



**55<sup>th</sup> Annual  
2014 State Judo  
Championships**

May 24<sup>th</sup>, 2014

This tournament is sponsored by:

**Alaska Judo, Inc.**

This tournament is sanctioned by:

USA Judo Sanction: 2014-24-05

**Tournament Directors:** Howdy Brown

**Chief Referee:** Dave Cheverie

[www.alaskajudo.org](http://www.alaskajudo.org)

Allergy, Asthma and Immunology  
Center of Alaska, LLC

**Teresa A. Neeno, MD**  
(AAIC located on Providence Campus)

**Proud Supporter of 2014  
State Judo Championship**



**Go Forward...**



**...with Mutual Welfare  
and Benefit to others**



# "Please Support our Sponsors"

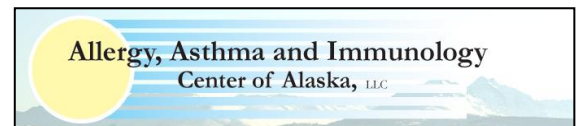
## Premier Sponsors (\$5,000+):

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- **Dr. Teresa Neeno P.C.**  
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- **IBEW - Local**



Please support our generous local Sponsors who help make these championships possible

# 55<sup>th</sup> Annual Alaska State Judo Championships

## *Schedule of events*

Saturday, May 18<sup>th</sup>, 2014

OFFICIALS/REFEREES MTG 8:00 - 9:00 am

KATA COMPETITION 8:00 -9:00 am

OPENING CEREMONIES 9:00 - 9:25 am

SHIAI COMPETITION 9:30 - 3:00 pm (approximate)  
(Juniors, followed by Seniors)

Boys (Saito) & Girls (Fukuda) Immediately after Junior Shiai Completion finishes  
TEAM CUP Competition

(Mat Break down / cleanup) 4:00 - 5:00 pm (approximate)

DINNER BANQUET / 6:00pm (at Crosspoint Community Church) - Tickets sold at door  
AWARDS CEREMONY Food & Drink & Dessert: Adults: \$15 Children \$10

Crosspoint Community Church  
1920 W Dimond Blvd  
Anchorage, AK 99515

## **Judo Spirit - Get Some!**



Monday and Wednesday  
Home of Pacific Northern  
Academy School

3:30-4:30 pm

6:00 - 7:00 pm

7:00 - 8:30pm

[www.anchoragedojo.org](http://www.anchoragedojo.org)

# Anchorage Dojo

Mon & Weds: 6-7 pm; 7-9 pm  
(907)334-9330

Mark Langberg - Yodan; Yvette Dempsey - Yodan;  
Jacob Dempsey - Nidan; Debbie Kiley - Sandan  
Bruce Neeno - Shodan Steve Rust - Shodan

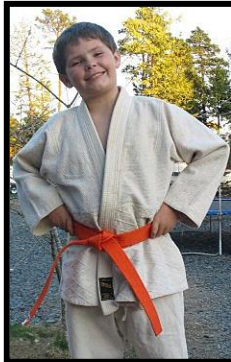


# Black Bear Judo

Sensei Justin Breese

Sensei Becky King

Ketchikan, Alaska



# Capital City Judo - Club Sponsor\*

Sensei Jay Watts

Juneau, Alaska



Past Alaska State Judo Championships have been rewarding to the Capital City Judo Club!



# Fireweed Judo- Club Sponsor\*

Sensei Jim Davenport  
Anchorage, Alaska



Photo by Heidi Dufresne of Fireweed Judo

left to right:

Top row - Sensei Jim Davenport, Dorian Mellon, Gabrielle Green-Pearson, Mackenzie Harvey

Middle row - Abigail Harvey, Emma Carte, Abby Waters, Gavin Mellon

Bottom row - Larry Carte, Josiah Green

Missing - Rod Harvey, Josh Scollard, Steve Thomas, Mike Bradow, Kathryn Defresne and Nick and Taylor Harrington



# McGrath Arctic Knights

Sensei Mattr Shelborne



## McGrath, Alaska

A.J.I. welcomes back the McGrath Arctic Knights and Sensei Matt Shelborne for a 3rd consecutive year!



Past Competitors: Louise Standish, Kathleen Edwards, Joshua Gregory, Leemar Bye, Ben Gregory, Kendra Chase, Matt Shelborne, Harlan Standish, Dakota Magnuson, Ryder Magnuson, Colton Bybee, Aurora Standish.

