

March/April 2006

**GJC  
55th  
Anniversary  
Tournament**  
  
**Sunday,  
March 19**  
  
**at**  
  
**CSUDH**

**Coming Up  
In March . . .**

Nanka Novice Tournament	3/5
Scorekeeping Clinic @ JCI (up stairs)	3/9
Shorai Practice @ San Gabriel	3/11
Senior Practice @ Mojica	3/11
GJC Shiai & Mandatory Parent Meeting	3/13
Clinic with Ron Angus	3/16
Set-up for GJC Tournament	3/18
GJC 55th Anniversary Tournament	3/19
GJC Board Meeting	3/21
H.S. & Collegiate Nationals	3/24 -26



# DOJO NEWS



## Nanka Novice Tournament Winners!

**1st Place**

Ku'alaka'i Corona, Malia Corona, Uilani, Corona, Karissa Dedmon, Skyler Halacion, Elijah Jones, Troy Kato, Daniel Murphy, Daisuke Sonoma

**2nd Place**

Justin Akioka, Chadd Haratani, Noah Hilacion, Jerry Ip, Joanna Jones, Takashi Koizumi, Jay Matsumoto, Teven Muramoto, Kylie Nakada, Torie Oishi, Nolan Oshiro, Brian Uwahori

**3rd Place**

Kaylyn Fukuhara, Max Green, Justin Inouye, Megan Inouye, Shige Kato, Kelvin Matsumoto, Tyler Matsumoto

**A message from Wada Sensei . . .**

"As you all know by now, I had surgery a few weeks ago. I am doing very well at home. When I get well, I will be back.

I have a request from all the students. If you are sick, please stay at home. As you know, March 19th is our 55th Anniversary Judo Tournament and I want all of you to participate.

My special thank you to all the senseis. You are doing a fantastic job."

Aloha!

Wada Sensei

**President's Corner**

Wow! It's already March and our 55th Anniversary Tournament is just around the corner. It will be held on March 19, 2006 at California State University, Dominguez Hills in the main gym. Thank you to all the parents, coaches, senseis, family members and friends who have already contributed many volunteer hours to help prepare for the tournament. Gardena Judo Club hosts a tournament only once every five years so I am asking all members to help out and be a part of this memorable experience. Our judokas have been practicing hard and our Tournament Director, Jack Wada, is making sure everything is in place to ensure that Gardena Judo Club hosts another excellent tournament. Thank you again to all those individuals who dedicate so much of their time and efforts to make Gardena Judo Club one of the largest and best in the country.

Jihyon Oishi, President



## Coming Up In April . . .

Nevada Judo Cham- pionships	4/1
Liberty Bell Judo Championships	4/1 - 2
Northglenn Judo Championships	4/7 - 8
Northglenn, CO	
Shorai Practice @ San Fernando	4/8
Senior Practice @ Mojica	4/8
Sanshi Novice	4/8
Pre-Senior National Kata Clinic	4/9
Seniors Clinic	4/15
Easter Sunday	4/16
GJC Board Meeting	4/18
Barstow Judo Invitational	4/30
Visalia YMCA	4/30

### Did you know?

**According to the American College of Sports Medicine, Judo is the safest contact sport for children under age 13.**

## "Shorai" Program

"Shorai" means "Future" and the *Shorai Program* is a series of group practices that focus on developing the participant's skills in preparation for the next level of competition, the future.

Each practice is about 2 1/2 hours long and costs \$3.00. They are held once a month and are open to any current member of USJI, USJF or USJA who is at least 6 years old, is at least a Yellow Belt and knows judo edict and *ukemi* (how to fall).

One of the great things about the program is that each month, a different coach from around the Southern California area is brought in to teach the group. This ex-

poses the participant to a countless array of skills and techniques offered by these coaches.

Because the practices are open to the members of other dojos, it's a great place to meet judokas from other dojos. One "judo mom" said that her children have made lifelong friends from attending these Shorai Practices.

For questions or further information contact Tyrone Taketa.

The next Shorai Practice is on April 8, 2006 at San Fernando.

## Judo Etiquette

Whether practicing in your own dojo, visiting another dojo or competing in a tournament, you should always follow proper judo etiquette. The following are some judo etiquette tips to keep in mind:

- Personal hygiene is important. Keep your body clean.
- Keep fingernails and toenails cut short.
- Tie long hair back with a band that has no metal on it.
- No shoes are allowed on the mat.
- No jewelry or hard objects of any kind are allowed.
- The judogi (uniform) shall be clean, dry and not torn.
- Girls should wear a clean white tshirt under their judogi.
- Be punctual for classes, tournaments and meetings.
- While waiting for your next match, always kneel or sit up straight
- Do not talk when instructors are speaking.
- Do not walk in front of instructors, referees or senior members.
- Once practice has begun, do not leave the mat area without permission from an instructor.
- Do not eat or chew gum on the mat.
- Bow when entering or leaving the dojo
- Bow when entering or leaving the mat area.
- Bow as a group to begin and end a class period.
- Bow to your partner before and after practicing with them.
- Spectators are always welcome.
- Please refrain from loud, excessive talking or making noise during class,

## Why I Do Judo Anonymous

Why do I do judo? 'taint no mystery  
Need to have a good medical history  
My physio told me judo is great  
Help them blood cells circulate  
Good for the lungs, great for the ticker  
There ain't nothing gets ya in a better shape  
quicker  
Feels so healthy feels so sweet  
Pulling with my arms sweeping with my feet  
Moulding my muscles firming my form  
Panting like a Shire horse sweating up a storm  
Keeps me youthful, keeps me loose  
Tightens my tummy and shrinks my caboose  
Beats being sluggish, beats being lazy  
Why do I do judo, maybe I'm crazy



*Kimie Taketa gets a few pointers from Shinohara Sensei.*

especially when instructors are speaking. The students need to focus on what is being taught  
Whenever you wear your judogi, you represent Gardena Judo Club and should present yourself accordingly.



