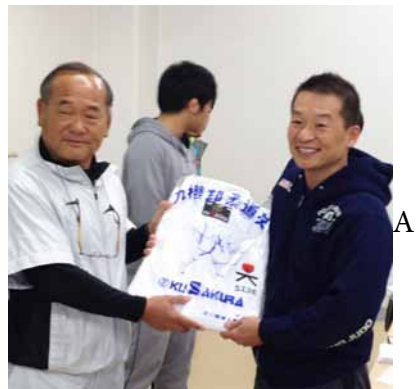




Before the invention of tourism,  
travel to another country  
was considered the highest form of education.

**WELCOME** We received our first taste of Judo in Japan with an early rise and bicycle rides to the Tokai Shonan main campus. We were introduced to our Head Instructor Kenji Mitsumoto. He is considered an expert in Judo development.

We reviewed our schedule for the next month and were told what was required of us as students. Take lots of notes, keep our Judogi clean and of course, always be on time.



**PRESENTATION** After watching a video presentation featuring Yasuhiro Yamashita and his vision for Judo, we were all showered with gifts from the NPO sponsors.

Mizuno gi bag, a UniQlo hoodie, a Mizuno shirt, and a custom embroidered Kusakura gi.

**ETIQUETTE** Our first class was on etiquette “Reishiki”. We studied reasons for bowing, sitting and even the distance that we perform these rituals.

It was stressed that as good Judo instructors, we must know the meaning “the Riai” of what we are teaching and how it connects together. We must also understand the principle of the movements and techniques.



**KATA** with Tomoo Hamana It was an honor to have 4-time World Kata Champion, Tomoo Hamana visit from us from Hamana Dojo to fine tune our Kata. He was very humble in his approach and reminded us to not only memorize the techniques, but to focus on the meaning behind each technique.

Learning the history of the technique while studying the mechanics of the throws made it very enjoyable.



# TACHIWAZA with Kenji Mitsumoto

**FOUNDATION** We reviewed our posture “Shisei”, our stance “Shizentai and Jigotai” and how we walk. We covered teaching methods for breakfalls in levels and stressed the importance of mastering taisabaki, kumikata and kuzushi. We did kuzushi partner drills from squatting, sitting on a chair, standing and moving. We used resistance bands.



**POINTS** Study your grip and wrist. Do not lean back when pulling for kuzushi. You will lose balance and get countered. Off-balance in front of your chest and bring your chest to the person when applying the throw.

If you release your grip when you throw, you cannot control them. Without the grip, there is no “kime”.



**THOUGHTS** These classes benefitted me the most. These are lessons I can immediately apply in my own dojo. Mitsumoto Sensei clearly explained why these movements are so important and how it applies to techniques. Even fundamental techniques must be broken down into levels and explained. This is how you build great instructors, which in turn produce great students.

## LESSON

Always train moving uchikomi, not static. Take at least one step. Back to front and circular. Take the time to train balance and agility. Incorporate ladder drills. Leg speed drills. Some students won't get it, but that is how it goes. Don't be discouraged. Proper body movement and awareness is crucial for Judo. Even if it's taxing, always show the correct form and show the right way. Tori and uke must work as one to become good in Judo



## DRILLS

Osotogari partner drill, Ouchigari partner drill  
Carry/run drills, 3-man standing drills, 3-man drag/pull drills

## THOUGHTS

Uchikomi is about discovering your opponent's weak spot. The more strenuous the training, the more efficient you will need to be. You will learn to use less strength and thus, feel your opponent more. When you are fatigued it will test and challenge your balance and form.





## **ASHIWAZA** with Makoto Takeuchi

There is so much value in studying Ashiwaza. Kuzushi is difficult in actual randori or competition. If you are good at Ashiwaza, you can effectively use these techniques to off-balance your opponent. Always start by attacking the feet. Do not go into big throws when the path is not there. Create the ideal situation with ashiwaza. You can create many combinations. Have several good ashiwaza techniques to choose from for each situation. Ashiwaza is a technique that requires timing. If you decide to do ashiwaza the time has passed, so these techniques must be practiced relentlessly so that it becomes natural in its execution. It must be instinctive.

Kouchi gari is a good start because it is very effective in off-balancing your opponent, but rather difficult to counter.

