

2010 Idaho Joint Training Workouts

Sponsored by:

Emmett Judo Club (EJC)
Idaho State University Judo Club (ISU)
Twin Falls/College of Southern Idaho Judo Club (CSI)
Western Idaho Judo Institute (WIJI)

Project Managers:

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Sanctioned by:

United States Judo Federation (USJF)
Event #: 10-01-10

Hosted by:

Emmett Judo Club
Idaho State University Judo Club
Twin Falls/College of Southern Idaho Judo Club
Western Idaho Judo Institute

Dates & Location:

1/16/10 @ WIJI, Fruitland
2/6/10 @ CSI, Twin Falls
3/6/10 @ ISU, Pocatello
4/3/10 @ EJC, Emmett
5/8/10 @ ISU, Pocatello
5/29/10 @ EJC, Emmett
6/12/10 @ WIJI, Fruitland
6/26/10 @ CSI, Twin Falls
July - NO WORKOUT
August - NO WORKOUT
9/4/10 @ CSI, Twin Falls
10/2/10 @ ISU, Pocatello
11/13/10 @ EJC, Emmett
12/4/10 @ WIJI, Fruitland

Eligibility & Purpose:

- The workouts are primarily open to high school aged judoists & older. 12 & 13 year olds are welcome, provided that they have experience doing katamewaza randori with shimewaza as both tori & uke.
- All participants must be currently registered and members in good standing with one of the following organizations: United States Judo Federation, Inc. (USJF), USA Judo (USJI), and/or the United States Judo Association (USJA), with proof of current insurance coverage. Please bring your current membership card or a photocopy of it to registration. **You must display your current membership card or you will not be permitted to participate.** You may purchase annual membership in USJF (\$50), USA Judo (\$60), or USJA (\$45) at the time of your registration. *** **Please bring your own membership forms.*****
- The primary purpose is to give athletes in the region an opportunity to participate in a rigorous workout with athletes from other dojos in a friendly atmosphere. We hope to elevate the overall technical level of judo in our region while promoting some camaraderie.
- A secondary purpose to expose athletes to instruction, techniques, and training methods from other instructors.

Tentative Schedule:

- **Please check with each project manager the week before the scheduled workout to: give them your headcount and also learn of any timing/schedule changes.**
- The project manager/host have the option to modify/adjust the format & schedule.
- The following is the general format and schedule that will usually be used:

9:45 AM	check-in & paperwork	1:30 PM	nagewaza session starts
10:00 AM	katamewaza session starts	3:30 PM	finish up & go home
12:00 PM	break for lunch		

Things To Bring:

- Your **current membership card** & record book. **NO CARD = NO PARTICIPATION. NO EXCEPTIONS.**
 - A clean judo gi (preferably 2 gis), any individual with a dirty or poorly maintained gi will be not be permitted to workout. Wash your gi & repair all tears and holes in it before you arrive.
 - A towel to dry yourself off between sessions
 - Footwear - zori, slippers, sandals, & etc. to keep your feet clean, anyone with dirty feet or walking off the tatami without footwear will be dismissed from the training session.
- KEEP YOUR BODY, FEET, & JUDO GI CLEAN!**

Instructors:

- Please be sure that all participants from your dojo are proficient in ukemi and able to participate in both tachiwaza and newaza randori safely.
- Please be sure that your younger athletes have sufficient exposure and experience with shimewaza.
- **Please let the appropriate project manager know what your estimated head count will be the week before a scheduled workout.** That gives the project manager an opportunity to plan for an accurate number of participants.

Fees:

- There is no fee for the workouts, but please feel free to make a donation to the hosts.

Video Recording:

- People may video record the instruction and the training for personal/private use.

Hotel/Motel Info:

- The timing of the workouts are arranged such that most people should be able to drive down and back in one day, eliminating the need to spend a night in a hotel/motel. If you are interested in overnighting, please contact the appropriate project manager for local hotel/motel information.

More Information:

For more information, please contact:
Sami Tadehara, samitadehara@yahoo.com
Bryan Matsuoka, bmatuoka@csi.edu
Robert Suyehira, emuff101@hotmail.com
Robert Fukuda, info@wiji.org

2010 Idaho Joint Training Workouts

USJF Sanctioned Event #10-01-10
Multiple Sessions All-Year - Check Paperwork
Emmett Judo Club
Idaho State University Judo Club
Twin Falls/College of Southern Idaho Judo Club
Western Idaho Judo Institute

Sex:	___ Male ___ Female
Age:	_____ Years
Rank:	_____
	(sankyu and up, give exact kyu or dan)
Time in Judo:	_____ Years

OFFICIAL REGISTRATION FORM

(Please write legibly • Signatures required on back of this sheet)

Name: _____
First Last

Address: _____
Street

City State Zip

Phone: (_____) _____

Email: _____

Date of Birth: ____/____/____
Month Day Year

Club/Dojo: _____

Instructor: _____
First Last

NOTE: BRING YOUR MEMBERSHIP CARD. MAKE SURE THAT YOUR GI IS CLEAN. BRING ZORI/SLIPPERS/SANDALS OR OTHER FOOTWEAR TO KEEP FEET CLEAN AT ALL TIMES. NO BARE FEET! KEEP YOUR BODY, FEET, & JUDO GI CLEAN.

*** DO NOT WRITE BELOW THIS LINE – OFFICIAL USE ONLY ***

Proof of Membership & Insurance: USJF # _____ USJI # _____ USJA # _____
Exp Dt _____ Exp Dt _____ Exp Dt _____
Verified by _____

Fees: Amt _____ Cash _____ Chk # _____

