

# Nanka Judo Yudanshakai

## Southern California Black Belt Association

Date: March 1, 2003

To: Dr. David Matsumoto – USJF Development Committee – Chairperson  
5864 Ralston Ave, Richmond CA 94805

RE: Request for Proposals for Fiscal Year 2003 – 2004

Subject: Strategic Planning Activities, Outcomes and Relation to Fund Request for the Junior Judo Development Program

Dear Dr. Matsumoto,

As outlined in our previous strategic planning activities of Nanka Yudanshakai for the period of September 2001 to August 2002 had included the following:

- Three meetings of the Development Committee to formulate and devise a development plan.
- Individual meetings of the Vice-President for Development with head instructors of nine of the larger judo clubs in the Yudanshakai
- Presentation of this plan to the Nanka Executive Board for comments.
- Presentation at the Nanka Board of Director meeting, and
- Monthly discussions of the plan and results via email among the committee members.

The committee consists of seven members, all of whom are currently judo instructors. The membership includes one athlete representative (Jason Uno), an attorney, one parent of junior competitors (under 13), two parents of teenage competitors, an “A” referee and the Nanka Vice-President for Development.

For the strategic planning activities for the period of September 2002 to present, we had implemented as noted above and also included additional meetings of the Development Committee members at local Nanka tournaments and via email. We saw that as we progressed in our programs, we needed to further amend and increase the scope of involvement. It was exciting to see the number of instructors and clubs that wished to participate in our efforts. The committee was increased as involvement increased from clubs from the outlying areas. To insure services to all of our membership, we added a member in 2002 from a club outside the Los Angeles region. We are interested in insight on teaching judo in more rural areas and the services required by those clubs.

Much of this funding (\$6,000) is requested to continue activities currently supported by a one-year grant from the Amateur Athletic Foundation and USJF 2003 Funding. Last year, we added the \$7,050 approved from USJF to over \$10,000 from our yudanshakai budget. We have made a commitment to develop judo and increase participation. As we have stated before, our commitment to development is not a one-time effort but is part of a continuing plan that has built our membership to over 1,500 and our goal is to reach 2,000. We respectfully submit to the committee in the firm belief that our efforts are worthy of continued support.

Please note that these programs are ones in which Nanka members have a sincere belief and to which we are willing to make a significant commitment. The USJF funding request of \$9,750 represents only 36% of the total budgeted for this program. We are fortunate to have a community that believes in judo and puts its money where its heart is, allowing us to commit an

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additional \$9,680 from community donations and participant fees, and add to that a cash contribution from Nanka of \$8,100. For every dollar received from USJF, approximately two dollars more will be put in from our yudanshakai and the community. We believe that this leveraging of funds, the excellence of our programs and the size of our dedicated membership warrants continued support from the United States Judo Federation. We thank you for your past generosity and hope that we will be deemed deserving of future support based on our current and proposed activities and results.

Sincerely,

Ed Shiosaki  
President, Nanka Yudanshakai

### **A. REVIEW OF CURRENT FISCAL YEAR PROGRAM FUNDED BY USJF**

Three goals of the prior grant were:

1. To increase the retention of athletes in judo, with particular emphasis on middle and high school years, and
2. To improve the performance of Nanka athletes in all aspects of judo, as measured by medals in national and international competition, and referee certification.
3. To increase general knowledge of judo by distribution of a Nanka handbook for families which explained rules, etiquette and programs of judo in the area.

Progress toward all three goals has been substantial.

The first goal was chosen based on our review of Nanka membership roles and tournament participation records over the past three years. From the previous years it was evident that a drop off in membership occurs from the pre-teen years (around the age of 11-12) through adolescence. Our development plan focused on offering an increased number of clinics and extra workouts for children and youths. To this end, Nanka offered in the Fall of 2002 a number of additional workouts for High School and Collegiate and pre-teen competitors to all workout together. The response was first slow, but by the end of January 2003 the number of participants had grown to over 40 competitors per workout. This was an encouraging sign as we now had competitors who were motivated to work and excel to come together and be under the supervision of some of Nanka's outstanding instructors. For the High School and Collegiate practices, Hayward Nishioka supervised their workouts with the assistance of Fernando Gazzani-Repetto, Gerald Uyeno, Kenji Osugi, Steve Seck, Rey Tinaza and outstanding guest instructors Kazuo Shinohara and others. The total number of different participants to these workouts numbered 150 with many repeat attendees. As an incentive program, those competitors that came to a minimum number of these practices earned a Nanka "Shorai" Jacket. These jackets are exclusive to those that earned them and can not be bought by other members.