Wasilla Middle School  
Tuesdays and Thursdays  
7:00 pm to 8:30pm

# Mat-Su Judo

Sensei Howdice Brown  
Palmer, AK



Sensei Howdice Brown and past AJI President, Sensei Dee High, pause a second from competing against each other.

In 2012, Mat-Su Judo was the winner of the Alaska Cup for most overall points



Mat-Su Judo 2012 Toy Drive

**Club Roster (in alphabetic order):** Elias & Justus & Miranda Aiken, Caitlyn & Cameron & Craig & Azadeh & Eric Azimi-Tabrizi, Danielle & Debra & Jeffrey & Judson & Megan & Rebeka Barnes, Sensei Howdice Brown, Josh Brown, Bruce Brown, Isabel & Jeremy & Tyler Danniell, James DeFreest, Jimmy Gillispie, Connor Green, Robert Haan, Courtney & Cody Ham, Rachel LaForest, Blake & Sydney & Tommi Poorbaugh, Todd & Wyatt Rahm, Johnathon Raynovich, David & Jaden & Joshua & Josiah Shoemaker, Greg & Tyler & Michael Steele, Amy & Rebeka & Robyn & Steven & Tyler Sutcliffe, Lucas Thacker, Katie Trimble, Brett Wregglesworth, Ramin Azimi-Tabrizi Ramin, James & Teddy Fussell

Sensei Dee High / Sensei Dave Cheverie

# Mountain View Judo Club

Back Row:  
Dee High Coach,  
Paige Siegfried 1st Place,  
Margo Lane 3rd Place,  
Talia Valdez 2nd Place & Referee,  
Dominic Waters 1st Place,  
Dorian Mellon 1st Place,  
Mackenzie Harvey 1st Place,  
David Cheverie Referee & Coach,



Middle Row:  
Juliana Siegfried,  
Tiana Valdez 2nd Place,  
Carl Malagodi 1st Place,  
Olijah Armstrong 1st Place,  
Connor Lane 1st Place,  
Front:  
Gaven Mellon



Other Sensei's  
Daisuke Muraoka (Yodan)  
Damon Brown (Nidan)  
Swanee Swain (Sandan)  
Eric Wuttke (Shodan)  
Faimanifo Faletagoai (Shodan)



Congratulations to Kayla Harrison - USA's Very First Olympic Gold Medalist

# North Star Judo

Sensei Roger Stevener

Sensei Robert Harley

## Fairbanks, AK



# Sterling Judo Club

"Alaska's Newest Judo Club"

Sensei Bob Brink, Rokudan (6th Dan)





# Yukon Judo Whitehorse, YT Canada



## Shiroumakai Judo Club

Sensei Aaron Jensen

## Golden Horn Judo Club

Sensei Michael Bellon

## Hiroshikai Judo Club

Sensei Robert Bellon

## Northern Lights Judo Club

Sensei Dan Poelman



*We Want to thank our Hosting Organizations and Donors:*

## **State Championship Host**

### **Alaska Judo Inc.**

"Promoting Judo in our Great State"



#### **Other Donors:**

- Referee Honorarium: Dee & Gail High
- Referee Lunches: Bruce & Teresa Neeno
- In-kind Donors: Liz and Rod Harvey
- Technology: Jim Davenport
- Custom Knives: Swanee Swain

#### **Judo Club Sponsors (\$200)**

- Anchorage Dojo
- Black Bear Judo (Ketchikan)
- Capital City Judo (Juneau)
- Fireweed Judo
- Greatland Martial Arts Center
- Mountain View Judo
- Matsu Judo

## **THANK YOU!**

- **To the countless volunteers who put their time and energy into organizing, setting up, and running the Local and State Championships.**
- **To the coaches and sensei who give of their time and talents to help prepare the competitors for competitions, and for sharing their knowledge and skill with all who will come and learn.**
- **To the parents who bring their children to class, clinics and tournaments, and support the dojos in so many ways.**

**And, to the competitors who come out, fight and show the spirit of Judo whether they win or lose.**

A.J.I. welcomes you to the 55<sup>th</sup> Annual Alaska State Judo Championships.

## A Brief History of Judo

This championship tournament is presented with the hope that the ideas that Dr. Jigoro Kano instilled into the earliest students of Kodokan Judo are still evident today in our Alaskan students. These ideas are the corner stones of Kodokan Judo and are important to the development of the person and the community.



