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# Tomodachi News

## Tomodachi Activities and Events

*Hans Vogt*

### Promotions

The USJA has an elaborate rank promotion system that covers a wide range of Judo techniques. Rank promotion in Tomodachi follows the guidelines of the USJA, and promotions are only done through the USJA. This ensures that your rank will be recognized world wide in all Judo organizations.

### Teaching schedule

In Tomodachi we try to teach a broad spectrum of Judo. This means we don't focus on a certain element of Judo or concentrate on tournaments, like many other clubs. One goal for Tomodachi is to impart the knowledge of all the techniques in the USJA Junior and Senior Handbooks.

To reach this goal and to synchronize the teaching in both locations we publish a monthly calendar of techniques to be taught.

The Tomodachi Testing Requirements, based on and in accordance with the USJA Handbook, and the teaching calendar for each month can be found on the club's web site  
[www.JudoUS.com](http://www.JudoUS.com)

## Tournament Results

*Hans Vogt*

Tomodachi has developed an "Away Team" of active competitors who travel

to local, regional and national events. Here are results of the two tournaments in June:

### FIU Miami Tournament 6/5/2004

Jake Victor and Brandon Smith fought for Tomodachi and brought a 2<sup>nd</sup> and 4<sup>th</sup> place. Well done you two!

### Ki-Itsu-Sai Tournament 6/12/2004

Brandon Smith and Kaitlyn Smith went to this tournament for Tomodachi, and came home with a 4<sup>th</sup> and 3<sup>rd</sup> place. Congratulations.

### Sunshine State Games 6/19/2004

The Sunshine State Games this year were held a long drive away in Tallahassee, FL. Tomodachi was represented with a team of ten competitors and volunteers.

The competition results for Tomodachi are as follows:

Scott Huit - Men's Masters 3<sup>rd</sup> place  
Garrett Corbo - Boys 13-14 2<sup>nd</sup> place  
Zack Corbo, Brandon Smith and Shaan Hogan all got 4<sup>th</sup> place in their divisions.

Mindy Buehman contributed to the tournament as a referee and Head Kata Judge, and Randy Smith and Hans Vogt did their share working a scoring table. Well done, team!



# News from the Board of Directors

*Hans Vogt*

Board meetings are open to all Tomodachi members and their families. Active members and especially parents and older teenagers are encouraged to participate in these meetings, find out what is happening with the club, and get involved. Remember, it's **your** club!

## Board meeting on June 13, 2004

On June 13, 2004 the most recent monthly meeting of the Board of Directors was held. Due to other events, the meeting could not be held on the regular scheduled day, Saturday June 12, in the community Center in Boca Raton. The following is a summary of the major discussion points and decisions.

## Mat Purchase

In the last meeting the board voted to purchase the 20 mats needed to complete the fourth mat area. The mats have been ordered from Swain Sports. They should be available for the Dragons Challenge tournament.

## Dragons Challenge Tournament

Tomodachi's first tournament at the start of the Judo Season is the Dragons Challenge. Usually this tournament is held around the end of August or beginning of September. To avoid conflict with the long weekend around Labor Day, this year the tournament will be held on August 28 – pending availability of the Sugar Sand Park gym on that date. As an alternative date the Saturday before that, 8/21/04, has been chosen.

## National Team Championship

At the last meeting, club president Mike Szejter proposed that Tomodachi offers to host a USJA National Team Championship tournament. Tomodachi

hosted the NTC previously in 1999 and 2000.

To make such a national event a success the team championships need to be advertised well in advance. This gives competitors around the country time to schedule their vacation days and make travel arrangements.

Initially Tomodachi had planned to host the NTC in combination with the Dragons Challenge. In the light of the short time remaining before the tournament, the Tomodachi Board of Directors decided to forego the NTC this year, and apply to host the event in 2005.

## Camp Tomodachi

We cannot call it "The Greatest Camp on Earth", this expression has been taken, but Camp Tomodachi is better! Make sure to sign up! Camp starts Saturday, July 24 and ends with a banquet on Wednesday, July 28. For details see the Tomodachi home page, <http://www.judous.com/>.

