition & Hydration

Commitment

This is the first step to achieving success. Make a commitment to your goals in judo. This may be something as small as committing to go to practice three times a week instead of two, or something like developing a comprehensive training plan that incorporates all elements of your program. Either way, making this type of commitment will increase your confidence in competitive situations because you will **know** that you have invested more in your preparation than the majority of athletes that you will face in competition.

Hard Work

It is not enough just to show up for training. In my many years as a coach, I have seen a number of athletes who show up to practice regularly, but simply go through the motions of drills and even avoid challenging partners and situations that would greatly enhance the development of their skills. Later, these same individuals often become frustrated in tournament situations when they are unable to push their bodies to the limits demanded by competitive judo. They feel that because they have made the commitment to attend practice regularly, that this alone should provide them with the competitive results that they are hoping for.

However, the reality is this – the body cannot perform at a high level of intensity in competition if it has never previously been exposed to this level of intensity in a practice situation first. At practice we are training our bodies to prepare for competition. It is therefore important to understand that if we do not work hard at practice, we will not be able to achieve our desired performance outcome in a competitive situation. Maximizing opportunities to work hard at practice will maximize your chances of success in competition.

Attitude

It is critical for all athletes to seek to maintain a positive, open and flexible attitude within their training environment. Successful athletes know how to manipulate challenging situations and limited resources to their advantage. They are also constantly looking to outside sources for anything that will give them any type of a competitive edge.

For example, let's examine the situation where an athlete shows up for judo and only three other people are there. Some individuals in this situation would feel extremely frustrated. They may even choose not to stay for practice because they do not feel that training with three other people is worth their time. However, the successful athlete will make this situation work for them. Maybe they will work with one of the others and do a series of uchikomi and throwing drills. Or maybe they will do rotating rounds of randori with the people who are there. Either way, by remaining focused on **what they do have**, successful athletes are free to place their focus where it should be – on maximizing their performance.

Mental Skills

Mental skills are a key component of all competitive sports that are often overlooked. These include processes and skills such as goal setting, relaxation, visualization, emotional control, reflection, and assessment and adjustment of goals throughout the competitive season. The integration of these processes and development of these skills into your training program are critical to achieving top levels of performance in any sport.

Planning

To become a successful athlete in Canada most individuals are required to balance a variety of different activities including education, social, work, family, and training commitments. Time management skills become essential. Careful planning training activities around one's other commitments is the only way to achieve guaranteed success with so many other things to consider. The planning aspect trickles down to all areas of competitive judo. Elite athletes follow a quadrennial plan detailing their competitive activities and training cycles over a four year period. Provincial team athletes follow a yearly plan. These plans are then refined into some type of weekly training plan, and can be further broken down into plan for a particular judo practice, or even into a plan to deal with a specific situation – for example, a high left grip. Any way you look at it planning is a critical tool for success at any level in competitive judo.

Integration of Skills

Many athletes do a variety of cross training activities outside of their sport such as conditioning, strength training, mental training, flexibility, etc. However, it is important to coordinate these activities correctly so that they are all working together to achieve the common goal of training yourself to become the best possible competitive judo athlete that you can be.

For example, Athlete A does strength training 4x/week. They perform a series of 10-12 general strengthening exercises using machines that work the entire body. Athlete B does strength training 2x/week. Athlete B's program only includes 5 exercises using free weights – Squats, Bench Press, Rowing, Chin-ups & Clean & Jerk. Whose strength training program is more effective?

This is dependent on the goal, which in this case is to maximize our performance as a competitive judo athlete. The answer then is Athlete B, because this athlete has chosen exercises that directly simulate the movements in judo. For example, Squats simulate the explosive movement used when finishing a throw. Rowing and Bench Press simulate the pushing and pulling movements used to create kuzushi and/or to push our partner off of us when we are being held down. To execute chin-ups requires core strength, grip and forearm strength – so does judo. So remember, quality is better than quantity anytime. Think about this the next time you decide to do some cross training.