Dr. Jigoro Kano,  
the founder of Judo.  
(1860-1938)

Judo is a Japanese martial art founded by Professor Jigoro Kano (1860-1938) in the year 1882. Dr. Kano earned a degree in Literature from the Tokyo Imperial University in 1881 and went on to take a degree in Philosophy the following year. Judo is a modification of the ancient art of Ju-jitsu, an art that Kano himself was a master in. At the time when Kano was studying, Ju-jitsu was going into decline along with the Samurai (warrior-class). Kano aimed to create a more accessible martial art, and did this by dropping or modifying many of the dangerous throws and holds of Ju-Jitsu to create a more safely competitive sport. Hence Judo.

Kano founded the Kodokan School in Tokyo in 1882. The Judo Dr. Kano developed focused on using an opponent's own strength and weight against him, thus allowing a weak and light individual to overcome a physically superior opponent.

Kano also aimed to promote a strong code of humanitarianism and ethics to his new system. Instructors and students were expected to be of good character and honest conduct. Any acts that would bring shame to the Kodokan, such as fighting outside the dojo, would result in suspension.

In 1886, an important competition took place - to decide what form of Ju-Jitsu should be taught to the Japanese military, police force and public schools. A 15-strong Kodokan judo team took part and defeated all-comers. Judo consequently became approved by the Japanese government.

Kano travelled to Europe and America in 1889 to promote his martial art further. During his lifetime he established two main principles of Judo – 'Seiryoku Zenyo': Maximum efficiency in mental and physical energy and 'Jita Kyoei': Mutual benefit and prosperity. Kano believed that dedicated practice of Judo would lead to the realization that one could not progress at the expense of others and mutual prosperity was the only means of ever making any real progress in human life.

During the subsequent years Judo spread all over the world with masters visiting different countries and founding schools. The International Judo Federation was founded in 1952. Judo was made an Olympic sport for men in 1964 and for women in 1984. Dr. Kano is also credited with developing the system of colored belts used in most Asian martial arts to signify rank.



## Judo Today

Judo's popularity is increasing worldwide. Incredibly to most Americans, there are probably more people doing judo in Paris than the entire United States. There are more than 600,000 members in the France Judo Association. The tiny Netherlands has over 55,000 nationally registered practitioners and from Russia to Brazil, any judo player who medals in the World Championships or Olympic Games is a celebrity and house-hold name. In the 2012 London Olympics, the U.S. received its first ever gold medal in judo. This was awarded to Kalya Harrison who visited Anchorage in 2011 to put on clinic and shared her dreams of becoming an Olympic Champion.

Judo has also been gaining popularity in MMA or "Mixed Martial Arts". As the name suggests, competitors combine the knowledge and techniques of many different Martial Arts into one fluid style that defeats their opponents. Judo has been in the spotlight recently because of Bantamweight Champion Ronda Rousey. A World Champion and Olympic Bronze medalist in judo, she has used her judo skills to finish six straight fights, all by first-round armbar. That is an incredible feat by MMA standards.

Judo has been quoted as the second most participated sport, right behind soccer. While debatable, the fact remains that judo is incredibly popular with children. Why is this so? The French Judo Federation Vice President is well quoted as saying:

"Important things can be learned from judo such as etiquette, the observance of rules and self-control. Parents want their children to take judo because it's ideally suited for instilling discipline and teaching manners. As it is a sport in which participants compete directly against each other, it also helps develop social skills."

### **Saito (male) & Fukuda (female) Cup Competition- Judo Team Events**

Team Competitions between various regional clubs or national teams is hugely popular around the world. The ritual entrance of both teams on to the mats, sorted by weight is the signal that competition is to begin. Both teams line up across from each other, bow to the judges and to each other and then after shaking hands with the opposing competitor, a best-out-of-five fight off begins starting with the lightest pairs.

In our Alaska State Judo Championships, the Saito and Fukudo Cup are male/female team competitions between our various dojos, segregated by age group only--there are NO weight divisions. It is open only for junior competitors and any competitor can compete at their Coach/Sensei's discretion (it requires at least three (3) judokas from a dojo to comprise a "team"). The team with the most wins (out of 5 matches) advances.

The age brackets are: 7 & 8, 9 &10, 11 & 12, 13 &14 and 15 & 16 year olds (each club can submit one competitor per age group).