The same can be said for etiquette and doing the right thing. It's not something you do only sometimes. It cannot be something you deliberately try to do. It must become a part of you. Train doing the right thing until it becomes natural in its execution.

## **NEWAZA** with Kenji Mitsumoto

**LESSON** Study and drill tai sabaki for newaza. Waki jime, ebi, zenten and koten. Train osaekomi drills and transitions. You should study combinations for your newaza like you do for your tachiwaza. Don't just attack one technique. Set them up and create an opening. It is about creating a weak spot and attacking it. If you are good at Newaza, incorporate your tachiwaza techniques to bring the opponent to the ground.

**THOUGHTS** Newaza is like a metal link puzzle. You cannot force the loops apart. If you rush without thinking it won't work. You must think about what you are doing and the puzzle will unravel.





## TERMINOLOGY

with Dr. Seiji Miyazaki

Study the meaning and origin of each word in Judo. This can often unlock the secrets to the techniques that you may not have realized was there.

## BEGINNER CLASS with Ryohei Anai

Beginners were taught Ogoshi, Tsubame Gaeshi, introduction to self defense “Goshin Jutsu”. Ogoshi is practiced to get a good feel for Judo. Tsubame Gaeshi because it’s complex enough to be a challenge, but fun, understandable easy to take falls for. Goshinjutsu for it’s practical application.

When asked if they will use it in a fight. It was quite simply explained, no we will never fight. We will always walk away. If we fight, even if we win, we will go to jail. So we always lose.

Perhaps that is why Japan takes their sports so seriously. That is were they fight. Maybe if the western world focus on having more kids in sports, they will fight less and stop shooting each other.



## COACHING with Kenji Mitsumoto

There are three main factors that make a champion.



**Instructor** A sensei and mentor to the student. Study more or bring in good instructors.

**Environment** A dojo with a healthy culture and a lot of good training partners. If this is where you are lacking you, must seek out good training facilities and send your student there to train.

**Self** The athlete themselves. You must seek out talent.

## SCOUTING with Kenji Mitsumoto

- Test body awareness with zenten and koten.
- Test agility and coordination with cartwheels and handstands.
- Test flexibility with roll to straight leg toe touch.
- Test flexibility with roll to split elbow touch.
- Strength with rope climbs.

We were also give a copy of Mitsumoto Sensei’s study guide called the “Judo Passport” for teaching and recording a student’s progress.





## **UCHIMATA** with Kosei Inoue

“You have to win when given the opportunity to win. It does not come often. For some people, the moment will never come. Take the chance when given the chance. In your heart you must recognize this. You must say this is it.”



## **OSOTOGARI** with Yasuhiro Yamashita



Every Saturday there was a Toku-jitsu class. A day when they would have each instructor teach their specialty. I was able to attend Yamashita Sensei's Osotogari class, Kosei Inoue's Uchimata class, Nakanishi Sensei's Seoinaga class and Agemizu Sensei's kumikata class.

## **KUMIKATA** with Kenichiro Agemizu



## **SEOINAGE** with Hidetoshi Nakanishi

The caliber was so high. For the demo they were using current World Championship Gold medalist Takato.

## **TEACHING BEGINNER CLASSES**

Start with proper etiquette.

Then cover posture, taisabaki, tsuriashi, kuzushi and ukemi.

Teach Hiza guruma, Osotogari, Taiotoshi, and Ogoshi.

End the class with small group testing.

This was an incredible experience being able to test my coaching style and techniques that I have learned from this program. I was able to confidently build and structure a very basic beginner class.







## THE TOKAI DOJO

Training in the Tokai Dojo with so many gold and red label patches including Georgia's Avtandil Tchrikishvili. Sharing dorm facilities with Varlam Liparteliani was a little surreal.





## **SPORTS MASSAGE** with Tomoko Ishida

I took away so much more than massage techniques from this class. First she explained to us that you must first love what you are doing, because this will show in the sincerity of your work. Your mind must always be present in that moment. Without the right mind frame and care, you can actually cause harm to your patient through massage. I believe this is true for being a shidoshi as well. Second, you must treat everyone that walks in the door seeking your assistance as equals. A first time competitor and a celebrity would get equal care. This is true for how we must treat all of our students.

On the technical side, do not use strength, position your body well, use your posture and balance to transfer your weight into your patient.



## **SPORTS TAPING** with Michiko Hanaoka

Sports taping is an art in which your job is to provide care for the injured. Not only does it act to support or take the place of a damaged area, it gives the person inward security.