Outside Support

No matter how strong, well trained or emotionally together an athlete is, everyone experiences times of self-doubt, fear, stress, or just an overall inability to “cope” with the things going on around them. During these times it is important to have an outside support system, others who are there to support you at times when you are unable to provide this type of comfort for yourself. Often the people whom we may want to support us (i.e. parents, partners, etc.) are unable to provide us with the support that we need. It is important in these situations for us to recognize this. In these cases, it is necessary to actively seek out and identify others **who are able** to be the positive influences that you need to support you through these difficult times.

Nutrition & Hydration

I have often asked the athletes that I coach – “Are you willing to start a match and give the other competitor a wazari head start before you begin?” All of them of course reply “no”. Strangely enough though, this is the type of advantage that you are creating for your opponent when you do not fuel your body with the necessary nutrients and fluid intake that it requires to maximize performance in competitive situations. Whether it's showing up for the tournament dehydrated from excess weight loss, failing to replenish the level of glycogen that your body needs to perform, or simply consistently making poor food choices you are giving your opponent a HUGE advantage before the match has even begun. Being aware and making smart choices are the key to being successful in this area.

Conclusion

This article presents a number of different concepts that if considered in your training program will help to improve your chances at successfully attaining your competitive goals. There are no guarantees that in following these steps you will achieve all of your judo goals. However, if you do follow these steps you will maximize the chance of creating a competitive edge for yourself even before the competition has begun. Think about it. If someone offered you the chance to begin a match against your opponent with a wazari advantage would you take it? I just did....

Junior National Team

Submitted by: Tess Lanzarotta

From January 17-24 I was lucky enough to be selected to attend the USA Judo Winter Camp at the Olympic Training Center in Colorado Springs. Other members of our team included Christine Tsuyuki and Sacha Lamontagne (from BC), and eight other fighters from Quebec. Our coaches were the Canadian junior coach, JP Cantin, and BC's own Bruce Kamstra. Attending the camp were athletes from Puerto Rico, many of the top fighters from the states, and our team.

It was a lot different than other camps any of us had attended because we spent almost no time on technical work. In fact, one day we came to practice 45 minutes early just to work on some technique! With two practices a day, and almost no technical, the camp was very hard work. We did a minimum of about 2.5 hours of randori a day.

The countless rounds of randori paid off because by the end of the week I definitely felt like my judo was a lot sharper. I think we all got a lot out of the randori because we were constantly pushed to keep our intensity level high. Training with the top Americans and Puerto Ricans was a great experience because it allowed me the opportunity to see how my abilities compared to theirs and to try and figure out what I need to do to bring myself up to their level.

The Olympic Training Center was a really inspiring place because we were able to visit things like the Olympic Hall of Fame. Although, I think Sacha's favourite part was the statues. The facilities at the OTC are really outstanding. They have an excellent gym, great sports doctors, and even better food! If the scales hadn't been there to remind me I think I definitely could have gained a few kilos, even with training twice a day!

One of the things I enjoyed most about the week was the team spirit that developed between the Canadians. Maybe our famous BC Team spirit rubbed off on them, or it could have been Sacha's singing. Whatever the reason, even though we had all only known each other a few days, everyone cheered for each other and we all got along really well. You might even say we became "super friends".

Overall, my week in Colorado was a lot of hard work and a lot of fun, but most of all it was a great opportunity to push myself to train at a higher level. I hope I'll be fortunate enough to be able to go back and train there again someday.

NCCP

Submitted by: Ron Wright, NCCP Chair

Congratulations to Campbell River for organizing a great Technical 1 clinic and to Mr. Henry Boas for an extraordinary job of teaching (and even getting there, given the ferry strike). Maple Ridge was the setting for a very successful Theory A clinic held on January 10 and 11. This was the first time Theory A has been taught in BC- it is the replacement for the old Theory 1 course. By the time you read this, the Golden Ears Judo Club will have hosted a Theory B clinic as well. Thanks to all those who attended.