Each match is conducted under normal shiai competition rules. Failure to submit an age group (or decision to forfeit the match) gives an "ippon" win to the other team. Ties are decided by the Tournament Director. Special trophies are awarded are housed for a year by the winning teams!



The traditional bow of a Team Competition

## **SPECIAL AWARDS:**

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Over the years, Alaska Judo, Inc. has developed a set of special awards designed to recognize a variety of contributions to Kodokan Judo in Alaska. The AJI member clubs nominate and select people each year as recipients.

### **Best Technique** ( 2013Winners: Bella Harmon/Colton Bybee, Sami Neeno/David Gibler)

Awarded to the best judo technique demonstrated (Juniors and Adults; Female and Male).

### **The Rookie of the Year** (2013 Winner: Lucas Thacker - Matsu Judo)

Awarded to the outstanding new Judo competitor (having started judo since last State Shiai).

### **The Ricky Casqueira Award** (2013 Winner: Johnathan Roynovic-Matsu Judo)

Awarded to a teenage contestant in Ricky's honor in recognition of his or her outstanding judo performance.

### **The Lindsay Hurst Award** (2013 Winner: Hillary Tschappat - Anchorage Dojo)

This award is given to the outstanding female Judoka of the year in Lindsey's honor. Traits exhibited should reflect the "spunk and desire" to excel in the sport of judo, along with the good sportsmanship.

### **John C. Gregory Sportsman of the year** (2013 Winner: Bill Nagy - Anchorage Dojo)

Candidate can be either a junior or senior who you feel exemplifies the most sportsman like attitude,

### **The Inspirational Judoka Award** (2013 Winner: Jared Dempsey-Anchorage Dojo)

Candidate may be a junior or senior who has not always won, but whose judo spirit is exemplary.

### **The Volunteer of the Year Award** (2013 Winner: Rod Harvery-Fireweed Judo)

Awarded to the person who has sacrificed a tremendous amount of their time and personal energies and efforts to further the development of Judo or to your club.

### **The Ron Hildebrand Award** (2013 Winner: Jacob Dempsey-Anchorage Dojo)

Presented in recognition of the outstanding person who for many years has contributed their lifetime, energy and instruction above and beyond the call of duty, often at a great personal sacrifice for judo development in the State of Alaska.

### **Athlete Scholar Award** (2013 Winner: Gabrielle Green-Pearson-Fireweed Judo)

Sponsored by Anchorage Dojo with a separate, independent Selection Committee.

## **Alaska Judo, Inc. Officers**

Swanee Swain, President (746-1588)

Jacob Dempsey, 1st Vice President

Howdice Brown Jr., 2nd Vice President

Dee High, Secretary

Bruce Neeno, Treasurer

Mark Langberg, Registration Chairman (344-0952)