In addition we increased the number of activities for the middle school through high school competitors. Our intent was to have at least four clinics per year and one camp to younger

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athletes for the fiscal year. In the Fall of 2002 alone, we had a one day Nanka “Sacrifice Technique” Clinic in September (75 participants), a one-day clinic featuring Lynn Roethke, on 3 different days and locations across our Yudanshakai.(Total participants 125) and a two-day Clinic in December (Total participants 100). With the emphasis on providing equal instructions and learning to both the junior, intermediate and senior competitors, we had numerous guest instructors teach 2 hour blocks. This was well received and we plan to continue to do this in our present and future programs. The total participation for clinics was attended by over 300 athletes. In comparison, in a similar 6 month period from November 2001 to February 2002, we had a total of 188 clinic attendees. This is a 150% increase in clinic participation. We believe that this is a positive sign and the first step in providing a continual judo development program.

In November 2002 Nanka held a 3-day “Fight Like a Girl” Camp, which was attended by males and females. These young athletes benefited from mixed workouts, sleep over, 3 days of judo training including workouts, educational seminar including diet, nutrition and injury prevention. The most important aspect of this camp was the bonding and friendship of the camp participants. The total number of participants was 30 (for 3 days), plus an additional 12 coming to participation for a day. Total participation was 42.

Last year, eight athletes attended sufficient practices to qualify for funding through the middle school and high school development program sponsored by Nanka. This year, the number has grown to 35. At the 2002 CJI State Sr. & Jr. Championships, these athletes won ten medals (Two competed in both their own age group and senior divisions and won gold medals in both). The ten medals included six gold and four silver. Two of the four silver were won by athletes who lost to others in the same program. These same eight athletes won three-gold medals, two-silver medals and one-bronze medal at the High Schools / Collegiate Championships. We expect an increase on these totals. Since the CJI Jr. State Championships will be held in the end of May, we will have to wait to see if our efforts and the hard work of the athletes will bear out in an increased production of medals.

**Our goal of increasing retention of middle and high school athletes has been achieved. Not only have we retained most of the athletes practicing when this program was initiated, but we have had athletes returning who had left the sport.** One objective indicator of retention has been the participation in local tournaments. In contrast to earlier years, where there were often no adolescent competitors in some weight categories, particularly the female divisions, only twice in the past six area tournaments has a contestant received a refund due to lack of competitors in her division. This has happened zero times in the male divisions. The increase in participation has been clear and substantial.

With the High School and Collegiate Championships to be held in the end of March, the Nanka Development committee will be waiting to see the progress our competitors have made and will then reassess if the present course of action. At that time, they will determine to continue our present course of action, modify and intensive or to re-evaluate and revise. The increased participation in the “Shorai” and high school and collegiate practices point to encouraging signs of increase growth, quality and quantity of practices and participants and competitiveness should equate to a greater reward and showing in the number of medals.

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One indication of the likelihood of successful performance was at the Daiheigen-sponsored tournament for women and girls over the past weekend. Generally, one player from Nanka might attend such an event. With support from USJF funds, we were able to send five, all of them participants in the Shorai program. These five athletes won four gold and silver medals among them against extremely strong competition, including some athletes from a Japanese university team. The oldest Nanka athlete was 16 years old.

**Our goal of increasing public awareness and understanding through production of a Nanka handbook has been met.** A first run of 750 copies has been completed and is being distributed.

This program of training the next generation of referees was implemented in the Fall of 2002, addressing technical proficiency in an important area of judo that is too frequently overlooked until it is too late and there are not enough referees available for local tournaments. In our first group of junior referees “in training”, we had 10 – 15 participate in the age group of 14 to 16 years of age. From this group, we have had 10 participate in the majority of the referee clinic series (Nov 2002 to Jan 2003) and begin refereeing at local tournaments (starting in February 2003). We have found this core to be supporting each other and they have formed their own junior referee group.

Their introduction to the aspects of refereeing at their earlier age, with the support and encouragement from their senseis and parents has helped with their comfort level and is making refereeing “second nature”. In two local tournaments in February and March, these junior referees showed great promise and excellent decision making. We can see as they repeat this process of coming out and refereeing, they gain a measure of confidence each time out. We will continue to have one mat designated for the referees in training. Our original intent was to have this group of junior referee go through the entire year and then bring in another group in the Fall of 2003. However, due to the success to date, we are now considering bringing in another group as soon as possible. We are already getting response back from other juniors asking about the junior referee program.

