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# Tomodachi News

## Tomodachi Activities and Events

**Camp Tomodachi**  
*Roberta Proctor*

Camp Tomodachi, in its ninth year, was a huge success this July, boasting 100 campers on its biggest day. Campers converged from around the state. As every year for Camp Tomodachi, sensei from all over the country and the world found the way to Florida to share their Judo knowledge.

Our visiting senseis were: Michael Claeysen, 3d, France; Mike Royce, 6d, Pete LaCroix 7d, Bill Andreas, 6d, and Jerry Dooley 6d of Florida; Michelle Holtze, 6d, Minnesota, Ed Szejter (where have I heard that name before) 9d, Colorado, Virgil Bowles, 8d, Indiana, and Gary Monto, 7d, Ohio. Our special guest was Michael all the way from France. His specialty was funny warm-up exercises that made everyone laugh, but were not easy to perform. He also had a lot to show during the competitor training classes. Camp Tomodachi senseis Mike Szejter, 6d, Steve Locke, 5d, and Mindy (Szejter) Buehman, 4d, and Hans Vogt, 4d, also gave of their time, expertise, and energy to make Camp Tomodachi a powerful experience for everyone.

Camp concluded on July 28th with the awarding of medals to camp participants, as well as the distribution of the popular and coveted Camp Tomodachi "SURVIVOR" t-shirts, followed by a fabulous awards banquet in the evening. The food and conversation were wonderful, but

nothing compares to the expressions of awe and appreciation on the faces of the campers as certificates were given and advancements announced. Thanks to everyone who made this week a memorable one for our children.

## News from the Board of Directors

*Hans Vogt*

Meetings of the Tomodachi Board of Directors are normally held on the second Saturday of any month in the Community Center in Boca Raton after regular class.

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 August 14, 2004**

On August 14, 2004 the most recent monthly meeting of the Board of Directors was held. Meetings are held regularly on the second Saturday of each month in the community Center in Boca Raton. The following is a summary of the major discussion points and decisions.

### **Dragons Challenge Tournament Preparation**

Most of the meeting dealt with preparations for the upcoming tournament. Mat setup will be on Friday evening starting 7 pm.

Medals are on hand (Kim Smith), the truck loading crew is ready (under the

command of Randy Smith), food concessions are under control and command of Joy Corbo, and Paramedics

are booked (Stephen Locke).

### Club “Uniform”

Over the past two years several efforts were made to give the club on tournaments a group appearance. At a previous board meeting last year we selected grey polo shirt with the club logo. The subsequent order was never made. Randy Smith will follow up on the order with the vendor.

Also, sensei Mindy and Hans looked into warm-up suits, but most were prohibitively expensive (\$150 and up) or plain and run of the mill. At the World Masters in Vienna were several vendors selling warm-up suits for reasonable prices (~\$50 with customization), and a new attempt to find a vendor will be made.

ways that Judo and the Tomodachi Judo Club have enriched our lives. Being in Judo has increased my son’s self control and enhanced his confidence. For instance, when a child who bullied my son at school recently turned up in the Judo club, I worried about how my son would handle it. When I asked him about it, expecting the worst, he said, “I’m not worried. Sensei says I am a good person. I will stand tall and do my best.” How can you put a price on that? When I hear a newfound confidence expressed, or see my squirmy son sit in seiza or anza, I become committed to the club and to Judo, even though I don’t understand a lot of what is going on. Little by little, from two nights a week to four, from camp to competitions, Judo is becoming more important both to him and to me.

A new school year now has started with all that school entails. When my son had trouble awakening on this August Monday morning, I pointed out that yesterday he didn’t have any trouble waking up, to which he replied, “Yesterday I had something to look forward to.” I said, “Well, you have something to look forward to today, also—there’s Judo tonight.” Without another word, I swear, he leapt out of bed and happily started the day. I have a feeling it’s going to be a good year.