There is sometimes some confusion as to the process of becoming certified. Certification consists of three parts- Theory, Technical and Practical. The Theory component is strictly classroom-based and in the new NCCP program will be 12.25 hours (Theory A) and 13 hours for Theory B. The Technical part is a combination of classroom and dojo. The Practical component is the actual practice teaching that you do. Level One requires 60 hours of self-evaluated coaching (one evaluation every 20 hours). Level 2 is 120 hours of coaching that requires an evaluation every 30 hours by a Level 2 or higher certified coach- usually your head sensei. Both Level 1 and 2 have forms that must be filled out, signed, and submitted before full certification can be obtained. If you need any of these forms, please phone or email me and I will send them out.

Please note that the minimum age for receiving credit is 16.

This is an important message to all those who participated in the Level 3 Technical clinic in September. You need to get busy on your workbooks. What do you think this is- school? Seriously though- it is best to commit all your thoughts to paper before you forget all the wonderful things that you learned at the clinic.

I would like to thank all the Senseis who have participated in, and encouraged others to take, the NCCP clinics. I would also like to thank the Executive of Judo BC for their continuing recognition and support of the NCCP Program. It is through this spirit of cooperation and desire to improve that we can continue to grow and prosper. I would also like to give special recognition to Bob Orescanin who works so hard at encouraging potential coaches to participate in the clinics. Thanks Bobby!

If you have any questions or would like to host a Theory or Technical clinic, please contact me.

Ron Wright
604.467.8643
rwright14@shaw.ca

Judo BC Grading

Submitted by: Y. Inouye, Chairman Grading Board

The following Judokas were successful in their Kata examination on December 7, 2003 and were promoted to:

Shodan

James Southey
Justin Imagawa
Russell Mayert
Justin Jordan
Mark Shimizu

Sigurd Larsen
Sam Tam
David Lim
Alisha Morris

Richard Tan
Elco Gauw
Brian Hampson
Bruce Fingarson

Nidan

Roberto Mesiano

Yondan

Bruce Kamstra

Robert Sherman

Godan

Mark Tsuyuki
Barrie Aldrich

Bob Griechen
Ron Kuramoto

Rudi Mahler

Rokudan

Russell Ko

Judo BC Grading

Submitted by: Mr. Y. Inouye

Ikkyu candidates being examined for Shodan MUST include the current Yudansha fee.

1st quarter	\$50.00	2nd quarter	\$37.50
3rd quarter	25.00	4th quarter	12.50

Judo Canada fee includes Dan Diploma

Shodan	\$50.00	Nidan	\$60.00
Sandan	70.00	Yondan	80.00
Godan	90.00	Rokudan	100.00
Shichidan	150.00	Hachidan	200.00
Honourary	50.00		

Kodokan Diploma fees & Membership

Membership one time only \$125.00

Shodan	\$100.00	Nidan	\$125.00
Sandan	150.00	Yondan	220.00
Godan	325.00	Rokudan	575.00
Shichidan	700.00	Hachidan	950.00

Upcoming Kata Clinic

Submitted by: Mr. Y. Inouye

Nage-no-kata & Katame-no-kata will take place at the Steveston Martial Arts Centre.

Saturday April 17 9:30 - 12:00
 13:30 - 16:00

Sunday April 18 9:30 - 12:00

Fees - \$40.00 with registration. Must have a minimum of (10) participation two (2) weeks prior to the date of the Clinic or will be cancelled.

Contact:- Y. Inouye 250-652-2987
yinouye@telus.net

Art Nishi 604-278-0981
nishi8@telus.net



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Tournament Results

Ontario Open
Toronto Ontario
November 22nd – 23rd, 2003

Senior Men

Jakub Wasiela -73 kg 3rd

Senior Women

Kimi Suda -52 kg 2nd

IJF Junior Men

Blake Tsuyuki -60 kg 5th
Justin Imagawa - 73 kg 5th
Sacha Lamontagne -90 kg 1st

IJF Junior Women

Christine Tsuyuki -52 kg 2nd
Tess Lanzarotta -57 kg 1st
Karmen Larsen -57 kg 2nd
Jocelyn McGrandle -78 kg 1st
Kaitlyn Woodhouse -78 kg 3rd

Juvenile Girls

Lisa Nakajima -57 kg 3rd

Congratulations!