In the recently concluded referee clinics series, we found the juniors to be more receptive to a more “hands on” approach to learning about refereeing. This method will be expanded to supplement the video and classroom sessions proposed in the funding request for the next fiscal year. Another bonus we have seen from this program are the instructors who had not refereed before stepping forward to set an example for their students. These Junior Referee Clinics and Workshops have shown us that we can reverse the decline in referee participation. Our goal was to identify and create a pool of 10 junior referees (14 – 16 years of age) and then to slowly build that core up to a pool of 25 – 30 members. For the upcoming fiscal year, we plan to go to step two and to run two tracks of referee clinic series with tournament participation to accomplish our goal to have 25-30 junior referees within the next fiscal year.

### **B. OVERVIEW AND RATIONALE FOR FUNDS REQUEST**

The two goals of the Nanka Judo Development Plan have not changed from the last fiscal year. In fact, due to the tremendous participation in the currently concluded clinics and practices our goals are as stated:

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1. To increase the retention of athletes in judo, with particular emphasis on middle and high school years, and
2. To improve the performance of Nanka athletes in all aspects of judo, as measured by medals in national and international competition, and referee certification.

The major objective for the last year has been a total commitment to develop judo in our area by providing a wide range of activities from tournament, clinics, camps for athletes, coaches, teachers and parents. Our first step in our broad sweep program has been the increase in the number of clinics and camps available for our juniors and youths. Last year alone we brought in Jimmy Pedro and Lynn Roethke, and have invited the most recognized and proficient judokas from Nanka and the surrounding area to guest assist and offer their judo expertise.

With the increase in judo activities, we offer our membership an opportunity for growth and development. More clinics, more camps and more judo activities have translated into larger and larger participation in the last 12 months. Our numbers attending these activities bear out and support our development and increase participation in our area. In the coming 2004 fiscal year we plan to support the programs already in place and add additional programs as noted in this proposal.

### POPULATION TO BE SERVED

With our membership rapidly approaching 1,600, we serve a wide group as diverse in ethnicity, as well as social economical background and gender. Increasingly, we see a growth in the participation of females in the support of judo. Just as soccer has exploded onto the scene, judo has the opportunity to make such an impact.

The Southern California Black Belt Association (Nanka Yudanshakai) is a non-profit organization promoting the sport of judo. With over 50 member clubs from up north as Santa Barbara and Santa Ynez to East Los Angeles, Santa Monica, Hollywood, San Fernando Valley, South Gate and including Orange County and the South Bay area Nanka serves a wide and diverse membership.

Last year, we requested funding for our junior development program, serving young people from age seven through nineteen. We had a two-tiered program, with a general skills development program for younger athletes, and a more intensive training program for high school athletes. The success of our clinics and camps support our previous assumptions that we are providing services that our membership “want” and would increase participation, which in turn would have the benefit of increased proficiency and development. It was a “win-win” situation for all concerned. Last year we assumed that with a membership of 1,467 and based on prior experience, we had projected serving 380 athletes throughout the year. In the last six months, we have surpassed our expectation with over 500 athletes participating in the various clinics and camps.

In the current fiscal year, all programs have received substantial community support. The decision has been made to focus on two continuing programs with USJF funds and one new activity. The weekend training camps have attracted the greatest number of participants, and the regular workouts have provided the greatest consistency in skill instruction. Although the

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training camps out of the area were appreciated immensely by the young people who attended them, this activity benefited a smaller number of individuals and will be supported by local funds in the future. A fund-raising campaign is currently underway to send some of our young people to camp overseas. The Nanka handbook activity was very popular with parents and this pilot project has garnered sufficient support that we anticipate an expanded Nanka yearbook will be a self-supporting activity in the upcoming fiscal year.

### **C. OFFICIAL APPROVAL BY VOTING MEMBERS OF THE YUDANSHAKAI**

This proposal was officially approved on March 1, 2003. Vote conducted by electronic mail and response to Nanka office.

Motion: To approve the enclosed proposal for USJF funding for the upcoming fiscal year.

Submitted by: Joan Shiosaki

Second: AnnMaria Rousey

### **D. Detailed Description of Each Activity**

#### **I. Junior Development Program – Quarterly Training Camps**

i. DESCRIPTION OF ACTIVITY: We will hold four junior weekend training camps during the fiscal year. Our goal is to have a total of 160 athletes (unduplicated count) ages 6-17 years of age with at least 50% of the instruction provided by Nanka Elite Athletes. Each camp will have three sessions. A morning judo session for children under 13 will focus on basic techniques. A second, separate morning session for older athletes will include conditioning workouts, including sprints, distance running, weight training, rope climbing and strength and endurance drills. Instruction on rules, nutrition, sports psychology and other key issues for athletes will also be included in the morning sessions for adolescent and adult athletes. Afternoon judo sessions for the older athletes will focus on topics appropriate for senior athletes. These include, but are not limited to, grip-fighting, attacking off the grip, countering unorthodox grips, changing the tempo of a match, setting up a technique, and counters. The format recognizes that all of our judo players are important to Nanka, so we offer sessions for all of them. At the same time, a young child is different developmentally in body, mind and technique from senior players and it is appropriate to offer different programs. We will also have certified coaches and certified teachers at each session to provide any assistance required to maintain the discipline, attention and progress of our youngest athletes.

