

April 2007

Save
The
Date

JCI

Carnival

Saturday,
June 23

&

Sunday,
June 24



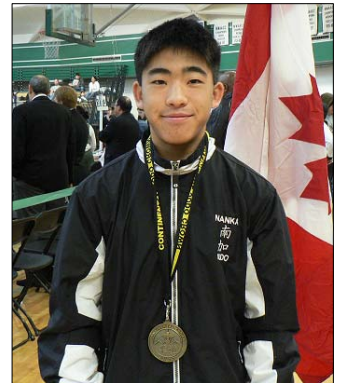
DOJO NEWS

Countdown to CJI

6 Days

Juvenile Pan American Championship

Aaron Fukuhara represented the United States in Santo Domingo, Dominican Republic on April 13th in the Juvenile Pan American Championship. Aaron qualified by being number one in the country in the Juvenile B, 51 kg division. This is Aaron's second trip as a USA Judo Team member, the last one in the Infantil division in Costa Rica in 2005. Aaron came up just short of the medals round and placed 7th.



CJI Reminders

- Mat set-up is at 6:30am Saturday, May 5, 2007 @ CSUDH - **Mandatory for ALL GJC members**
- Confirm work assignments and shift time(s) with committee chairperson
- Food donations are still needed for the Hospitality Room for both Saturday & Sunday. Please see Nan Taketa or JoAnn Kato for sign-ups.
- Check-In & Weigh-In is Saturday, 5/5
7:00am-11:00am (*Kata, Masters, Seniors, Sr. Novice & Juvenile B (male & female)*)
11:30am - 4:30pm (*Bantam, Intermediate, Juvenile A, Jr. Novice & IJF Junior (male & female)*)
- Break-down & Clean-up Immediately following last match of Tournament on Sunday afternoon - **Mandatory for ALL GJC members**

President's Message

Spring is here and the CJI CA State Judo Tournament is only one month away! How time continues to fly. Our judokas are doing a great job coming to practice and training to compete in tournaments. The families have been wonderful in volunteering at the various tournaments locally and out of town, helping score tables. This is what continues to make this club strong. Nanka definitely realizes and appreciates what the GJC families are about. THANKS for all your efforts and your dedication to your children in teaching and modeling for them how a community can work together and help one another. Your efforts are truly recognized and do not go unnoticed. If you ever have any questions, want to volunteer, be a board member, etc. please feel free to ask.

Jihyon Oishi
"judo mom"
GJC President

“Sensei In The Spotlight”

A new feature added to this and future newsletters will be a spot light on our sensei's. Learn a brief history of Gardena's senseis who tirelessly give their time and effort to teach our kids.

Sensei Low Dong.



Low Dong sensei started his Judo career in 1965 at the age of 23, a late start. He first became interested when he saw a judo practice at a gymnasium at Holloman Air Force Base in Alamogordo, New Mexico where Low was a weapons system control mechanic on an F4 Phantom jet fighter. Coincidentally he would later return to New Mexico to compete in his first tournament near a horse racing track at Ruidosa Downs.

Low met his first sensei, Lt. Lowell Wickers, at Da Nang Air Force Base in Vietnam in 1965. He practiced judo under Wickers sensei until he came back to the states. When Low returned from Vietnam, while stationed at Homestead Air Force Base near Miami, Florida, he helped teach judo to children. He also taught adult self defense classes. This is where he met his wife Carolyn, a student. They began dating and were married six months later.

After Dong sensei was honorably discharged from the Air Force, he attended Miami Dade Community College and studied Judo under Jack Williams sensei. At 135 lbs., he was the Southeastern Collegiate Judo champion in 1968 and 1969 at Florida State University where John Ross was head sensei. He broke his left arm in Hialeah, Florida, which halted his judo practice indefinitely. This actually came as a blessing because it allowed him to focus more on his studies. He took classes at University of Miami to get into the UCLA School of Engineering where Hayward Nishioka was

head sensei. He earned his Bachelor of Science Degree in Electrical Engineering at UCLA followed by his Master of Science Degree in Electrical Engineering from CSULA. In 1992 he retired from the Space & Communications division of Hughes Aircraft and also retired from America West Airlines in 1993. In 1979 he returned to the sport of judo and joined the Gardena Judo Club, under Head Sensei, Tosh Tosaya. Tosaya sensei helped Low attain his Shodan. This was also when Dong sensei started refereeing.