Number	English	Japanese	Kanji
1	One	Ichi	一
2	Two	Ni	二
3	Three	San	三
4	Four	Shi -or- Yon	四
5	Five	Go	五
6	Six	Roku	六
7	Seven	Shichi -or- Nana	七
8	Eight	Hachi	八
9	Nine	Ku -or- Kyu	九
10	Ten	Ju	十

The Japanese numbers are used in class for counting. Also, knowing them can come in handy when you visit Tokyo or elsewhere in Japan. Many restaurants there use only these number characters to list their prices.

## Notes from a new Judo Mom

*By Roberta Proctor*

When my friend Kimberly mentioned this past April that her kids were starting Judo, I barely knew what it was, aside from the vague awareness that it was a martial art. But when I heard about the reasonable cost and convenient location, I honestly didn’t care what it was; I just knew it was worth a try. So, after the school year ended, and my nine year old son started Judo, he was initially excited mainly by the fact that he would be able to see his two best friends there each session.

I did not predict then and continue to marvel now over the

## Kata Corner

*Scott Huitt*

In the next 10 issues or so we’ll be explaining a little about each of the katas in Judo. In a previous issue we described Ju no Kata (forms of gentleness). This time we’ll be talking about something a lot less gentle:

### Nage no Kata

Forms of Throwing

The Nage no Kata was developed in 1884/1885 at the Kodokan. This kata was created to develop the understanding of the theory of throwing techniques and for the practice of throwing techniques with a partner.

Nage no Kata consists of 5 sets of three throws, each performed on both the left and right sides. The first set is Te Waza (Hand Techniques), the second set is Koshi Waza (Hip Techniques), the third set is Ashi Waza (Foot Techniques), the fourth is Ma Sutemi Waza (Rear Sacrifice Techniques), and the final set is Yoko Sutemi Waza (Side Sacrifice Techniques). Each technique is to be performed on both the right and left side.

On each throw Uke attempts an attack on tori. There is a progression of attack styles, demonstrating how tori must adjust to the differing attacks. Uke adjusts his attacks based on the previous adjustments made by tori.

Tomodachi has a requirement that all green belts and above must demonstrate a set of Nage no Kata for each belt level. Green 1 show the first set, Green 2 shows the first 2 sets, and so on. Several instructors are certified and quite versed in Nage no Kata and will be more than happy to work with a student after class.

## Junior Judoka Tatami

*Hans Vogt*

This newsletter is not just for adults to read and contribute. All junior Judoka are invited to mail pictures, articles, jokes, drawings, letters, other funny stuff, and so on. To start the JJT, Mindy sensei offered to share a small sample of her vast collection of Judo Jokes. Enjoy!



- Q: When is the best season to learn Judo?  
A: Just before the Fall.

- Q: Why did the artist come to the Judo tournament?  
A: He was hoping there would be a draw.



- Q: When is a Judo referee like a telephone operator?  
A: When he makes a call.



- Q: Why is the skeleton afraid to do break falls?  
A: He just doesn't have the guts.  
Q: Why does your Sensei wear a black belt?  
A: To keep his gi together



Now, once you have finished laughing collect yourself off the floor where you were rolling and be serious again.

Maybe someone can come up with a name for this section, that is better than JJT or "Kid's Corner" :-)

This gets us to ...

## Letters to the Editor

*Hans Vogt*

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.

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

## 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.

### 9/ 18/2004 GE Judo Championships

Tomodachi is supporting the GE Judo Championships in Lakeland, FL. Speak to a sensei if you would like to compete and need a ride or room.

### 10/23/2004 Disney Martial Arts Festival

This is the second year that Tomodachi is in charge of the Judo part of the Disney Martial Arts Festival. Since this is a Tomodachi event, not only competitors, but also helpers are needed for registration, weigh-in and running the scoring tables during the tournament. Please support your club and sign up for your contribution in the lists laid out at each class.

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