RATIONALE: Our reason is that one of the unique features of judo as a sport is that it does offer substantial cross-age socialization. Bandura's research on social learning has documented that observers learn most when their model is similar to themselves and of high status. Having elite athletes model techniques, athletes who are closer in age to the young clinic participants, is well-supported by the research. Our elite athletes can earn awards which will accrue in an athlete account and be used for regional level or national level competition, thus supporting their own judo proficiency as a compensation for helping the younger athletes. The older instructors acting as mentors would also assist the elite players in developing another area of judo skill, i.e., instruction. Another developmental psychologist, Vygotsky, advocated this format for optimal

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learning, which he termed ‘scaffolding’. The more seasoned instructor will be providing assistance – class management, elaborated explanation, re-teaching - that allows the elite athletes to teach effectively. *Based on this research, we hypothesize that this program will have a significant impact on athlete’s technical proficiency.*

iii. BUDGET REQUESTED: Funding amount requested: \$2,000 from USJF, Nanka will match \$2,000. Cost will cover payment of athletes for instruction and cost of facilities. Additional costs will be funded through athlete fees.

iv. PROJECT MANAGER: Tyrone Taketa  
ASSISTANTS: AnnMaria Rousey De Mars, Kenji Osugi

Mr. Taketa is an instructor at Gardena Dojo, parent of two competitors, competitor and member of the Nanka Development Committee. He has been involved in teaching and administration for the majority of the clinics in the current fiscal year.

Mr. Osugi is head instructor at Sawtelle Dojo, regional certified coach and coordinates the annual Nanka December clinic which is the most well-attended and prestigious local event.

Dr. Rousey is an instructor at Venice Dojo, national coach, certified judo instructor and Nanka vice-president for development.

### **ACTIVITY II. Middle School/High School Development Program**

i. DESCRIPTION OF ACTIVITY: The objective for this activity is to hold Nanka practices on a weekly basis for a minimum of 9 months of the year, attended by an average of 40 players, with a minimum unduplicated count of 175 players participating. Practices will be held throughout the year with one-month breaks at Christmas/New Year season, after the Junior U.S. Open and three one-week breaks throughout the year.

This is an extension of the program we have had this year, in length, not average participation. However, the total number participating will be higher as we expect a greater number of athletes to participate for at least part of the year. Concurrent with our middle school/ high school program in the current year, we have witnessed a significant increase in retention of athletes in this age range. Although difficult to quantify, there has also been an increase in camaraderie and identification with their sport and yudanshakai. One indication is the sporting of Nanka jackets, t-shirts and bumper stickers (parents had their own made!)

This program is an extension of that in the current year in structure as well as duration. In this proposal, we are building on the lessons learned through a year of successful development efforts. We will have a coaching staff with a published schedule of topics and instructors for each day. Also, one practice per month will be a visit at a designated facility, allowing athletes to visit one another’s clubs, including those outside the Los Angeles area.

All practices will be supervised by a certified judo coach. We will also form a technical advisory board of some of our illustrious older judoka. Nanka is fortunate to be home to many of

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America's judo legends. Often, these individuals, due to professional commitments or age are unable to maintain their own dojo, but have a wealth of knowledge to share with the judo community. Their input will be solicited in designing the schedule of practice topics, and their services will be requested as guest instructors.

ii. RATIONALE Importantly, the extension of the duration is in response to enthusiastic requests from the young people who attended in the current year. There were 151 individuals aged 7-19 who participated from September- January of the current fiscal year. These young people were extremely vocal in their support of the program and in their request that it be continued and extended throughout the year. Assuming that the objective is met for participation, 36 practices will be attended by an average of 40 athletes for three hours. The result is 4,320 hours of additional practice during the year by our members. It is difficult to imagine how this amount of extra practice and instruction by certified coaches, certified instructors and technical advisors could possibly not have an impact on the technical proficiency of the membership.

iii FUNDING REQUESTED: \$3,800 from USJF for jackets and t-shirts to be used as incentive and for facility fees. Nanka will match \$3,800 in purchase of three crash pads to be used for throwing drills and in fees for local tournaments waived for participants who have attended at least three practices in the preceding month and in facility fees.