2003 Invermere Tournament Results

<i>Division #</i>	<i>Place</i>	<i>First Name</i>	<i>Last Name</i>	<i>Club</i>
01a	1	Parker	Kepke	Creston
01a	2	Joey	Bohdan	Invermere
01a	3	Nathan	Kopp	Invermere
02a	1	Parker	Garner	Raymond
02a	2	Jordy	Streicek	Invermere
02a	3	Mitchell	Westbrook	Raymond
02b	1	Ian	Redeker	Invermere
02b	2	Jonah	Neville	Invermere
02b	3	Michael	Kopp	Invermere
02d	1	Jasmine	Streicek	Invermere
02d	2	Marhyn	MacSteven	Invermere
02e	1	Zachary	Saunders	Invermere
02e	2	Kai	Striegel	Invermere
02e	3	Ethan	Colenutt	Raymond
02e	4	Tudor	Tulloch-Woods	Invermere
02f	1	Kenny	Bohdan	Invermere
02f	2	Sawyer	Logan	Invermere
02g	1	Makayla	Wilder	Invermere
02g	2	Jayme	Tallis	Invermere
02h	1	Taylor	Myren	Raymond
02h	2	Camille	Kepke	Creston
10	1	Amy	Miron	Ishi Yama
10	2	Samantha	Small	Invermere
10	3	Samantha	Olds	Raymond
11	1	Owen	Almquist	Raymond
11	2	Daniel	Ivers	Invermere
12a	1	Hayden	Logan	Invermere
12a	2	Leelen	Samuelson	Creston
12a	3	Casey	Hattersley	Raymond
12a	4	Erik	Davis	Ishi Yama
12b	1	Leland	Davidson	Invermere
12b	2	Ben	Voysey	Fernie
12c	1	Daniel	Yates	Raymond
12c	2	Jared	Ackroyd	Raymond
12c	3	Breton	Trask	Invermere
13	1	Peter	Bridge	Raymond
13	2	Max	Regitnig	Invermere
14	1	Max	Erickson	Raymond
14	2	Jeff	Paul	Invermere
14	3	Drew	Gunster	Invermere
15a	1	Mitchell	Reid	Creston
15a	2	Deuce	Vander Meer	Raymond
15a	3	Chris	Hemmelgarn	Invermere
15b	1	Kendall	Schultz	Raymond
15b	2	Dennis	Wass	Invermere
16	1	Shayla	Davis	Ishi Yama
16	2	Kathryn	Sinderlinger	Raymond
20	1	Eric	Young	Fernie
20	2	Brandon	Davidson	Invermere
22	1	Theresa	Kains	Invermere

22	2	Martina	Shovar	Invermere
22	3	Kelsey	Voysey	Fernie
23	1	Brittney	Charette	Invermere
23	2	Mackensey	Young	Fernie
24a	1	Jesse	Thomas	Invermere
24a	2	Drew	Gross	Fernie
24b	1	Michael	O'Connor	Invermere
24b	2	Justin	Karps	Invermere
26a	1	Shayla	Domin	Ardjoena
26a	2	Shelby	DeMarce	Ishi Yama
26a	3	Caitlin	McDermid	Invermere
26b	1	Shane	Reilly	Creston
26b	2	Alex	Miron	Ishi Yama
28	1	Gregory	Rafter	Ishi Yama
28	2	Kellen	Paul	Invermere
36b	1	Brian	Schrader	Revelstoke
36b	2	Isaac	MacDonell	Invermere
44	1	Sean	Reiter	Invermere
44	2	Danny	Bruderlein	Fernie
45	1	Gabriel	Salomon	Ishi Yama
45	2	Alan	Pierce	Ishi Yama
45	3	Stuart	Mill	Fernie
49	1	James	Chevrette	Ishi Yama
49	2	Stan	Colenutt	Raymond
49	3	Ben	Borger	Ishi Yama
56	1	Cheyenne	Olds	Raymond
56	2	Karla	Colenutt	Raymond
56	3	Savanna	Shaw	Invermere
70a	1	Joel	Ogle	Ardjoena
70a	2	Gerry	O'Reilly	Ishi Yama
70a	3	Devin	Ashe	Fernie
70a	4	Matt	Heeley	Fernie
70c	1	Aaron	Price	Castlegar
70c	2	Scott	Johansen	Raymond
70d	1	Joseph	Dalton	Ishi Yama
70d	2	Connie	Suchy	Revelstoke
70d	3	Fraser	Milne	Invermere



