

NL JUDO



MESSAGE FROM THE PRESIDENT...

Welcome to this first issue of the NLJA Newsletter. This is an important new tool for communicating with all of our members. Many thanks to Frank Russell for working on putting this issue together!

So far 2009/10 has been a mixed year for our association. Tragically we have suffered from the loss of three well known members of our association over the past year – Todd Hodder – Nidan - Astra Judo Club, Felicity O'Brien – Yondan – Kokoro Judo Club and Piotr Waclawek – Sandan – MUN Judo Club. All three were active members of our association and devoted

themselves to encouraging the growth of Judo in Newfoundland and Labrador. We will miss all of them.

The threat of H1N1 caused the cancellation of the fall tournament in St. John's but we have been fortunate to have had two excellent tournaments in Goose Bay in February and Stephenville in March. Many thanks to the Goose Bay and Eagle Point Judo Clubs for hosting these tournaments. A record number of athletes (22) went to the Atlantic Judo Championships in Halifax in late April. They competed well. Congratulations to the



George Beckett
President
Newfoundland & Labrador
Judo Association

EDITOR'S NOTE

Welcome to the first Newfoundland and Labrador Judo Association Newsletter! Our goals are to improve communication with association members, to inform association members with NLJA news, current events and Judo happenings in the province.

We are looking for submissions (the written kind) from all across the province. If you have a Judo story or want to promote an event send it to us and we'll send it out to our members. Want to discuss the finer points of Jigoku Jime? Send us a line.

I hope you enjoy this issue and look forward to hearing from all of you. OSU!!!

Frank Russell

Goose Bay Judo Club

Submissions can be sent to frankrussell@ymail.com

athletes and their coaches!

Along with the tournaments held this year positive activities are taking place with the NLJA. In January we had a special strategic planning day to discuss the adoption of the Long Term Athlete Development (LTAD) model and to provide guidance for judo in our province in the next three to five years. A draft of the planning document emerging from this session is now posted on the NLJA web site for review and comment. It will be presented for further discussion at the upcoming AGM.

A draft version of a revised constitution for the NLJA will also be presented at the AGM and will be posted on the NLJA website for you to review and comment upon. The changes are necessitated by changing times and needs. Please have a look at this draft and don't hesitate to send me comments or suggestions about the draft.

A Todd Hodder Memorial Fund has been created with the support of Todd Hodder's family to provide financial assistance to underprivileged children sixteen and younger who wish to participate in judo. Applications to this fund must originate from NLJA member clubs. And not least of all we have been successful in establishing closer ties and support with Sport Newfoundland & Labrador.

The Canada Winter Games Team is under development led by Mike Kay – Male Coach, Blair Bradbury – Female Coach, and Erin Bradbury – Manager. The team will represent us in the Canada Winter Games in Halifax in 2011.

The Annual General Meeting of the NLJA will be held in St. John's in November this year. The delay to the fall is necessary in order to get as many delegates together as possible. It is an election year and I encourage interested members to consider offering themselves for election to the NLJA Executive or volunteering to work on our committees.

Finally if you have stories to contribute or topics you would like to see discussed in future issues of the NLJA Newsletter don't hesitate to contact the editor Frank Russell. This newsletter is intended to be of interest to all of our members and I encourage you to let us know what you think of it!

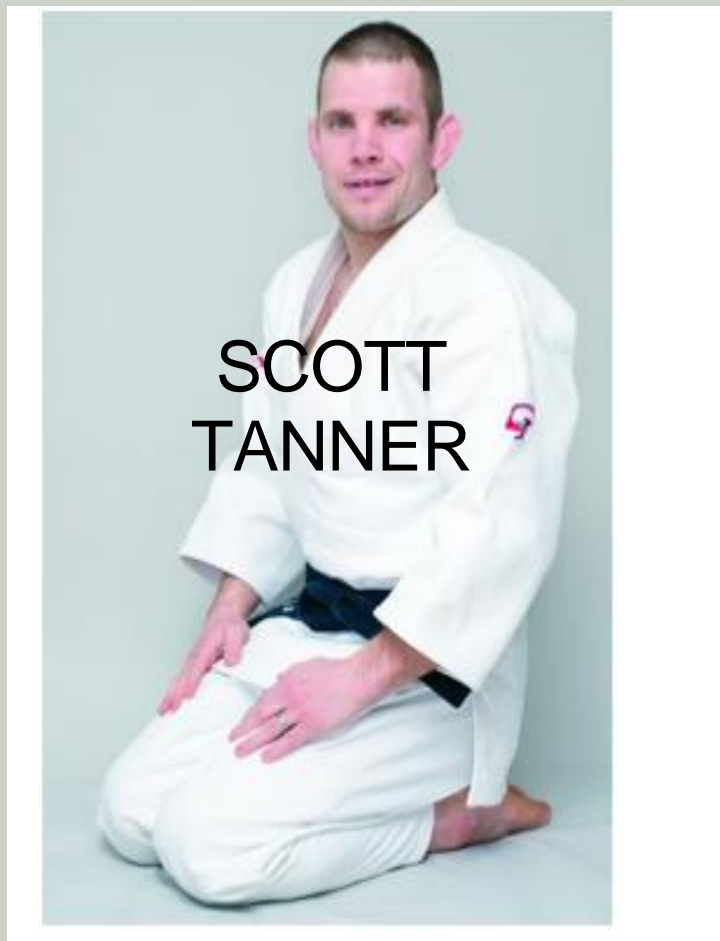
See you on the mats!