PROJECT MANAGEMENT TEAM: Steve Bell, chair, former member British judo team, rokudan, nationally certified coach, Head Instructor of Antelope Valley Judo  
Rey Tinaza, rokudan, Head Instructor of Simi Valley Judo Club  
Fernando Gazzani, Five-time Peruvian national champion and instructor at Valley Judo

### **ACTIVITY III: Skills Demonstration Days**

#### **i. DESCRIPTION**

The objective for this activity is to increase the membership through hosting quarterly "Skills Demonstration" Days which will be attractive to both competitors and non-competitors alike. During a half-day demonstration, athletes will be required to demonstrate skills proficiency at 19 different stations, monitored by Nanka instructors. These will be:

- Tachi-waza
  - Ashi-waza
  - Koshi-waza
  - Te-waza
  - Sutemi-waza
  - Counter techniques
  - Renraku waza (combinations)
- Newaza
  - Pins
  - Shimewaza (over 11 only)
  - Turnovers
  - Armbars (over 13 only)
  - Newaza combinations
- Nage-no-kata (three sets)

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- Gripping
  - Breaking a grip
  - Re-gripping
- Ukemi
- Knowledge of rules (simpler versions will be given for athletes under 13)
- Practical Test (Scoring staged scenarios and videos)
- Written Test – waived for athletes under 10

At each station, an instructor will demonstrate the desired technique, where appropriate, and then each athlete will be given the opportunity to demonstrate his or her technique. The instructor will rate the athlete on a scale of 0 (cannot perform skill) to 3 (outstanding). After entering the rating on the card, the athlete will be sent to the next station.

Athletes will receive certificates based on their average score – showing Technical Skill, Outstanding Skill, and Nanka Elite. Athletes with an average score of 2.75 or higher will receive t-shirts. The highest-scoring athlete in each age group will receive a trophy. All awards will be presented during a banquet immediately following the end of the demonstration.

### ii. RATIONALE AND RELATION TO USJF GOALS

This is a new program aimed at furthering development on three fronts. First, it was noted in the Development Clinics held in the current year that a significant number of older athletes attended. These individuals had begun judo at an age past the traditional competitive years, but were drawn to social and technical opportunities that were non-competitive in nature. This program addresses the need to increase membership through services to members of all ages. This program will also be attractive to younger athletes who are interested in judo for skill and physical exercise but not competition. Second, these Demonstration Days will increase the technical proficiency of athletes by both offering demonstrations and offering an incentive for technical proficiency. The third rationale was not explicitly stated but is, we believe, implicit in the USJF. That is, the requirement to demonstrate proficiency in a wide range of areas will contribute to the development of balanced individuals both athletically and personally. The most skilled competitor is not likely to be equally proficient in kata, ashiwaza, newaza, and tewaza. Having to demonstrate a balance of skills will both produce well-balanced technicians and drive home to athletes the fact that everyone has strengths and weaknesses and deserves respect.

iii. FUNDING REQUESTED: \$1,300 for clinicians and facility fees. Nanka will match \$1,700 in awards for participants, meals and additional clinician expenses.

iv. PROJECT MANAGER: Gerald Uyeno – Nationally Certified Coach, Head Instructor of Torrance Dojo

ASSISTANT MANAGERS: Frank Morales, IJF-A referee will be responsible for the refereeing components

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Brian Marks, Head Instructor, Ogden Dojo, Nanka Kata vice-president, will be responsible for the kata component

AnnMaria Rousey De Mars, Instructor Venice Dojo, Former world champion, will assist with the newaza component

### **ACTIVITY IV: Junior Referee Training Program**

i. DESCRIPTION OF ACTIVITY The objective of this program is to continue what we had started in 2002. In our first group of junior referees “in training”, we had 10 – 15 participate in the age group of 14 to 16 years of age. The objective for the current year is to recruit a second cohort of 10-15 junior referees. In the recently concluded referee clinics series, we found the juniors to be more receptive to a more “hands on” approach to learning about refereeing. This method will be expanded to supplement the video and classroom sessions. Another bonus we have seen from this program are the instructors who had not refereed before stepping forward to set an example for their students.

This year has been the first step in our program to have a core group of 25-30 junior referees. As I had stated before, from our membership, we have over 500 members that are within the 13 to 18 age group. Our goal is to encourage as many of these youngsters to participate at an earlier age. Our goal was to identify and create a pool of 10 junior referees (14 – 16 years of age) and then to slowly build that core up to a pool of 25 – 30 members. Step one, recruiting the first cohort and giving them basic training, has been completed. For the upcoming fiscal year, we plan to go to step two and to run two tracks of referee clinic series with tournament participation to accomplish our goal to have 25-30 junior referees within the next fiscal year.