The same can be said about our roles as Judoka. If there is a teammate or student in need of support we must be there for them so they have the confidence to continue. If a colleague, teammate or student is totally broken, we will stand in their place until they are ready to continue. This is how we can better society.

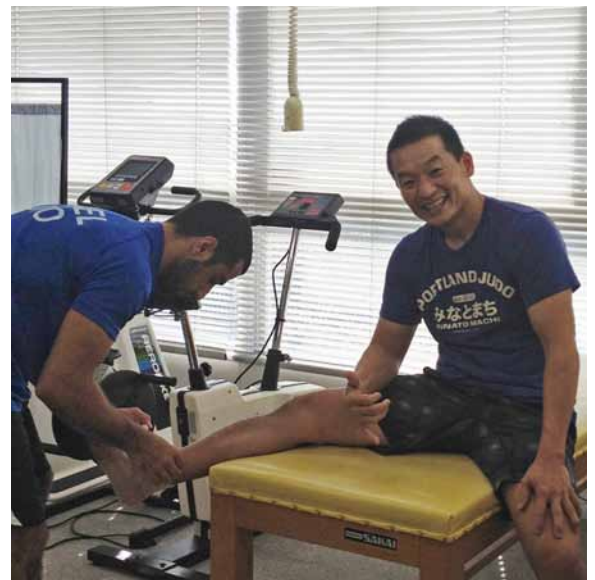
## **ATHLETIC REHABILITATION**

with Takayuki Imamura

I have a renewed admiration for experts in their field. The amount of knowledge and care all these experts are bringing to provide support to the athletes is easy to overlook.

Individual stretches, partners stretches. Core strength. Balance. Rotary cup exercises. Reflex games. Use of balance mats, light dumbbells, medicine balls, resistance bands, fitness balls.

We often focus on only the big muscles, by doing this and neglecting all the supporting muscles we will break from the inside. In life we can also make sure to take care of the small things that often go overlooked. By strengthening our inner core we can create a solid base in which to support ourselves and even those around us.







## ASAHI DOJO with Dai Asahi

Having a new club that I am currently in the process of growing, Asahi Dojo was an inspiration with both its huge number of student and also their approach to make sure his students fall in love with Judo first. It really related to his philosophy of Judo and was reassured to see the many similarities with his teaching style and mine. The one huge difference was the approach to his newaza class. He teaches it much more like a tachiwaza class. He incorporated a lot of drilling, but made sure that it was not static. He applied a lot of combinations in his newaza moves and even stressed kuzushi.

“Praise the effort, not the accomplishment. Students that get too much praise for their accomplishments will look for easy things to do and avoid hard choices. Instead, praise the kid’s efforts. Then they will seek challenges. Each time a more difficult one.

## TOIN UNIVERSITY with Yukiharu Yoshitaka



We were honored to be able to visit the class lead by Yukiharu Yoshitaka Sensei at Toin University. It is always a good experience to see another University team in training. Other than the typical Judo class I was really intrigued with the “Judo Certification Class for Teachers”. All Toin University Physical Education students must train to receive their Shodan in Judo. It was explained that since Judo is part of the Japan PE curriculum it only make sense that the instructors be proficient in the principles of Judo. It was clearly not a competition class, but all the student’s there had to know the fundamentals of Judo including getting thrown.



The day at Toin University was highlighted with having dinner with Nobuyuki Sato. It’s not everyday you get to sit with the current Godfather of Judo and have a drink. I had to pinch myself to make sure I was not dreaming a few times.

## KENDO with Tetsuo Yoshimura

Many of the great Judoka cross train in Kendo. I feel it keeps them close to their combat roots.





**BOSEIKI** Team Matsumae wins both teams for the first time in tournament history. Tournaments are always very educational for me as an instructor. I study the competitors, referees, coaches and even the mannerism of the parents and spectators. Lead by Head Referee Hidetoshi Nakanishi, I really appreciated the fact that the referees weren't so eager to give out penalties to the youth competitors. They really seems to understand the intent of youth competitors and really let the kids play.

They were very keen on the idea that young children should be allowed to try competition and enjoy the experience, more that it being a time for coaches and officials to blast them for mistakes.