Dong sensei took a particular interest in Kata and received Nanka certification for Nage No Kata, Katame No Kata, Ju No Kata, Kime No Kata and Goshinjutsu No Kata. He competed in Senior Nationals in Nage No Kata and Katame No Kata and was Nanka Nage No Kata and Katame No Kata champion.

Dong sensei has many past competitive accomplishments, which include being the Senior National Masters champion. He has held the Pan American Masters Champion title for multiple years well as World Masters champion. He still continues to compete in the masters division.

On a non-competitive level, he has served as Nanka Treasurer, was a USJF Finance Committee Member and a member of the World Masters Judo Executive Committee. He was also nominated for the Nanka Hall of Fame. The highlight of Dong sensei's judo career, however, was when he had the opportunity to be one of technical officials for Judo at the 1996 Olympic Games in Atlanta, Georgia.

Judo continues to play a huge role in Dong sensei's life. He is currently a Pan American Judo Union C licensed referee, a USA Judo B licensed Kata judge for Nage No Kata and Katame No Kata, a USA Judo C licensed coach and USA Judo A licensed teacher. Given all of the above, he still has time to serve as the Nanka Yudanshakai Auditor and regularly attends GJC's Shonen practices on Mondays and Thursdays.

Wow! Talk about dedication. Gardena Judo Club is extremely fortunate to have Dong sensei as a member of our dojo.

Tournament Results

West Clovis Invitational

February 4, 2007

1st Place

Malia Corona
Bryce Oishi
Chase Oishi
Torie Oishi
Nicholas Raman

2nd Place

Ku'alak'i Corona
Uilani Corona
Teven Muramoto
Keanu Rabut
Kemie Taketa

3rd Place

Justin Akioka
Bryce Muramoto
Corie Ann Rabut

San Jose Buddhist Sensei Memorial Tournament

February 11, 2007

2nd Place

Kaylyn Fukuhara
Kemie Taketa
Kyle Taketa

3rd Place

Aaron Fukuhara
Syota Kudo

West Covina Invitational

February 18, 2007

1st Place

Michael Burch
Bryce Oishi
Corie Ann Rabut
Madison Shigeta
Kyle Taketa
Daniel Tamayo

2nd Place

Ku'alakai'I Corona
Justin Inouye
Elijah Jones
Andrew Okihara

Nolan Oshiro
Nicholas Raman
Greg Sakata

3rd Place

Justin Akioka
Eugene Arai
Malia Corona
Elijah Jones (2nd division)
Shige Kato
Torie Oishi
Keanu Rabut
Kurt Sakata
Jack Sasaki

Clovis Invitational

March 4, 2007

1st Place

Greg Sakata
Kurt Sakata

2nd Place

Nolan Oshiro
Corie Ann Rabut
Keanu Rabut

3rd Place

Justin Akioka

Cupertino Invitational

March 11, 2007

2nd Place

Kemie Taketa

Mojica Jr. Tournament

March 18, 2007

1st Place

Michael Burch
Kaylyn Fukuhara
Syota Kudo
Keanu Rabut
Madison Shigeta
Sera Shigeta

2nd Place

Justin Akioka
Brian Blasman

Derek Kido
Andrew Okihara
Torie Oishi
Cori Ann Rabut
Jack Sasaki

3rd Place

Troy Kato
Chase Oishi
Nolan Oshiro
Tetsu Yoshimura

High School Nationals

March 24, 2007

1st Place

Kyle Taketa

Silver State Championship

March 31, 2007

1st Place

Ku'alaka'I Corona
Uilani Corona
Bryce Oishi
Torie Oishi
Nicholas Raman

2nd Place

Malia Corona

3rd Place

Chase Oishi
Nolan Oshiro

San Shi Novice Tournament

March 31, 2007

1st Place

Troy Kato
Andrew Okihara
Keanu Rabut
Trent Serizawa

2nd Place

Justin Akioka
Corie Ann Rabut

Coach's Corner

By Liane Harada

You've heard it time and again from all of the coaches and senseis at our club - the emphasis of competing in judo tournaments. I believe that competition in judo is one of the most important aspects of our sport. The purpose of tournaments is not necessarily to determine champions; rather, they provide a competitive training ground that complements the regular practices at the dojo. The rules for these contests are generally modified to advance development in technical ability, depending on age and experience. At these tournaments, judo students can test their skills against people from other dojos. Tournaments provide valuable lessons such as performing under pressure, sportsmanship, self-discipline, and developing the etiquette of the sport. From both winning and losing, we can walk away from each tournament with a sense of pride, and a newfound respect of the sport in which we partake.