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Canada West Invitational

December 6th 2003

		Junior Boys & Girls (Novice)		Born 1996 & Later 5th & 6th Kyu	
Div.	Wt.	First Place	Second Place	Third Place	
10	-25	Dayton Panek	Andrew Foley	Ryder Huggin	
11	-30	Cole Ross	Phillippe Mattoo	Liam Roy	
12	30+	Matthew Karnik	Andie Dean	Spencer Woods	

		Junior Boys & Girls (Novice)		Born 1994 & 1995 4th, 5th & 6th Kyu	
Div.	Wt.	First Place	Second Place	Third Place	
20	-25	Steven Heer	Mizuki Rayment	Janek Jaeckel	
21	-27	Eric Soler	Evan Morris	Raylan Crandell	
22	-30	Ian Shea	Tyron Stojanov	Blake Strachan	
23	-33	Jordan Kilmartin	Seb Lloyd	Amanda Ross	
24	-36	Karly Adair	Partick Chung		
25	-39	Jeff Nishima	Vlad Smirnoff	Justin Friend	
27	-45	Robert Posakio	Tia Rodrigues		
28	45+	Tyson Fust	Cindy Golubic		

		Junior Boys & Girls		Born 1991, 1992 & 1993	
Div.	Wt.	First Place	Second Place	Third Place	
30	-30	Micheal Heer	Derek Broekken	Alex Nelson	
31	-33	Joel Whitehead	Gabriel Fairbairn	Saveena Kahlon	
32	-36	Miguel Desousa	Jessica Mah	Daryl Ostendorf	
33	-40	Matthew Appenheimer	Brock McKay	Justin Morris	
34	-44	Viktor Lazovski	Daniel Ostrovsky	Stephanie Simpson	
35	-48	Jesse Jobb	Julien Naudi	Kane Rainaldi	
36	-53	Phillip Dillman	Jean Whitehead	Louis Rusk	
37	-58	Ari Bonneville	Jason Lee	Gabrielle Rosario	
38	58+	Ko Shinjo	Ashley Bartlett	Warren Tzvetcoff	

		Juvenile Girls (Novice)		Born 1988, 1989 & 1990 4th, 5th & 6th Kyu	
Div.	Wt.	First Place	Second Place	Third Place	
42N		Melanie Stride	Erica Sprott		

		Juvenile Boys (Novice)		Born 1988, 1989 & 1990 4th, 5th & 6th Kyu	
Div.	Wt.	First Place	Second Place	Third Place	
50N		Steve Nakajima	John Dillman	Phillip Dillman	
51N		Daniel Paradis	Daniel Barzegar	Morgan MacKenzie	
52N		June Park	Danny Paradis	Ignacio Rodriguez	

		Juvenile Girls	Born 1988, 1989 & 1990	
Div.	Wt.	First Place	Second Place	Third Place
43	-52	Sonja Heriban	Jessica Goldthorpe	Jenna McGregor
44	-57	Lisa Nakajima	Elysia Coppin	Gillian Farnell
45	-63	Raissa Dickinson	Kaitlyn McKim	Stephanie Nason
46	63+	Rhonda Wiggins	Stephanie Hollo	Rebecca Pretious