The success of the last 6 months, on having 10 junior referees remain in the program is evident that we can create a fresh infusion of referees into the system. Our program is to continue and to expand the Nanka Referee Clinic Series. Our attempt to revitalize the program by allows the participants to “go through the motions” of refereeing on the mat not only has been successful, but the junior referee program has allowed them to build their own support system as they gain experience on the mat learning the rules and the responsibilities of the referee and side judges.

In the month of March, we will now begin the video tape portion of their training. Starting with the Speed Harada Memorial Tournament, these junior referees will be video taped and that tape will be used to assist them, show hem how their appearance, stature and refereeing technique. Show them how they look and to develop signal calling. Currently, our intention is to give them one tape of all junior referee video taped in action. They will be taped at the Speed Harada Memorial Tournament, March 30, 2003 and at subsequent designated tournaments.

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Our second cohort will review these videotapes of their peers during their first series of workshops. The fiscal year 2003-4 cohort will have their own videotapes made and discussed in the second half of the fiscal year as they begin their hands on component of the training.

Videotaping will be a significant part of the current year's training. Like our other activities, we are building here on what we learned in our first year of funding. In the next fiscal year, we wish to start building the junior referee video library of their performance. Our goal is to have each junior referee have one tape that has just their performances added as they participate in the designated tournaments. For the next session of junior referees, we again will be purchasing for each participant the IJF Referee (Part 1 and 2 tapes) as a learning tool. This video tape has been viewed and found to be outstanding in explaining the aspects of refereeing.

### TIMELINE:

- September 2003: Nanka Referee Series Part 1 of 4 (Track A)
- October 2003: Nanka Referee Series Part 2 of 4 (Track A)
- November 2003: Nanka Referee Series Part 3 of 4 (Track A)
- December 2003: Nanka Referee Series Part 4 of 4 (Track A)
- January 2004: Tournament Training, Nanka Referee Series Part 1 of 4 (Track B)
- February 2004: Tournament Training, Nanka Referee Series Part 2 of 4 (Track B)
- March 2004: Tournament Training and Video Taping, Tape Critique (Track A), Nanka Referee Series Part 3 of 4 (Track B)
- April 2004: Tournament Training and Video Taping, Tape Critique (Track A), Nanka Referee Series Part 4 of 4 and Tournament Training (Track B)
- May 2004: Tournament Training and Video Taping, Tape Critique (Track B)
- June 2004: Tournament Training and Video Taping, Tape Critique (Track B)

ii. RATIONALE AND RELATION TO USJF GOALS First, this program builds technical proficiency. Of course all become more proficient as referees. Those who are active competitors also gain knowledge that assists them in the competitive arena. Secondly, this program helps with retention and thereby increases our membership. Much of the membership effort within Nanka is focused on keeping the members we do have. As any basic marketing text will document, keeping a customer requires far less expenditure than going out and getting a new one. We lose many young players for a variety of reasons. Injury is a common reason. Two of our current young referees were excellent international junior competitors who were seriously injured, precluding further competition. Without this program, they would not be involved in judo. Another reason we lose athletes is the level of commitment required to succeed internationally in competition. For young people who are involved in academics, music, and other cultural or sports activities, it is sometimes not feasible or desirable to make the wholehearted commitment that an Olympic path requires. Both our referee program and our skills program are specifically designed to have a place where those athletes can be valued and supported.

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### ii. TOTAL BUDGET FOR JUNIOR & REFEREE PROGRAM

Facilities Fees for Clinics (2 track program – Fall 2003 and Summer 2004))	\$125 x 4 x 2 = \$1000	\$1,000
Clinician Fees	\$100 x 4 x 2 = \$800	\$800
Video Taping / Tapes	\$20 x 20 x 4 = \$1,600	\$1,600
Supplies, Mailings, Certificates, etc.	\$50 x 4 = \$200	\$200
IJF Referee Video Tape	\$15 x 20 x 4 = \$1,200	\$1,200
TOTAL PROJECTED BUDGET		\$4,800
FUNDS REQUEST for USJF FUNDING		\$1,200

iv. PROJECT MANAGER To help lead this program, we have divided the Referee Program into two major areas. Frank Morales (IJF-A), present Nanka Referee Chairperson heads up the Senior Referee Committee, in charge of the Referees at our Yudanshakai and Yudanshakai member judo tournaments and is involved in providing clinics and workshops to raise the level of understanding of our core of experienced referees and to improve the technical proficiency. Assisting him will be Gary Takemoto (IJF-B), Terry Kunihiro (PJU-C) and Glenn Koyama (N) who will be data basing and tracking the performance and growth of the referee programs.

