

San Francisco **JUDO** Institute **NEWS**

San Francisco Judo Institute

2530 Taraval Street - San Francisco, CA

415 661 3436

Email: san.francisco.judo.institute@gmail.com

HEAD INSTRUCTORS

Leonard Evola, Yodan
Miguel Royale, Sandan

INSTRUCTORS

Leonard Auerbach, Sandan
William Desmole, Nidan
Nathan Chew, Nidan

DIRECTORS

Helen Kimura
Gene Royale, Shodan



Kudan

Our founder and Sensei Mitsuo "Mits" Kimura

The San Francisco Judo Institute News is dedicated to our founder, Sensei Mitsuo "Mits" Kimura, Kudan, 9th degree blackbelt. Sensei Kimura was one of the most influential Judoka in the history of American judo. He dedicated his life to the teaching of Kodokan judo with the aim building his students character as well as strong bodies. His motto "The ultimate aim of practicing judo is the making of people." hangs on the dojo wall.

Welcome to the first edition of the **San Francisco JUDO Institute NEWS**. The directors and the team of instructors will publish the SFJI News several times a year to keep the members of dojo informed of events, schedules, practice and technique information, health guidance, tournament results, promotions and general news.

The San Francisco Judo Institute is a member of the HOKKA Judo Yudanshikai and United States Judo Federation. The HOKKA Judo Yudanshikai is a regional governing organization of local dojos and is a member of the USJF, a national sanctioning body for major rank promotions and national tournaments. The SFJI has followed the classic Kodokan teachings of judo and continues to do so to this day. The current team of instructors all have been students of Sensei Kimura and are pledged to continue his teachings. The SFJI is a not-for-profit educational organization and is entirely staffed by volunteer instructors. HOKKA publishes an annual schedule of tournaments and clinics. Clinics are held for referee certification, instructor and coaching certification and for Kata instruction and demonstration.

The SFJI News will be accepting contribution of articles, photos and any newsworthy information from our members or parents of members.

POSSIBLE TRAINING SCHEDULE CHANGE

The greater participation of our students in local tournaments has caused us to consider a change in the training schedule to three evenings a week. The current training days of Monday and Thursday 7-9 pm.

San Francisco **JUDO** Institute **NEWS**

The change we are considering is Monday Wednesday and Friday 7-9 pm. (Juniors from 7 -8:30 pm) We would really like to get your thinking about this. Should we continue with Monday-Thursday or change to Monday Wednesday and Friday? Please let us know your opinion. Speak to the instructors or email to the address above.

OPEN MAT INVITATION NIGHT

SFJI will be conducting an "open mat invitation night" the last Friday of each month. We will be inviting senior members of other dojos in the Bay Area to join us for a free invitational evening. This will enable SFJI members to have a greater variety of experience by practicing with different partners and sharing new techniques. *There will be NO mat fees for our guests.* Open Mat Night will be limited to seniors only. Our first open practice evening will take place on Friday, February 29th, 7 - 9pm.

WHY WE ASK STUDENTS TO PRACTICE UKEMI

The martial art of Judo is founded upon the ability to fully practice its techniques without sustaining injury. This not only carries through our practice, it is also part of our daily lives. Ukemi is the practice of break falling and the development of the instinctive reflex of protective techniques when being thrown and sustaining a fall without injury. Some of our junior members have yet to master this technique and some of our seniors have backed off from its practice. The practice of Ukemi is for everyone and must be a serious part of our life in judo. We will be adding additional Ukemi training on an unannounced basis. This will add very little time to the workout and will prove to be invaluable to judoka of all ages.

Ukemi is based on the principle of "mutual welfare and benefit". In addition to the safety and confidence this practice gives us, it is an essential part of understanding the more advanced techniques of Judo. Unless one understands the correct positioning of Uke (the one receiving the throw) it is difficult to fully master the action of the Tori (thrower).

HEALTH AND HYGIENE

Judo is a contact sport and it is easy to share health problems with one another. We do our best to keep the dojo clean with regular cleaning and monthly disinfection of the tatami. It is cold and flu season. If you have a cold or the flu of any kind do not come to the dojo until you are well.

Personal hygiene is your responsibility. Please make sure you shower regularly and after every practice either at the dojo or at home. Make sure your finger and toe nails are trimmed short to avoid scratching your partner. Please launder your judogi regularly.

Do not come to the dojo with fungus infections such as athletes' foot or ring worm. These are communicable. We all share the tatami with our feet and we do not want to share any skin infections. If you have any indication of hygiene problems at the dojo that may have gone unnoticed please inform the senseis immediately.

We will be publishing health and hygiene information regularly.

San Francisco JUDO Institute NEWS

TOURNAMENT NEWS


Let's get ready for San Jose Buddhist Judo Club's Invitational Judo Tournament at San Jose State University on Sunday, February 10th at San Jose State University. It's a really important and fun tournament and we encourage all of our students who are ready of participate. We will be holding a special training session for those planning to participate on Wednesday, February 6th from 7-9 pm. Applications are in the office.

February 16th - South San Francisco Boys and Girls Club (white and yellow belt tournament for kids only)

February 24th – Referee clinic – 12 and under (tentative)

TECHNIQUE OF THE MONTH – TSURI KOMI GOSHI - (alt. Sode Tsuru Komi Goshi)

TSURI-KOMI-GOSHI (lift-pull hip throw)



General gist
Some of Jigoro Kano's students were having trouble with his *harai-goshi* because they found that if they remained still their opponents would throw them with an *uki-goshi*, whereas if they tried to get away they would fall victim to his new *harai-goshi*. After considerable hard work, the students devised a system in which the man under attack, without jumping forward, lowered his hips, thrust his abdomen forward, and spoiled his opponent's technique.
Kano, however, used this method for only a few days, because he immediately developed the technique we will now deal with, the *tsuri-komi-goshi*.

The right moment

1. When your opponent is standing with both arms stretched out and his upper body bent backward and tensed.
2. When he is afraid of being caught by your technique and has his hips in a position where he can try to get away. In this case, drive into him, and apply the *tsuri-komi-goshi*.

Preparatory moves

1. Stand together with your opponent in the right natural position.
2. Moving faster than your opponent, step diagonally forward and to the left on your left foot. With a lifting pull of your right hand, draw your opponent to his left front. (#1)
3. He will try to stay stable by advancing his left foot to his left front. (#2)
4. If you continue to try to lift and pull his upper body, he will try to keep his balance by stepping forward on his right foot and bending his upper body backward. (#2)



The attack

1. At the split second when your opponent steps forward on his right foot, maintain the flowing rhythm of your movement, and bring your right foot close to the toes of his right foot. (#2)
2. As you pivot on your right toes and swing your body around to the left, bring your left foot close to the toes of your opponent's left foot. (#3)
3. Put your buttocks up against the fronts of your opponent's thighs. Use your buttocks as your support point. (#4)
4. Straighten both elbows, and without relaxing the upward pull of your right hand, pull both hands straight down, and throw your opponent right in front of you. (#5-6)

Special hints
Hold your opponent's left lapel high but close to the front. Ward off your opponent's outstretched left hand with your right hand as you come diagonally left forward. At the same time, pull him with an upward motion. The proper timing for the attack is when your opponent comes forward on his right foot.

Defenses

1. Swing your upper body to the right, and shake free of your opponent's pulling hand.
2. Lower your body to the rear, and pull your opponent down to the rear. (#7)
3. From behind swing your left foot around, and hook your opponent's left foot. (#8)



TSURI-KOMI-GOSHI

(Courtesy, *Judo in Action*, Kazuzo Kudo, 1967)