Dee High, Board of Examiners Chairman

## **Alaska Judo Clubs**

Anchorage Dojo – Mark Langberg

**Anchorage, AK**

Arctic Knights - Matt Shelborne

**McGrath, AK**

Black Bear Judo - Justin Breese

**Ketchikan, AK**

Capital City Judo Club – Jay Watts

**Juneau, AK**

Fireweed Judo – Jim Davenport

**Anchorage, AK**

Greatland Martial Arts – Trevor Martin

**Anchorage, AK**

Mat-Su Judo Club – Howdice Brown

**Wasilla, AK**

Mountain View Judo Club – Dee High/Dave Cheverie

**Anchorage, AK**

North Star Judo - Roger Stevener

**Fairbanks, AK**

Sitka Judo Club - Keith Anderson

**Sitka, AK**

Sterling Judo Club - Robert Brink

**Sterling, AK**

## Former State Shiai Champions (Juniors)

### 2013 54th Alaska State Judo Championship Results

Bantum 1 Co-ed (5-6 year olds) Under 46lbs			Intermediate 2 Boys (11-12 years old) Under 92		
	<u>Name</u>	<u>Club</u>		<u>Name</u>	<u>Club</u>
1st Place	Natalie Arneson	Mat-su Judo	1st Place	Will Deering	Mountain View Judo
Bantum 1 Boys (5-6 year olds) Over 55lbs			Juvenile A Boys (13-14 years old) Under 114		
	<u>Name</u>	<u>Club</u>		<u>Name</u>	<u>Club</u>
1st Place	Devon Rollins	Yukon Judo	1st Place	Mitchell Laudert	Capital City Judo
Bantum 2 Co-ed (7-8 year olds) Under 55lbs			Intermediate 2 Boys (11-12 years old) Over 114		
	<u>Name</u>	<u>Club</u>		<u>Name</u>	<u>Club</u>
1st Place	Roan Nicholson	Anchorage Dojo	1st Place	Dorian Mellon	Mountain View Judo
Bantum 2 Co-ed (7-8 year olds) Under 66lbs			Juvenile A Girls (13-14 years old) Under 106lbs		
	<u>Name</u>	<u>Club</u>		<u>Name</u>	<u>Club</u>
1st Place	Peyton Lawton	Sterling Judo Club	1st Place	Rachel LaForest	Mat-Su Judo
1st Place	Makena Perdon	Capital City Judo	Juvenile A Girls (13-14 years old) under 128lbs		
Bantum 2 Co-ed (7-8 year olds) Over 66lbs				<u>Name</u>	<u>Club</u>
	<u>Name</u>	<u>Club</u>	1st Place	Tiana Valdez	Mountain View Judo
1st Place	Lucas Ermold	Sterling Judo Club	Juvenile A Boys (13-14 years old) Under 88		
1st Place	Landon Shooshanian	Anchorage Dojo		<u>Name</u>	<u>Club</u>
Intermediate 1 Girls (9-10 year olds) Under 70lbs			1st Place	Teddy Fussell	Mat-su Judo
	<u>Name</u>	<u>Club</u>	Juvenile A Boys (13-14 years old) Under 106lbs		
1st Place	Cassi Jensen	Judo Yukon		<u>Name</u>	<u>Club</u>
Intermediate 1 Boys (9-10 year olds) Under 70lbs			1st Place	Silas Rhyneer	Anchorage Dojo
	<u>Name</u>	<u>Club</u>	Juvenile A Boys (13-14 years old) Under 128lbs		
1st Place	Gavin Mellon	Mountain View Judo		<u>Name</u>	<u>Club</u>
Intermediate 1 Boys (9-10 year olds) Under 81lbs			1st Place	Sebastian Rojas	Anchorage Dojo
	<u>Name</u>	<u>Club</u>	Juvenile A Boys (13-14 years old) Over 141lbs		
1st Place	Garrett Gaydos	Mountain View Judo		<u>Name</u>	<u>Club</u>
Intermediate 1 Boys (9-10 year olds) Under 95lbs			1st Place	John Faletagoai	Mountain View Judo
	<u>Name</u>	<u>Club</u>	Juvenile B Girls (15-16 years old) Over 154lbs		
1st Place	Lucas Thackee	Mat-su Judo		<u>Name</u>	<u>Club</u>
Intermediate 1 Boys (9-10 year olds) Over 95lbs			1st Place	Tessa Neeno	Anchorage Dojo
	<u>Name</u>	<u>Club</u>	Juvenile B Boys (15-16 years old) Under 145lbs		
1st Place	Cooper Baines	Anchorage Dojo		<u>Name</u>	<u>Club</u>
Intermediate 2 Girls (11-12 years old) Under 75lbs			1st Place	Robert Hann	Mat-Su Judo
	<u>Name</u>	<u>Club</u>	Juvenile B Boys (15-16 years old) Under 178lbs		
1st Place	Jaime Holleigh	Sterling Judo Club		<u>Name</u>	<u>Club</u>
Intermediate 2 Girls (11-12 years old) Under 92lbs			1st Place	Andrew Jensen	Yukon Judo
	<u>Name</u>	<u>Club</u>		<u>Name</u>	<u>Club</u>
1st Place	Claire Rhyneer	Anchorage Dojo	Intermediate 2 Girls (11-12 years old) Under 114		
Intermediate 2 Girls (11-12 years old) Under 114				<u>Name</u>	<u>Club</u>
1st Place	Kylie Lager	Capital City Judo	Intermediate 2 Boys (11-12 years old) Under 75		
Intermediate 2 Boys (11-12 years old) Under 75				<u>Name</u>	<u>Club</u>
	<u>Name</u>	<u>Club</u>	1st Place		
1st Place	Toby Minick	Capital City Judo			

## Former State Shiai Champions (Seniors)

### Senior Woman (16+) Light Weight

	<u>Name</u>	<u>Club</u>
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1st Place	Rachael Carricaburu	Anchorage Dojo
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### Senior Woman (16+) Medium Weight

	<u>Name</u>	<u>Club</u>
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1st Place	Charlotte Peterson	North Star Judo
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### Senior Men (16+) Light Weight