They were inhouse demos by the Tokai University Judoka. I was surprised to see Takahashi Ono on the sidelines. I asked him what he was doing here. He said he was watching his daughter compete. Just another day in paradise. Really love his Judo, I had to get a picture with him.



**JYUKU YU HAI** What a treat to witness the fighting spirit of these elementary and intermediate Judoka. This solidifies my belief that the future of Japan Judo is alive and strong.







# PREVENTION OF JUDO INJURIES

by Dr. Mike Callan from Judospace.com

We had the privilege of having Dr. Mike Callan share with us his much sought after lecture series on Judo injuries and prevention. We were made very aware of head injuries sustained in Judo and the urgent need for everyone to be vigilant in keeping our students safe. The exponential damage that can be caused by “second impact” syndrome is something that we must be aware of.



My favorite was definitely a very eye-opening presentation of the etiquette and deep rooted culture that surround Judo. The day ended with an entertaining walk down the road of the creation of Judo. This could have easily been a movie!

# DR. MATSUMAE LECTURE

by Professor Toshiaki Hashimoto



This was a very good reminder that as we look to the future we must never lose sight of the past. The many people who have walked and paved the path before us. If we forget this important rule, we will be destined to create a Judo that no one will even recognize. “Use your Judo to bring the world closer”



# REFEREE CLINIC

with Kenji Takahashi

In addition to the review of current IJF tournament rules, I was really impressed with the Japan Kid’s tournament rules. Their focus on insuring proper Judo techniques instead of seeking out only power grips and forced moves. They don’t allow high collar grips. This was very refreshing in a sport where winning by any means possible has become very common. I was also very impressed with their efforts to insure the safety of the kids. Not just stopping at removing double-knee seoinage but also going as far as calling ‘matte’ during newaza

when they felt any forced leverage move may be causing unseen injury. He also pointed out that you should not penalize kid’s too quickly. They do not understand the rules and this style of officiating will not let them enjoy Judo. As long as they are safe and trying their best, let them play.





## GRADUATION

Graduation day was a very exciting day for us. There were many sponsors and dignitaries in the audience. We all were asked to give a closing speech in Japanese. I spoke to the crowd of the many friendships I have made.

After receiving our diplomas we were treated to a relaxing gathering with all our teammates and supporters.



## 2014 TOKYO GRAND SLAM KAYLA HARRISON

Olympic Gold Medalist  
World Champion

Another highlight was to be able to see in person Kayla Harrison win a gold for the USA. No matter how many times I've heard the US National anthem played in an arena, it is really an experience to hear it played at an international arena when one of our athletes wins a Gold medal.



## KODOKAN

Our journey started with a warm greeting by our host Keiko Mistumoto. We were then introduced to Professor. Naoki Murata, curator for the Kodokan Museum. He gave us a private tour of the Kodokan Museum he was so sincere in answering our questions and wanting to know each of us at a very personal level. His personality was so alive and entertaining, he is truly a great ambassador for Judo.



## KANO STATUE

Our first group picture in front of the Jigoro Kano statue



## EISHOJI TEMPLE

A private charter bus shuttled us to Eishoji Temple, the birthplace of Kodokan Judo.



## ASAKUSA

It was a delight to stroll the festive streets of Asakusa Kannon which lead us to Sensoji Temple.

The shops and food stands in the Kaminarimon area was a special treat. We all enjoyed lunch there and headed back to the Kodokan driving past the Budokan before loading up our bags and making our way to the Tokai University Shonan campus.







# HIROSHIMA

## Hiroshima Peace Memorial and Museum

We all boarded the Bullet train “Shinkansen” and blasted our way south to Hiroshima. I have been here before, but this time it held a deeper meaning being there with friends that still live in countries that are still experiencing the horrors of war on an ongoing basis. The pause and look on their faces as they viewed the photos of death and destruction in Hiroshima with familiar and current sadness was hard to witness and impossible for me to comprehend. To me it was a worry free trip, but perhaps to my fellow teammates it was another somber reminder of the struggles they face at home.



## Miyajima Island / Kashikoshima Shrine

An homage to Japan’s craftsmanship was seen throughout this architectural masterpiece

# KYOTO



## Kiyomizu Temple

We experience and participated in this healing water ritual that is rich in Japanese religion and culture.

## Fushimi Inari Temple

I felt like a child again as I ran through the beautiful series of endless Torii.