To lead the Junior Referee Program, we have two capable individuals, Gary Takemoto (IJF-B) and Terry Kunihiro (PJU-C). They will provide the leadership to develop Nanka's Junior Referee Program providing clinics and workshops.

The fiscal and evaluation aspects of this program will be again administrated by Ed Shiosaki. He is currently the President of the Southern California Black Belt Association, head instructor of SouthBay Judo Club. As a structural engineer, his administrative experience spans over 20 years with such projects as the Getty Museum and numerous major commercial projects over the years for Robert Englekirk Structural Engineers.

### **ACTIVITY V: Kata Development Program**

i. DESCRIPTION OF ACTIVITY: Junior, Middle School, High School and Adults Kata Development Program

This program is being implemented in Nanka to bring awareness to Kata. Over the last 3 years, the junior kata program has been non-existent and the senior participation has not seen any significant growth. Also the number of kata referees in Southern California is lacking. The objective for the upcoming fiscal year is to see if we can generate significant interest in kata through the development and commitment of an extensive kata program to educate the public, judo clubs and students, "What is Kata?" and show the benefits for participating in kata.

# Nanka Judo Yudanshakai

## Southern California Black Belt Association

These are monthly training and teaching clinics that do not require an overnight stay. These clinics are held in a local judo club with national and international level judges from the local area enables us to minimize costs. Twice a year a clinic is held with an exceptional sensei from outside the area, for example Sensei Fukuda 9<sup>th</sup> Dan, Clinic by the Masters held on June 2004 with Kodokan Seisei Ichiro Abe 9<sup>th</sup> Dan, Sensei Michio Furushima 8<sup>th</sup> Dan and clinic on February 2004 with Dr. Kuniko Takeuchi 7<sup>th</sup> Dan from Northern California.

Our program will hold 7 clinic's per year with 3 of them offering testing for certification at the local level and 2 of them will offer certification for the national and world level judging. The costs of these clinics's are \$20.00 - \$25.00 dollars. We deliberately maintain a low cost for the clinic's to provide participants the opportunity to be exposed to the art of Kodokan Kata (forms of judo).

Athletes will learn 6 different Kata's such as Nage-no-kata (formal techniques of throwing), Katame-no-kata (formal techniques of grappling), Goshin-jitsu (self-defense techniques of Kodokan Judo), Kime-no-kata (forms of self-defense), Ju-no-kata (forms of gentleness) and Itsutsu-no-kata (the five forms). These kata's will help the athlete develop balance and skills that can also be used in shiai competition.

The training and teaching of the kata's will be provided by a class "A" judges (national level judge). Teaching requirements are overseen by Kodokan standards, Sensei Fukuda 9<sup>th</sup> dan and Dr. Kuniko Takeuchi 7<sup>th</sup> dan.

As recognition of their sustained efforts, athletes who attend 5 of the 7 clinics will receive Nanka uniforms (Gi or Shirt), tournament fee paid in one local tournament and for athletes who attend 3 clinics will have their entry fee paid in one local tournament for their hard work.

### TIMELINE:

- September 2003: Mailings and announcements for Kata training and clinics
- October 2003: Kata clinic (**Itsuts-no-kata**)
- November 2003: Collection of materialfor Kata handbook
- December 2003: Edit and type materials, Kata training
- January 2004: Kata clinic / testing (**Nage-no-kata**), Kata training for CJI Sr & Jr States Championships
- February 2004: Kata clinic / testing (**Ju-no-kata**) with **Sensei Fukuda\***, kata training for CJI Sr & Jr States Championships
- March 2004: Kata clinic / testing (**Kime-no-kata**), Kata training for CJI Sr & Jr States Championships
- April 2004: Kata training for CJI Jr State Championships & USJF Jr Nationals
- May 2004: Kata clinic (**Katame-no-kata**), Kata training for CJI Jr State Championships & USJF Jr Nationals
- June 2004: Kata clinic / testing (**Nage-no-kata**) Kata training for CJI Jr State Championships & USJF Jr Nationals
- Aug. 2004: Kata clinic / testing (**Goshin-jutsu**) with **Sensei Takeuchi\***

**\* Guest instructor not confirmed**

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This program is aimed at developing and advancing the skill of juniors to adults by showing high-level techniques. In this program we are very fortunate in Nanka to have extremely talented individuals willing to devote their time to this program grow.

PROJECT MANAGER – The fiscal, reports, request for payments and evaluations of this program will be administered Brian E. Marks 5<sup>th</sup> Dan, Head Instructor with Ogden Judo school, Nanka Kata chairman and 5<sup>th</sup> vice president. He is a National and World Masters level Class “A” judge and has and stills competes in National and World Kata Champions.