	<u>Name</u>	<u>Club</u>
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1st Place	Jared Dempsey	Anchorage Dojo
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### Senior Men (16+) Medium Weight

	<u>Name</u>	<u>Club</u>
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1st Place	Justin Breese	Black Bear Judo
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### Senior Men (16+) Medium-Heavy Weight

	<u>Name</u>	<u>Club</u>
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1st Place	Patrick Murphy	Capital City Judo
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### Senior Men (16+) Heavy Weight

	<u>Name</u>	<u>Club</u>
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1st Place	Hector Negron	Anchorage Dojo
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### Senior Men (16+) Open Division

	<u>Name</u>	<u>Club</u>
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1st Place	Richard Zebruck	Judo Yukon
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### Senior Men (Masters 35+) Light Weight

	<u>Name</u>	<u>Club</u>
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1st Place	Justin Breese	Black Bear Judo
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### Senior Men (Masters 35+) Medium Weight

	<u>Name</u>	<u>Club</u>
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1st Place	Keith Anderson	Sitka Judo Club
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### Senior Men (Masters 35+) Heavy Weight

	<u>Name</u>	<u>Club</u>
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1st Place	Gordon Edmiston	Greatland Martial Arts
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# JUDO CHAMPIONSHIP TOURNAMENT SCORING

## Full Point or Ippon Wins Match Instantly

Judoist throws opponent with force and speed mostly on the back or pins opponent on back under control for 20 seconds, or choke opponent with judo gi to submission (13 years and older), or arm lock opponent to submission on elbow joint (Senior Division only).

## Half Point or Wazari (2-Half Points equal to Ippon)

Judoist throws opponent to back for almost full point or pins opponent 15 to 19 seconds.

## Yuko (minor score)

Judoist throws opponent for almost half point, or on side, or pins opponent for 10 to 14 seconds. Yukos do not add up to a Wazari or a full point but can be used to deciding a winner.

## Golden Score (extra time if "tied")

If there is a draw at the end of regulation time (i.e. equal scores & penalties), the contest continues into Golden Score. There is no longer a time limit for "Golden Score Period"--the first penalty or scoring technique will determine who is awarded the match.

## New 2014 Rules (note: summarized and partial definitions):

Going Out of Bounds is no longer a valid means of escaping from Osaekomi (being pinned), if the technique is initiated from inside the fighting area. This also applies to chokes and arm bars. Note: the deliberate act of trying to head out of bounds to escape Osaekomi may be penalize by "in-direct" Hansoku-Make (loss of match).

Attacking or blocking with one or two hands or with one or two arms below the belt while in Tachiwaza (i.e. "standing") will result in loss of match (see Penalties below). Gripping the leg is allowed once newaza (ground work) has began.

All situations of landing in a defensive "bridge position" will be awarded as an Ippon ("instant win") for Tori (the "thrower").

During the fight there can be only three Shidos, and the fourth results in "in-direct" Hansoku-make (i.e. 3 warnings and then disqualification of contest). Shidos do not give points to the other fighter, only technical scores can give points on the scoreboard. At the end of the fight, if scoring is equal, the one with less Shido wins.

If the fight continues to golden score (due to a draw), the first receiving a Shido loses, or the first scoring a technique will win.

Bear Hugging (simultaneously gripping with both hands around your opponent's torso) will result in a shido penalty. Note: Bear hug from side or back is allowed, only frontal grip is prohibited.

The referees should strictly penalize (i.e. shido) the contestants who do not engage in a quick Kumikata ("gripping") or who try not to be gripped by the opponent.

## Scoring IPPONS: Important Points:

1. Ippon Must Be 100% (**largely** on back, speed, force, & control)
2. Initial Impact Must Be **largely** On Back
  - a. Landings on side/buttocks & push over to back **cannot** earn Ippon
  - b. Generally - rolling landings cannot earn Ippon
3. Must Have More Back Than Before
4. Super Ippon May Have Less Back Due To Over-Compensation In Other 3 Criteria
  - a. Superior Speed
  - b. Superior Force
  - c. Superior Control

## Penalty Infractions

### **Hansoku-Make** – Major/serious penalty

Competitor loses match immediately. Serious infractions ("Direct" Hansoku-Make) result in loss of match and disqualification from tournament.

