

San Francisco JUDO Institute NEWS

San Francisco Judo Institute

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INSTRUCTORS

Damon Keeve, Rokudan
Leonard Auerbach, Sandan
William Desmole, Nidan
Nathan Chew, Nidan

DIRECTORS

Helen Kimura
Gene Royale, Shodan



Kudañ

Our founder and Sensei Mitsuho "Mits" Kimura

The San Francisco Judo Institute News is dedicated to our founder, Sensei Mitsuho "Mits" Kimura, Kudañ, 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 September edition of the **San Francisco JUDO Institute NEWS**. The directors and the team of instructors 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 SFJI News will be accepting contribution of articles, photos and any newsworthy information from our members or parents of members.

- Leonard Auerbach, Editor

NEW TRAINING SCHEDULE

The new training began schedule as of 2 September 2008 is **Monday, Wednesday and Friday 7-9 pm**. (Juniors from 7 -8:30 pm) Additional special pre-tournament training sessions for competitors, juniors and seniors, will be held on selected Sundays. Announcements of special sessions will be made at least one week in advance.

OPEN MAT INVITATION NIGHT

SFJI will continue to hold "open mat invitation nights" 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

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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 and teens only.*

Dates may vary due to conflicts with other judo activities on the calendar. Announcements of changes in dates will be made sufficiently prior to the schedule change. If you have any questions please call the dojo on a training night.

THE SAN FRANCISCO JUDO INSTITUTE BLACK BELT ASSOCIATION

The SFJI has formed the SFJI Black Belt Association. Membership is open to all black belt members of SFJI. The SFJI Black Belt Association will meet regularly to plan a variety of critical dojo functions such as clinics, training sessions, tournament preparation, development of competitions teams, curriculum development, promotion evaluation, as well as potential social functions. Membership is voluntary with an annual contribution of \$100.

WOMEN IN JUDO A HUGE SUCCESS

The Women in Judo trip to Japan this summer was a huge success. Under the guidance and organization of Sensei William Desmole the Women in Judo program kick off with three teenage judoka from SFJI traveling to Japan for one month of intensive training. The teens were Jade Cornethin, Alix Desmole, and Axelle Weeger. Their experiences included training at three different dojos and universities: the Kodokan in Tokyo, Konan Daigaku and Akita Daigaku. The three athletes trained heavily each day, made many friends and shared judo and cultural experiences. This project was done with the benefit of support from Hokka, the SFJI and many parent and business sponsors. Many thanks to all who participated in and supported this important effort. For a detailed report and a wonderful photo diary see: <http://alixaxelle.blogspot.com>



Akita High school and University Dojo
William, Jade, Axelle and Alix in front row center

HEALTH AND HYGIENE - Your judo gi

Your Judo uniform (gi) is your primary piece of equipment in practicing judo. It is essential that you respect your gi as an extension of your body and treat it as such. A judo gi is made of very strong cotton and needs

to be properly maintained and fit properly. Wash your gi regularly. If you perspire heavily you should wash it after every practice. A clean gi will prevent skin irritations and prevent nay irritations you may have from spreading to your fellow judoka.

Only white judo blue judo gis should be worn in the dojo. Karate, Jiu Jitsu and other types of gis of other colors or decoration should not be worn.

Your judo belt (obi) is a very special part of the uniform. It signifies your rank and must be properly respected. Always tie your obi properly and never use it for any other purpose than wearing it as part of your uniform. It is not necessary to wash your obi. In fact, there is a tradition that says if you wash your obi you wash away your strength. Obviously if it becomes very dirty it should be cleaned.

We will be publishing health and hygiene information regularly.

SENSEI DAMON KEEVE

The SFJI has a wonderful history of being the home and place of development of some very significant judoka over the years. From National Champions to Olympians, the students of Sensei Kimura have represented the SFJI world wide. Damon Keeve. Rokudan, is a two time Olympian (Atlanta, 1992 and Barcelona, 1996), represented the USA at the Pan American Games, the Macabe Games and was seven time National Champion. Damon began his judo career at SFJI in 1969 and later was on the San Jose State University Judo team while still active at SFJI. We are fortunate that Damon has returned to SFJI bringing his daughter and two sons to join our ranks. His skills and dedication to judo and SFJI will be a benefit to us all. We will also be benefited with his sense of humor that he inherits from his father who was also an SFJI judoka in the late 60's and early 70's.

NEW ASSISTANT INSTRUCTORS

As the classes have become increasingly larger, the Senseis have asked several of the black and brown belts to assist in various parts of the training. The concept of judoka always trying to work with someone of a higher rank to take advantage of their experience is applied here at SFJI. Consequently we have established a new group of Assistant Instructors. Please approach them if you wish any specific support. They are:

Max Hung, Nidan
Oliver Reyes, Shodan
Jeff Garzona, iklyu
Alix Desmole, Ikyu

SFJI INDENTITY AND CLOTHING

SFJI is designing a new logo that will be used on tee shirts and other apparel. SFJI patches will soon be made available to be placed on your gi. We will keep you informed of progress on our logo and when tee shirts will be available.

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KATA TRAINING

The practice of KATA, the formal demonstration of judo techniques, will begin as an integrated part of training for selected individuals. It is advisable that all judoka learn the basic nage no kata beginning at the brown belt ranks. Demonstration of knowledge of kata or attaining a certificate of attendance at a Hokka Kata Clinic is required for promotion to Shodan. Specific rules apply to various rank promotions as to type and level of kata required in the upper ranks. The three primary forms of kata are: nage no kata - throwing techniques, katame no kata - grappling techniques and go shin jitsu, self defense techniques. There are different katas for men and for women. The juno kata is the self defense techniques for women.

Kata will be instructed by Vincent Valverde, Leonard Auerbach, Leonard Evola and Molly Baudy. Initial sessions will begin at 6:30pm on Mondays and may also be scheduled at 8:30 after the junior session is complete. We will be posting a more definitive schedule when we discover the number of individuals interested in kata.

TOURNAMENT SCHEDULE & NEWS

Date	Event	Location
Sep 14, 2008	Hokka Meeting	Santa Clara
Sep 21, 2008	East Bay Invitational Tournament	San Francisco
Oct 5, 2008	Sacramento "Capital Open" Tournament	Sacramento
Oct 11, 2008	Fukuda Kata Championships	San Jose
Oct 12, 2008	Albany Invitational Tournament	Albany
Nov 2, 2008	Hokka Technical Clinic	Santa Clara
Nov 9, 2008	Fowler Judo Invitational Tournament	Fowler
Nov 9, 2008	Palo Alto Invitational Tournament	Palo Alto
Nov 16, 2008	Bojuka Invitational Tournament	Monterey
Dec 7, 2008	CCSF Invitational Tournament	S.F. City College
Dec 14, 2008	Hokka Meeting	Santa Clara

The San Francisco Judo Institute is a member of the HOKKA Judo Yudan-shakai and United States Judo Federation. The HOKKA Judo Yudan-shakai 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.