"Today, gentlemen, we're taking up one of the most difficult aspects of judo... how to spells these words."

## Tournament Results

<b>Disney's Martial Arts Festival</b> <u>January 6-7, 2006</u>		<b>San Jose Buddhist Sensei</b> <b>Memorial Tournament</b> <u>February 12, 2006</u>		Andrew Okihara	3rd
Max Green	1st			Kimie Taketa	3rd
Max Green	1st	Greg Sakata	1st	<b>Clovis Invitational</b> <u>February 26, 2006</u>	
<b>Reedley Invitational</b> <u>January 22, 2006</u>		Kaylyn Fukuhara	2nd	Justin Inouye	1st
Troy Kato	1st	Max Green	2nd	Greg Sakata	1st
Cary Oba	1st	Troy Kato	2nd	Kurt Sakata	1st
Christopher Oba	1st	Aaron Fukuhara	3rd	Kimie Taketa	1st
Chase Oishi	1st	<b>West Covina Invitational</b> <u>February 19, 2006</u>		Justin Akioka	2nd
Kimie Taketa	1st	Kaylyn Fukuhara	1st	Kelvin Matsumoto	2nd
Kyle Taketa	1st	Megan Inouye	1st	Bryce Muramoto	2nd
Bryce Oishi	2nd	Elijah Jones	1st	Teven Muramoto	3rd
Tyler Matsumoto	3rd	Takashi Koizumi	1st	<b>Katame No Kata</b>	
Torie Oishi	3rd	Kanta Oguma	1st	Bryce Oishi	1st
<b>San Fernando Invitational</b> <u>January 29, 2006</u>		Kent Oguma	1st	Chase Oishi	1st
Kaylyn Fukuhara	2nd	Kyle Taketa	1st	<b>Nage No Kata</b>	
Takashi Koizumi	2nd	Brian Blasman	2nd	Bryce Oishi	1st
Bryce Oishi	2nd	Ku'alaka'l Corona	2nd	Chase Oishi	1st
<b>West Clovis Invitational</b> <u>February 5, 2006</u>		Aaron Fukuhara	2nd	Justin Inouye	2nd
Bryce Oishi	1st	Justin Inouye	2nd	Kimie Taketa	2nd
Chase Oishi	1st	Jay Matsumoto	2nd	<b>Ukemi</b>	
Kyle Taketa	1st	Bryce Oishi	2nd	Torie Oishi	1st
Torie Oishi	2nd	Greg Sakata	2nd	Justin Akioka	2nd
Greg Sakata	2nd	Justin Akioka	3rd	Teven Muramoto	2nd
Tyler Matsumoto	3rd	Eugene Arai	3rd	<b>Nanka Novice Tournament</b> <u>March 5, 2006</u>	
Teven Muramoto	3rd	Malia Corona	3rd	See Front Page	
		Uilani Corona	3rd		
		Ken Dekitani	3rd		
		Joanna Jones	3rd		
		Brandon Matsumoto	3rd		
		Torie Oishi	3rd		

### 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.



*Justin Akioka wins his first medal at the West Covina Invitational on February 19, 2006*

Please make sure you report your tournament results to the Tournament Coordinator, Gail Inouye, after every tournament. Even if you lose all your matches, you still receive credit for participation. These points are recorded for promotion purposes.



If you haven't paid your 2006 Membership Dues, please do so as soon as possible.

*Left: The winners of the Kata and Ukemi competitions (Clovis Invitational) pose for a picture with Osugi Sensei, of Sawtelle Dojo*



## 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

[www.gardenajudo.com](http://www.gardenajudo.com)

Place

Stamp

Here

## Gardena Judo Club's 55th Anniversary Tournament



Sign-up sheets are flying around the dojo . . . “Side dish or salad?”. . . “Which committee(s) are you on?”

Sam Akioka is busy making signs . . . “Judo Parking”. . . “Pooling Table”. . . “Medic +”. Nan Taketa and JoAnn Kato are menu planning for 200+ volunteers and Ray Matsumoto is recruiting and training people to work the score tables. These are just a few of the people who have already contributed dozens of hours to plan for

**Gardena Judo Club's 55th Anniversary Tournament**, which will be held on Sunday, March 19, 2006, at California State University Dominguez Hills in the main gymnasium.

According to Jack Wada, Tournament Director, GJC's Tournament is expected to be comparable to a national level tournament with an anticipated 500+ competitors, who will range in age from 6 to 50+ years of age.

Gardena Judo Club is one of the largest in the nation and it is going to take 100% participation from all the members to make this tournament a success. So don't let your fellow members down and do your part. If you haven't signed up to be on a committee, see Jack Wada.

All members are expected to help with mat set-up on Saturday, March 18th at 12:30pm and clean-up after the tournament.