## Butokukai

The birthplace of Kosen Judo.

## Kinkaku Temple

The sheer beauty of Japan breathtaking as I gazed at this glowing temple.

## Genkoen Temple

The simplicity and the honoring of Zen Buddhism was undoubtedly clear.



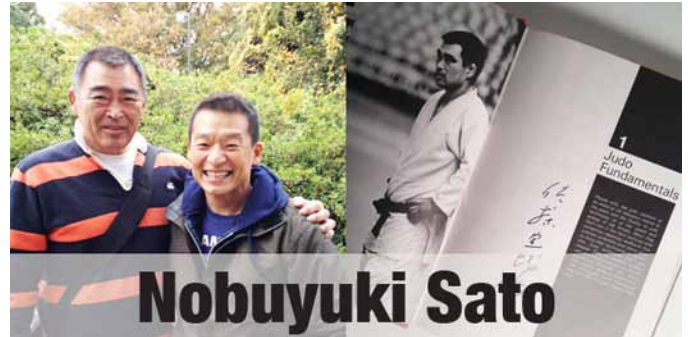


# LOOK FOR ANSWERS

## SEEK OUT GOOD TEACHERS



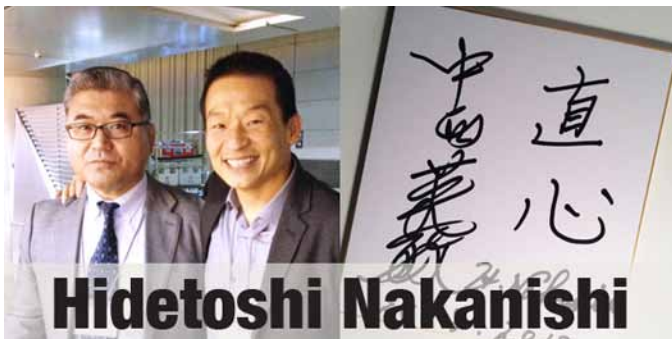
**Yasuhiro Yamashita**



**Nobuyuki Sato**



**Katsuhiko Kashiwazaki**



**Hidetoshi Nakanishi**



**Kosei Inoue**



**Toshiaki Hashimoto**



## Kenji Mitsumoto Sensei

The structure and core of this entire program was built under the guidance of Mitsumoto Sensei. He was caring and kind enough to ask us very early on what our needs were and was very accommodating in restructuring his class to fit our request. His one-on-one, small group classes has been the biggest leap in Judo education and overall confidence I have ever been given as an instructor. I feel he holds one of the master keys to unlocking and expanding Judo in the world. I remarked at the end of the clinic that I was so sad to leave. As much as I love teaching Judo, I love being a student. I love learning. When my instructor passed away I felt as if my training had paused. I had no Sensei. I

asked Mitsumoto Sensei if I can consider him one of my new Sensei. He smiled and said of course. Come back anytime. You are now my student.



## Yasuhiro Yamashita Sensei

The great Yamashita Sensei is a true Judo Ambassador. Everyone is aware of his accomplishments on the mat. Many people know of his dedication to the growth of Judo off the mat. I was privileged to witness the amazingly humble and caring person he was as an individual. He also held himself to such a high etiquette standard. When we were at a meal, he made sure to have us eat first. He would walk over to everyone and offer a “kanpai” toast before having a drink. When going to a destination, he even insisted that he drove and offered us a ride.



## Teruyoshi Yamaguchi Sensei

Yamaguchi Sensei has grown to be a special friend. He has been a constant link to the many questions that arose before, during and after the trip. He is the bridge that connects the USA to Japan Judo at Tokai University.

**Yoko Kinoshita** All us of were very far away from home for over a month, but we felt like we had a second home at Tokai thanks to our resident manager Yoko. She would always greet us with smiles in the morning and be

waiting with that same smile when we returned after a long day out.

**Hiroko Ozawa** I would like to thank her for all the running around she did for us. She would sprint in front of us to get train tickets so that we would not have to wait when we got there, She would arrive at venues early and be waiting for us with meals. No service detail was left undone while she was there.

**Keiko Mitsumoto** Words cannot express the amount of gratitude I can offer her. It takes such a very special individual to perform the job she accomplishes.

**a special thanks** to USJF President, Olympian Kevin Asano for using his connections that he built throughout the world during his lifetime to bring us all closer together.