Assistant Manager – Mr Kenji Osugi 5<sup>th</sup> Dan, Head Instructor at Sawtelle Dojo. He has many years experience in all kata's. Mr. Osugi was responsible for bring Kadoka sensei Ichiro Abe 9<sup>th</sup> Dan and sensei Michio Furuchima 8<sup>th</sup> Dan to the Nanka area for a kata clinic by the Masters. The clinic by the masters was one of the most attended clinics in Nanka last year.

Assistant Manager – Mr. Harold Sharp, 7<sup>th</sup> Dan Instructor Gardena Dojo. Mr. Sharp has written many books and has made many videos for the sport of Judo. He has provided our program with his vas knowledge of judo techniques, by showing how kata techniques can be applied during shiai. With his video system kata contestants can see how they are performing their techniques and where they need to improve.

The fiscal and evaluation aspects of this program will be again administrated by Ed Shiosaki. He is currently the President of the Southern California Black Belt Association, head instructor of SouthBay Judo Club. As a structural engineer, his administrative experience spans over 20 years with such projects as the Getty Museum and numerous major commercial projects over the years for Robert Englekirk Structural Engineers.

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**E. BUDGET SUMMARY**

	BUDGET SUMMARY			
	USJF	NANKA	OTHER*	TOTAL
<b>Activity 1: Week-end Camps</b>				
Payments to athlete/clinicians = \$50*16 hours*4 camps	\$1,600	\$1,600	\$0	\$3,200
Facility fees = 4 * 2 days* \$100	\$400	\$400	\$0	\$800
Meals= \$8 * 160 * 2 days	\$0	\$0	\$2,560	\$2,560
T-shirts = 160*5	\$0	\$0	\$800	\$800
Certificates = 160*1	\$0	\$0	\$160	\$160
Copying forms, flyers=.05*4 pages*800	\$0	\$0	\$160	\$160
<b>TOTAL ACTIVITY #1</b>	<b>\$2,000</b>	<b>\$2,000</b>	<b>\$3,680</b>	<b>\$7,680</b>
 <b>Activity 2: Middle School &amp; High School Practices</b>				
Nanka Jackets = \$40*50	\$2,000	\$0	\$0	\$2,000
Facility fee = \$200* 9 months	\$1,800	\$0	\$0	\$1,800
Facility fees for practices not at Ogden Dojo	\$0	\$200	\$250	\$450
Crash pads	\$0	\$900	\$0	\$900
Entry fees for practice participants= 98 qualified participants*\$25	\$0	\$2,450	\$0	\$2,450
<b>TOTAL ACTIVITY #2</b>	<b>\$3,800</b>	<b>\$3,550</b>	<b>\$250</b>	<b>\$7,600</b>
 <b>Activity 3: Skills Demonstration Days</b>				
Facility Fees = 4*\$200	\$800	\$0	\$0	\$800

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Clinician Fees = \$50*8*4days	\$500	\$300	\$800	\$1,600
TOTAL ACTIVITY #3	\$1,300	\$300	\$800	\$2,400

**Activity #4: Junior Referee Program**

Facility fees =125*4*2	\$1,000	\$0	\$0	\$1,000
Clinician fees	\$200	\$0	\$600	\$800
Supplies, mailing	\$0	\$0	\$200	\$200
IJF Videotape	\$0	\$1,200	\$0	\$1,200
Videotaping, tapes = \$20*20*4	\$0	\$400	\$1,200	\$1,600
TOTAL ACTIVITY #4	\$1,200	\$1,600	\$2,000	\$4,800

**Activity #5: Kata Program**

Facilities fees of clinics 7 clinics x \$100 = \$ 700	\$700	\$0	\$0	\$700
Copy (Kata Booklets) 300 books x \$1.00 = \$300	\$0	\$0	\$300	\$300
Flyers, Letters, Mailings, Certificates, etc.	\$0	\$0	\$150	\$150
Uniforms	\$500	\$0	\$0	\$500
Level A Clinician Fee 2 x \$1,250=\$2,500	\$250	\$0	\$2,250	\$2,500
Level B Clinician Fee 5 x \$100 = \$500	\$0	\$250	\$250	\$0
Tournament Entry Fee 10 x \$40=\$400	\$0	\$400	\$0	\$400
TOTAL ACTIVITY #5	\$1,450	\$650	\$2,950	\$4,550

<b>TOTAL</b>	<b>\$9,750</b>	<b>\$8,100</b>	<b>\$9,680</b>	<b>\$27,030</b>
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\*NOTE: Other includes donations from Nanka members, fees to participants and community donations