### **Shido** - Minor infraction.

During the fight there will be three Shidos, and the fourth Hansoku-make (3 warnings and then disqualification). Shidos do not give points to the other fighter, only technical scores can give points on the scoreboard. At the end of the fight, if scoring is equal, the one with less Shido wins (if equal Shidos, then "Golden Score" begins immediately).

### **SHIDO Penalties (minor penalty)**

1. To intentionally not engage in quick Kumikata (gripping) or avoid taking hold in order to prevent action in the contest.
2. To adopt in a standing position an excessively defensive posture. (Generally more than 5 seconds).
3. To make an action designed to give the impression of an attack but which clearly shows that there was no intent to throw the opponent. (i.e. FALSE ATTACK).
4. To stand, both feet completely within the danger zone (i.e. stepping out) UNLESS – beginning an attack, executing an attack, countering the opponent's attack or defending against the opponent's attack. (Generally more than 5 seconds).
5. In a standing position, to continually hold the opponent's sleeve end(s) for a defensive purpose (Generally more than 5 seconds) or to grasp by "screwing up" the sleeve.
6. In a standing position, to continually keep the opponent's fingers of one or both hands interlocked, in order to prevent action in the contest. (Generally more than 5 seconds).
7. To intentionally disarrange his own judogi or to untie or retie the belt or the trousers without the referee's permission.
8. To pull the opponent down in order to start Ne-waza unless in accordance with Article 16.
9. To insert a finger(s) inside the opponent's sleeve or bottom of his trousers, or to grasp by "screwing up" his sleeve.
10. In a standing position to take any grip other than a "normal" grip without attacking immediately.
11. In a standing position, after Kumi-kata has been established, not to make any attacking moves. (See Appendix NON-COMBATIVITY).
12. "Pistol" grip. The holding of the bottom and/or top of the sleeve between the thumb and the fingers.
13. "Pocket" grip. Holding the bottom of the sleeve by folding the sleeve end over.
14. From a standing position, to take hold of the opponent's foot/feet, leg(s) or trouser leg(s) with the hand(s), unless simultaneously attempting a throwing technique.
15. To encircle the end of the belt or jacket around any part of the opponent's body.
16. To take the judogi in the mouth. (either his own or his opponent's).
17. To put a hand, arm, foot or leg directly on the opponent's face.
18. To put a foot or a leg in the opponent's belt, collar or lapel.
19. To apply Shime-waza (choke/strangle) using the bottom of the jacket or belt, or using only the fingers.
20. From tachi-waza or Ne-waza to go outside the contest area or intentionally force the opponent to go outside the contest area.
21. To apply leg scissors to the opponent's trunk (Dojime), neck or head. (scissor with crossed feet, while stretching out the legs).
22. To kick with the knee or foot, the hand or arm of the opponent, in order to make him release his grip.
23. To bend back the opponent's finger(s) in order to break his grip.
24. To break your opponents grip by using two hands, your knee or grabbing your own pants.
25. To "bear hug" your opponent from the front (simultaneously gripping with both hands around the torso).

