

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

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Our founder and Sensei Mitsuho "Mits" Kimura Kudan

The San Francisco Judo Institute News is dedicated to our founder, Sensei Mitsuho "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.

SFJI WEB SITE

The San Francisco Judo Institute now has a web site. (www.Sfji.org) The web site will be regularly up-dated with vital information of activities, tournament results, photograph gallery and links to the world of judo. Our web master is **Oliver Reyes, Shodan**. You can contribute to the web site and SFJI News with news, information and photographs by emailing to: sanfrancisco.judo.institute@gmail.com.

OPEN MAT NIGHTS A HUGE SUCCESS!

The last Friday of each month is set aside for our invitational open mat sessions where we invite judoka from other dojos in the Bay Area to an open practice. There is no mat fee for visitors. The first open mat night was February 28th and the second was March 21st (a one time only shift due to conflict with the Collegiate Nationals).

The February event had judokas from four different dojos. The visitors came from the Cahill Dojo, UC Davis, SF State, and the Albany Judo Club. There were several senior members from the early years of the SFJI that were reunited after having gone in different directions over the years. Notable were visits from **Senseis Mel and Dan Augustine** from Albany and **Sensei Harry Kendall** from UC Davis. The young group of collegiate judoka and the visiting women were very impressive with their skill and stamina. We hope they did well at the nationals.

The March open mat night was even better with 60 judokas! There was additional representation from UC San Jose with SFJI **alumni Shozo Fukuda**. The dojo was filled with folks waiting for tatami space during randuri. The

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experience of working with judo partners from other dojos and with varying skill levels is invaluable. Sharing techniques and learning from one another is a very important part of judo.



The next Open Mat Night is Friday April 24th from 7:00 to 9:00pm. Come join the fun!

IMPORTANT CHANGES

PRACTICE SCHEDULE

We are pleased to announce an expanded practice schedule. Beginning in September 2008 the practice schedule will be Monday Wednesday and Friday, 7:00 – 9:00pm & 7:00 – 8:30pm for kids. The last Friday of each month will continue to be Open Mat Night for teens and adults only.

MEMBERSHIP DUES

The San Francisco Judo Institute dues at \$40 per month have been in place for over ten years. Due to increased cost of utilities and the addition of extra events we will be increasing dues as of July 2008 to \$50 per month and \$25 for additional family members. Membership to USJF remains the same at \$50 per year paid upon joining and annually at the beginning of year.

SENSEI KIMURA

Mitsuho Kimura, Kudan (1916–2001) devoted his entire life to the service and development of Kodokan Judo. He proved to be one of the most influential Judoka in the early history of American Judo. The 1950's and the 1960's were bubbling cauldrons of Judo activity. It was a time for growth, organizing and visionaries such as Mits Kimura, Yosh Uchida, Henry Stone, Bill Godfrey and Duke Yoshimura.

Mits Kimura began his Judo career at age fifteen and four years later he was awarded the rank of Nidan. That same year, 1935, he received his Sandan rank personally from Kotani Sensei. At that time winning tournaments and being physically fit was not enough to merit black belt rank and rapid promotions. The Kodokan principles of morality, integrity, and intellectual honesty were important and integral parts of a promotion. All of these qualities, and more, set him apart throughout his life.

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His base of operations was Hokka. It was one of the four groups that Jigoro Kano invited to form Yudanshakai and associate with the Kodokan. He was elected President of Hokka in 1954 and with the passing of years chairman of various positions. He was elected to the first Board of review of the Judo Black Belt Federation of the United States of America in February, 1955. He was Chairman and Vice Chairman of the National Amateur Athletic Union Judo Committee. In 1956 he was a competitor in the first World Championships in Tokyo and a member of the delegation along with Masato Tamura, Vince Tamura, and Kenneth Kuniyuki.

He was very proud of his students especially those with the high ideals of the Kodokan. He was a strong "grass roots" advocate both in training and funding trips to tournaments. Many Senior and Junior National tournaments were held under his leadership. Helping to found and form California Judo, Inc. was an exciting event for him. He served as Treasurer and Registration Chairman for several years, as a volunteer, during a dark period in the life of the United States Judo Federation (U.S.J.F.).

He and his wife Helen were able to revamp the procedures and reverse the problems. All of the above eventually came to a point where his past endeavors were recognized by his associates in the U.S.J.F. The totality of his accomplishments and service to Judo was acknowledged in 1997 by honoring him with the rank of Kudan, 9th degree blackbelt. This was a very special and heartfelt award given to him freely and gladly by his companion Judokas.

Joseph J. Fitzsimmons, M.D.
Hokka President

TOURNAMENT RESULTS

Members of the San Francisco Judo Institute have been showing very well in Bay Area tournaments. We are proud of their results and encourage more tournament participation. We will be regularly publishing tournament results in the SFJI News and the web site.

San Jose Tournament Results – February 10th, 2008

Judokas	Place
Jade Coenthin	2 nd
Jacqueline Canales	2 nd
Lorenzo Baldo	3 rd
Alix Desmole	3 rd (Black Belt Division)
Maxime de Kouchkovsky	4 th
Kevin Desmole	4 th
Axelle Weeger	5 th
Jocelyne Canales	5 th
Tobias Sunshine	5 th

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Cupertino Tournament Results – March 9th, 2008

Judokas

Maxime de Kouchkovsky
Olivier Duler
Kevin Desmole
Axelle Weeger

Place

3rd (pictured)
4th
4th
4th



Maxime de Kouchkovsky

Alameda Tournament April 6, 2008

Judokas

Loranzo Baldo
Kevin Desmole
Alix Desmole
Sara Landau
Olivier Duler
Jade Corenthin

Place

1st
1st
1st
2nd
2nd
2nd



Girls Team – Sandrine Bartos (La Pérouse), Sara Landau, Jade Corenthin, Alix Desmole

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The next two tournaments will take place on April 19th in South San Francisco (Boys and Girls) and April 27th in Santa Clara.

UCHIKOMI

A vital part of judo training is uchikomi. Uchikomi is repetitive form "fitting up" practice of throwing techniques. This practice is critical to learning the specific breaking of balance (kuzushi), body movement and power application. Uchikomi is a cooperative action between the thrower (tori) and his partner (uki). This repetitive action is usually performed in a standing position or can be done moving across the dojo. By being a repetitive action you are training instinctive movement and developing "muscle memory". *"Muscle memory is fashioned over time with repetition of a given motor skill and the ability through brain activity to remember it. As one reinforces these movements day after day the neural system learns these fine and gross motor skills to the degree that one is no longer required to think about them, but merely reacts and performs."* -Wikipedia.

Young judoka may think that uchikomi is not fulfilling enough and therefore do not enthusiastically practice it. The fallacy is that without practicing uchikomi correctly as instructed for each technique the technique will be incorrectly "muscle memorized" and the entire purpose will be lost and bad habits will be learned.

In addition to focusing on single techniques, uchikomi is used to develop speed, practice combination techniques and to expand skill of specific techniques with adaptations for opponents of different stature and the development of progressive and reversing application of kuzushi.

So when uchikomi appears to be boring, think of the benefit and expand on a technique of choice.

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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.