With each judo tournament that you participate in, you will realize how immensely it differs from a regular judo practice. When you are continually practicing with the same students at your dojo, it is inevitable that your judo skills will come to a plateau. Students from the same dojo eventually familiarize themselves to each other's style, which makes for both frustrating and boring practices. When you compete, you are opening up a whole new world of judo. You will see how things such as a person's style of fighting can make a huge difference in the outcome of the match. You may defeat a person in a tournament that may have just beaten the person you lose to at every single practice. You will also see that some competitors, although they have poor judo technique, continue to win due to their aggressive fighting spirit. There are people who have very little technical skill, but are still able to win national and even international championships, simply because they are effective competitors.

I have done judo for 20 years, and have competed for 15 of those years. Through my competition experience, I have had the opportunity to travel to many countries and throughout the United States, and I have made friends around the world. I have fought amongst some of the greatest judokas in our sport, and have learned the trials and tribulations that comes with both winning and losing. I have also been able to gain a much higher respect for judo through the many wonderful people who have shown me the true meaning of what being a judoka is. I have learned to give back to my sport for the many things it has taught me. I respect and admire the 'old-school' senseis, those like Wada Sensei, for selflessly giving up so much of their time and energy for the benefit of the sport and the judokas in it. Without my experiences through competing, I would have never seen that this selflessness extends outside of our judo club and into our entire organization. The judo community is an amazing community that has greatly touched my life, and I hope that it can do the same for all of you.

From a coaching perspective, I feel that my competition experience has shed light on my coaching abilities. Everything that we as coaches drill into you competitors are all things that we have gone through as well. Through processes of trial and error, I know the hardships of cutting weight, training every day, preparing myself for competition, overcoming losses, gaining from defeats, etc. I know what it feels like to have someone in my corner who trains me day in and day out. I know what it feels like to rise in glory with these people. I also know how it feels when your own personal loss is felt and experienced by not only you. Through my coaching experience I now am able to see and feel exactly what my coaches over the years have seen and felt. We feel every single win and loss with each of our competitors and taste every drop of sweat that goes into each. I have learned that the greatest lessons that I can teach are those that come from firsthand experience.

With that being said, I am not only encouraging our kids to go out and compete, but our members of all ages. Our adults who haven't yet competed should gain experience now, because you will one day be one of the coaches. Remember that you're never too old to try. Sensei Low Dong not only runs the L.A. marathon every year, but he also has fought in the senior World Master's tournament every year that I can remember. Let him be one of your inspirations. I even want to encourage some of our black belts who haven't as much competition experience to go out and compete as well. I truly believe that any amount of experience will help in being a knowledgeable sensei to our kids. We all, as black belts, must realize that our kids look to us for answers and for lessons and we must ask ourselves every time we put on our black belt and step out on the mat if we have the knowledge and experience to teach them correctly.

By now, we should have all registered for the CJI State Championship tournament coming up in May. We are extremely fortunate to be a part of the hosting judo club for this tournament, and should definitely take advantage of the FREE registration. As a coach and a previous competitor, I understand the costs involved in traveling, training, and competing. I understand that we are not all financially able to participate in many activities, which is why I strongly encourage everyone to take advantage of this great opportunity to gain competition experience at a state level tournament. Sensei Jack Wada and our wonderful parents and senseis are all volunteering a lot of time and hard work in putting together a great tournament. Please get involved in any way you can; it's not too late!

This is an excellent opportunity to experience competition, and learn your responsibilities as a competitor. The coaches at Gardena Judo Club try hard to make sure that everyone has someone in the coach's chair. Because there are so many Gardena judoka, and so few of us, we would like to ask that everyone is prepared and has the necessary things that they need so we can effectively spread our time and efforts amongst all competitors. It is the responsibility of every judoka to have proper conduct, and follow the correct etiquette of judo. This means displaying good behavior, proper manners, and good sportsmanship at all times. Because we have many novice students and parents who do not have tournament experience, we have created a tournament resource list:

Tournament Resource List

1. Bring a clean, white judo gi.
2. Bring a white & blue belt. GJC will provide one blue belt to all competitors for free. See Oishi sensei for details.
3. Bring a plain white t-shirt (girls only).
4. Have a bottled drink for in between matches (water, Gatorade, etc.). Bring this to your mat, since you won't be able to leave the mat in between matches to get your drink. Fluid intake is very important to ensure the replacement of water and minerals (electrolytes) lost in sweat.
5. Have an appropriate snack, in case of a long delay before your first match is called. You should eat things that will promote effective competition. Generally no fast-food or junk-food.
6. Have a copy of your current USJF or USJI card.
7. Have a copy of your birth certificate.
8. Be sure that you have completed, signed, and dated registration forms.
9. Make sure you bring your entry fee payment.
10. DO NOT wear metal or plastic (in hair ties, athletic braces, etc.), NO jewelry.
11. Be sure that you are waiting properly in the stands and listening for your name to be called. It is sometimes very noisy in the gymnasiums, and you must be sure to listen very carefully for your name and mat assignment.
12. DO NOT horseplay on the mat while warming-up, waiting for your match, or outside before competition. You don't want to do anything that could injure you before you compete.
13. Make sure that you have your gi top and belt on at all times, or wear your warm-up or t-shirt before and after every match. Nobody should be walking around with just a gi top with no belt, or vice versa.
14. Always have sandals or shoes on, no bare feet.
15. When competing, be sure to look up at your coach at each and every 'matte' for instruction.
16. If you have any questions regarding you division and/or your

JCI Carnival

JCI Carnival will be held on Saturday & Sunday, June 23 & 24, 2007. Raffle tickets are being distributed by Gail Inouye and Patty Sasaki. This year each family is being asked to sell 40 tickets.

Sign-ups for work shifts will be announced at a later time.

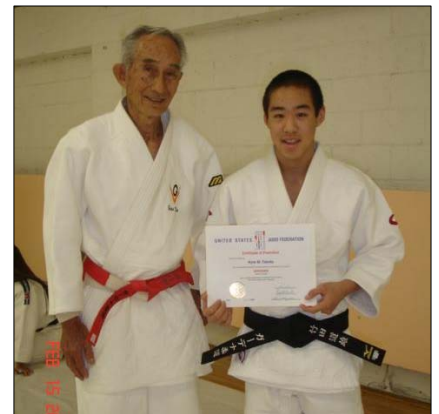
GJC "Logo Wear"

Due to popular demand Gardena Judo Club "logo wear" is now available. Patty Sasaki is now taking orders for Gardena Judo Club sweatshirts (hooded pull-overs, hooded zip-ups and crew necks), t-shirts and baseball caps. GJC "Logo Wear" comes in a variety of colors in both adult and youth sizes. The GJC logo will be embroidered in the traditional GJC orange and black as shown above.



Shodan Promotions

Congratulations to Kyle Taketa, Gardena's newest Black Belt.



Gardena Judo Club Board Meetings

Board meetings are held once per month on the 3rd Tuesday upstairs at the JCI from 7:00PM. These meetings are open to anyone who wants to know what's going on or has an issue to resolve or wants to make a suggestion. Please get involved. Gardena Judo Club is for ALL members.

Novice Class Reminders

- Mat set-up time is 5:45 pm. Please be on time.
- Please make sure you check the vacuuming schedule, which is posted on the T.V. near the mat storage area. If you are not able to vacuum on your scheduled day, it is your responsibility to make arrangements with another family to switch days.

USJF Registration

USA Judo has eliminated the two tier "Secondary" membership and will only offer "Primary" membership. For those who will be competing in USA Judo sponsored events such as Jr. Olympics or HS Nationals, you should change your Primary membership to USA Judo and secondary to the USJF. Please continue to submit your USJF membership to Oishi sensei.



GARDENA JUDO CLUB

1964 West 162nd Street
Gardena, California 90247

Practice schedule:

Mondays & Thursdays

Yonen class (ages 6 to 12) 6:30 to 7:45 pm

Shonen class (age 13+) 7:45 to 9:10 pm

Head Instructor:

Isao Wada, 7-Dan



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Calendar of Events

April

- 7-8** Sr. Practice with San Jose State University Team @ San Fernando Dojo 10am-5pm
- 14** Shorai Practice @ Mojica Dojo, Baldwin Park 2pm-4pm
- 15** Parents Fed Tournament @ Esther Snyder Community Center, Baldwin Park
- 17** GJC Board Meeting @ JCI 7pm
- 20-21** Sr. Nationals, Miami, FL
- 28** Nanka Jr. & Sr. Practice, San Fernando Dojo 9am-11am
- 29** Barstow Invitational @ Esther Snyder Community Center, Baldwin Park

May

- 5-6** CJI State Championships @ CSU Dominguez Hills, Carson
- 12** Shorai Practice @ Industry Sheriffs Dojo, City of Industry 10am-12pm
- 15** GJC Board Meeting @ JCI 7pm
- 19** Nanka Jr. & Sr. Practice, San Fernando Dojo 9am-11am
- 26-27** AM CAN Judo Challenge, Amherst, NY