### "Direct" HANSOKU-MAKE Penalties (Loss of Contest & Disqualification from Tournament)

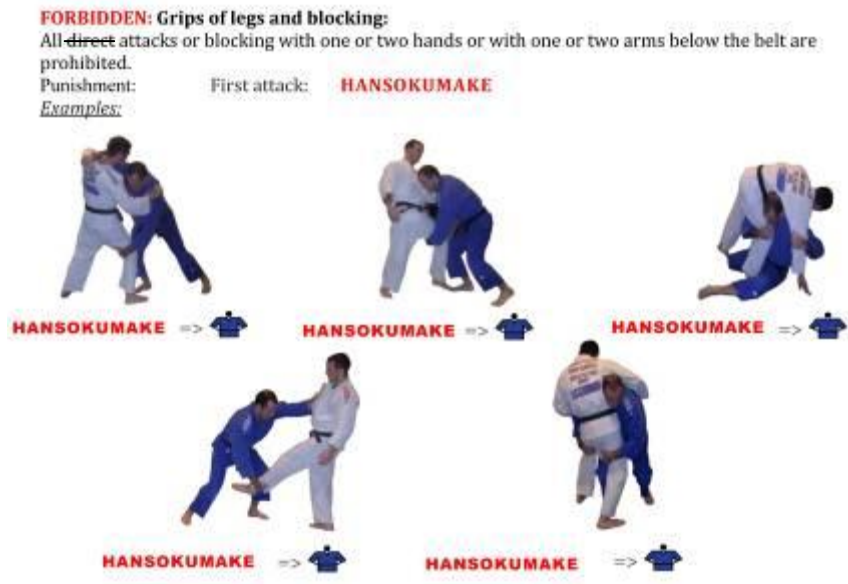
1. To attempt to throw the opponent by winding one leg around the opponent's leg, while facing more or less in the same direction as the opponent and falling backwards onto him (Kawazu-gake).
2. To apply Kansetsu-waza anywhere other than to the elbow joint.
3. To lift off the mat an opponent who is lying on the mat and to drive him/her back onto the mat
4. To reap the opponents supporting leg from the inside when the opponent is applying a forward technique.
5. To disregard the referee's instructions.
6. To make unnecessary calls, remarks or gestures derogatory to the opponent or referee during the contest.
7. To make any action which may endanger or injure the opponent especially the opponent's neck or spinal vertebrae, or may be against the spirit of Judo. (Example: Kani-basami).
8. To fall directly to the mat while applying or attempting to apply techniques such as Waki-gatame.
9. To "dive" head first, onto the mat by bending forward and downward while performing or attempting to perform techniques such as Uchi-mata, Harai-goshi, etc.
10. To intentionally fall backwards when the other contestant is clinging to his back and when either contestant has control of the other's movement.(Kata Guruma standing or on the knees and falling directly backwards).
11. To wear a hard or metallic object (covered or not).

### "In-Direct" HANSOKU-MAKE (Loss of Contest only)

12. All attacks or blocking with one or two hands or with one or two arms below the belt in Tachiwaza (i.e. Standing). Gripping the leg is allowed during newaza (i.e. Mat work).

### New IJF Judo Rules (2014)

In an attempt to protect "*fundamental judo values*", the International Judo Federation (IJF) implemented the following new rules. They are now adapted world wide and emphasize a standup style of judo in which classic judo throws are encouraged. The wrestling style of "grabbing legs" is prohibited--the match is lost  
**Loss of Contest by Hansokumake (penalty):** offensive or defensive gripping/blocking below the belt.



**Penalized:** Excessively Defense Posture . In the case of excessive defensive posturing (i.e. bending over), a penalty is given.





## REFEREE SIGNALS - "What do they mean?"



The referee calls **Hajime** to start the contest, or to resume the contest after matte was called. There is no gesture.



The referee calls **Matte** ("wait" or "stop"), to temporarily stop the contest.



The referee command **Soremade**, which means "that is all", is used to end every contest. This command must immediately follow other commands or the timekeeper's signal that indicates the end of the contest.



The referee announces **Ippon** when a contestant throws his/her opponent with control largely on the back with force and speed, or when a contestant pins their opponent for 20 seconds.



The referee calls **Wazari** and signals, with a proper gesture, when a throwing technique is not quite perfect, meaning that one of four factors that constitute ippon is lacking or a osae waza last 15 seconds or more but less than 20 seconds.



If a competitor scores a second waza-ari, the referee should announce, with the proper gesture, **Wazari Awasete Ippon**, which means "ippon by addition of two wazari."



**Yuko:** The gesture starts with the hand at the opposite shoulder. The arm is extended down and away from the side of the body to form a 45 degree angle with the open palm facing the tatami as yuko is announced.



**Sonomama** (do not move), is used to temporarily freeze the competitors in their places when one competitor holds an advantaged position over the other in ne-waza situations only.



The referee calls **Yoshi** (carry on), to direct the contestants to resume after the contest was stopped with Sonomama.

**Osaekomi ("a judo hold in progress"):** Starting with the arm at the side, the arm is extended first, directly in front of the body to a horizontal position with the palm down. As the referee announces Osaekomi the arm is then moved downward and towards the competitors stopping at an angle of approximately of 45 degrees. The hand remains open, palm down, fingers pointing towards the competitors and the body bent slightly forward.



**Toketa ("a judo hold is broken"):** After Osaekomi has been called and as soon as it is determined that Tori has lost control of the osae waza (holding technique) or when both competitors have moved out of the contest area the referee announces Toketa to indicate that the hold is broken.





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become habit.  
The habit must  
become easy.  
The easy must  
become  
beautiful.*

*Doug Henning*



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*The technique and mind are just  
like the front and back of one's  
hand, meaning they are very closely  
related.*      *Yoshitsugu (Yoshiaki) Yamashita*

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