		Juvenile Boys	Born 1988, 1989 & 1990	
Div.	Wt.	First Place	Second Place	Third Place
50	-42	Aaron McFadden	Vlad Lamontagne	
51	-45	Angus MacKay		
52	-48	Noel Sakuma		
53	-51	Cameron Butler	Noel Sakuma	Lucas Planka
54	-55	Mark Oya	Keisan Goldsmith	Craig Rees
55	-60	Mark Oya	Jimmy Izumi	Jack Konieczny
56	-66	Damon Thornton	Ted Dillman	David Rusk
57	-73	Sean Priestly	Alaine Pantic	
58	-81	Kyle McGregor	Denis Hollo	Ian Simpson

		Junior Men (Novice)	Born 1985, 1986, 1987 & 1988 4th, 5th & 6th Kyu	
Div.	Wt.	First Place	Second Place	Third Place
70N		Albert Klop	William Cheung	Jason Klop

		Junior Women	Born 1985, 1986, 1987 & 1988	
Div.	Wt.	First Place	Second Place	Third Place
62	-52	Christine Tsuyuki	Alisha Morris	Monica Kennedy
63	-57	Tess Lanzorotta	Lisa Nakajima	Christina Goldthorpe
65	-70	Aleya Gebali	Dorothy Hillaire	Alex Jessup
66	-78	Montana Prysnyk		
67	78+	Theresa Wiggins	Rachel Cassidy	

		Junior Men	Born 1985, 1986, 1987 & 1988	
Div.	Wt.	First Place	Second Place	Third Place
72	-66	Blake Tsuyuki	Sameul Rancellucci	Zane Larsen
73	-73	Jusin Imagawa	Andrew Greiner	Nathan Crandell
74	-81	Paul Skolik	Zane Malloy	Mitchell Ray
75	-90	Sacha Lamontagne	Matthew Luke	Allen Laplante
77	100+	Nick VanBuskirk	John Chalarnyk	

		Senior Men (Novice)	5th & 6th Kyu	
Div.	Wt.	First Place	Second Place	Third Place
80N		Von Schonblom	Hendrik Klop	Trent Howay
82N		Peter Makevic	Joe Krol	Brett Paulson

		Senior Women (Novice)	5th & 6th Kyu	
Div.	Wt.	First Place	Second Place	Third Place
83N		Sherry Leung	Mychelle D'Angelo	

		Senior Men (Intermediate)	2nd, 3rd & 4th Kyu	
Div.	Wt.	First Place	Second Place	Third Place
94	-81	Marc Marins	Jim Banistoni	Jeremy Grant
95	-92	Shaun Lemay	John Paul Vrolyk	Todd Billiard

		Senior Women (Intermediate)	2nd, 3rd & 4th Kyu	
Div.	Wt.	First Place	Second Place	Third Place
103		Christina Goldthorpe	Carly Dickinson	Vanda Forseth

		Senior Men	1st Kyu & Up	
Div.	Wt.	First Place	Second Place	Third Place
112	-66	Jeff Dimarco	Maciej Ingielewicz	Yuji Kuwahara
113	-73	Justin Jordan	Travis Stevens	Toshio Hanada
114	-81	Jakub Wasiela	BJ Aldrich	Shaun Turcotte
115	-90	Goran Petrovic	Aaron Davis	Sacha Lamontagne
116	-100	Paul Bryant	Chris Rhude	
117	100+	Renaldo Bernardo	Adriano Bernardo	George Rose

		Senior Women	1st Kyu & Up	
Div.	Wt.	First Place	Second Place	Third Place
122	-52	Christine Tsuyuki	Alisha Morris	Kassy Haughain
123	-57	Tess Lanzarotta	Liz Adams	
124	-63	Marti Malloy	Aleya Gebali	Theresa Wiggins
125	-70	Aleya Gebali		
126	-78	Kaitlyn Woodhouse		

		Senior Men	Open	
Div.	Wt.	Winner	-	-
		Aaron Davis		



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