Mats will be set up at Congress Middle School on Thursday after the regular Judo class. Everybody is asked to help at the setup. Mat breakdown will start on Wednesday afternoon as the various courses are winding down.

Other organizational details will be discussed and confirmed at the next board meeting.

# Kata Corner

*Hans Vogt*

*Pictures: Mindy Buehman and Michelle Holtze*

## Introducing: Ju No Kata

Ju no Kata – Forms of Gentleness - teaches the way of attack and defense arranged in a series of very gentle and

expressive movements. Around 1887, the Kodokan developed Ju no Kata to demonstrate the underlying principles of unarmed fighting methods. Many moves and techniques in Ju no Kata can be recognized in Judo, Ju Jitsu, Aikido and other martial arts.

Ju no Kata fulfills many purposes:

**Physical Exercise:** Although Ju no Kata may look to outsiders like an



elaborate dance, the practice makes the shoulders and spine flexible, and strengthens and conditions muscles in arms, legs and body.

**Body Control:** Students learn to use their body as a unit, with muscles working in coordination, while improving balance and kinesthetic awareness. Breathing correctly in rhythm with the body movements is an important element.

Ju no Kata is practiced slowly in order to master the delicate manipulations of



balance and force. Students must be fully aware of their surroundings and their partner to allow movements to flow smoothly and rhythmically.

Last, not least, Ju no Kata teaches the principles of **Self Defense:** to apply the

right amount of force in the right direction for maximum efficiency; and to evade force applied against the own body, and using this force against the attacker.



Two people can practice Ju no Kata without any special clothing or equipment. They can be of any age and fitness level. There are no requirements to have any prior knowledge in Judo or other martial arts.

If you are interested in more information on Ju no Kata, or would like to practice, contact one of the sensei. Tomodachi has several certified Ju no Kata instructors.

## Did you know...?

*Hans Vogt*

“Tomodachi” is the Japanese word for “Friends”. As a member of Tomodachi Judo Club, you always have friends.

The Tomodachi logo that you see at the top of this newsletter is symbolizing a

## Coming Events

Tomodachi encourages players to attend other events outside the club and supports those going to tournaments hosted by other clubs. If you are interested to go to tournaments, please enter your name in the sign-up lists available at class and speak to coaches and other players to organize travel and hotel sharing arrangements.

### **7/1/04 to 7/4/04 World Masters Championships in Vienna, Austria**

Most of you will not go to this tournament, but three Tomodachi warriors will represent you there: Scott Huitt and his wife Cira compete in Kime No Kata, and Scott and Hans Vogt are competing in Kime No Kata and Koshiki No Kata.

### **7/8 to 7/10/2004 USJA Coaching Symposium (Chicago, IL)**

The Coaching Symposium has a variety of themes that are not only interesting for coaches. This year the focus is on “Teaching our Children, Building our Future”. Details can be found at <http://www.usjatechofficial.org/2004SymposiumFlyer.pdf>

### **7/9 to 7/11/2004 USJA Junior Nationals (Chicago, IL)**

The Junior Nationals are the biggest event in Judo. If you are interested contact the organizers via the USJA homepage <http://www.usja-judo.org/> or via the link on the [Tomodachi web page](#).

**\*\*\* If you want to compete in a tournament, speak to your coach first! \*\*\***

cherry blossom. The cherry blossom (sakura) is Japan's unofficial national flower. It has been celebrated for many centuries and takes a very prominent position in Japanese culture.

Dear members, parents and friends of Tomodachi:

With this Newsletter we are trying to keep you informed on current events, board meetings and decisions, club activities, and successes of our players in tournaments.

## Letters to the Editor

*Hans Vogt*

All readers are invited to contribute to this Newsletter. Please contact me at <mailto:havog2001@yahoo.com>.



Team Tomodachi (3rd lineup from the right) at the FJI State Championships