George

George Beckett
NLJA President

Did you Know?

1. The NLJA has over 260 members
2. There are 9 active judo clubs throughout the province
3. The NLJA is a provincial member of Judo Canada which has over 20,000 members across Canada
4. The province with the largest judo participation rate is Quebec with 10,450 members



Editor Frank Russell Chats With Former National Champ Scott Tanner

I recently had an opportunity to talk with Scott Tanner; a former national champion with eight years experience on the national team, Scott has been one of the most successful, talented judoka to come from Nova Scotia. In recent years, Scott has acted as Technical Director for Judo Nova Scotia and in 2010 became the Judo Canada Regional Technical Support Officer for all of Atlantic Canada.

Hello Scott, thank you for agreeing to be interviewed for the NLJA newsletter. Can you tell us a little about your background in Judo? When did you start? What interested you in Judo?

I started judo at the age of about 8 at the Chebucto Heights Judo Club with Bill Anderson as my sensei.

I originally got involved in judo because Bill was the father of my brothers girlfriend. I had not really thought about judo till then, I was more interested in boxing but I was too young for a club to accept me. I started judo then in 1984 and never looked back. I studied judo with Mr. Anderson till I was about 20 years old when I moved to the National Training Center "Shidokan" to study judo under Mr. Hiroshi Nakamura.

At that time I was trying to accomplish a dream I had to make it to the Olympics Games.

What are some of your accomplishments in the sport of Judo?

I don't have a huge list of accolades but I guess it's

"Judo is
just a
vehicle for
self

who you compare yourself too. My most memorable achievement was winning the national championship in 1998. The most significant part of this medal was being able to share the experience with my coach Bill afterwards. I felt we had come to this point together and it has always been a highlight in my judo career.

I know you represented Canada at the national and international levels. Any personal highlights?

Internationally I had moderate success but I was able to win a tournament in Denmark called the Matsumae Cup. I had a great day that day both physically and mentally. There are a few other international highlights but this was probably the most memorable. What made it more than exceptional was not really the tournament itself but the 4 days we spent as a team afterward in Copenhagen. This one the most enjoyable and memorable trips I had while traveling. The gold helped!

How are you currently involved in Judo?

For the past two years I have been involved in judo as Technical Director and Head Coach for Judo Nova Scotia. I have also served as an Atlantic Development Coach under Jean Pierre Cantin. Along with a few other sensei I run a fulltime dojo in Bedford called the Atlantic Training Center.

What are some of your goals when it comes to Judo?

I have had a change of goals over the years. What brought

me to this point in my judo career was the dream of going to the Olympic Games as an athlete. Since the dream has passed I changed my sights to help promote judo in the Atlantic Canada region as best I can. I have a dream of someday running a dojo for a living with 300+ members and giving back judo to kids to help them the way it has helped me. I believe judo was a fundamental part of my upbringing and continues to play a crucial role in my life. I know that judo as a sport and art has the ability to develop great attributes in people. It is my hope to be able to help judoka improve themselves and their lives through the sport of judo.

One other dream/goal I hope to accomplish is to have one of my own athletes make it to the Olympic Games.

What is the current state of Judo in Canada? Is it popular? On the rise? Declining?

Judo is kind of stagnant I would guess. I know that we haven't grown significantly over the past years. One of the biggest issues we face is participant retention. We have done a good job at bring new members in but not at keeping them involved in the sport.

You recently attended a Judo tournament in Goose Bay, Labrador. What was that experience like and would you go back?

It was a great experience coming to Goose Bay for the second time and I will always jump at the opportunity to come back to Newfoundland and Labrador. The tournament itself reminds me

of my early days and where I came from competing in N.S. I have always felt honoured in my life to be able to come to provinces other than my own and share judo. Judo has a tendency to attract some of the finest people I have met in my life and I see many of those type people in judo here in Newfoundland and Labrador as well. Good people!!

What advice do you have for younger Judoka when it comes to competing?

That's a tough question. I think the biggest part of competing is having goals to achieve. I believe without goals in what we are doing that the process of what we are doing is pointless. Not everybody has to want to be an Olympian but we need to have established goals. The most important part of the process is not necessarily achieving these goals but the actual process itself.

The one thing I like the kids to believe is that they have the capacity to accomplish anything they set their minds to. Train hard, train smart and understand that judo is just a vehicle for self discovery. Enjoy the ride.

Any training tips for competitors and/or recreational Judokas?

The key to being successful in any sport really is fundamentals and basics. Even at the highest level of competition it really comes down to the basics. Japanese have always been highly successful because of this reason. One has to practice to perfect their judo skills at every practice. The most successful judoka come to every practice with specific goals and reflect on those

goals afterwards. This is the essential growth process in order to develop judo.

What your goals are in judo whether they be recreation or competition is not important as is the fact that it always has to be fun at some level. When that part leaves you things tend to go downhill.

Thank you Scott for taking time to speak with me, and on behalf of the Goose Bay Judo Club, you are welcome here anytime, come back soon.

Stephenville & Atlantic Championship Tournament Photos, March/April 2010



Can you identify anyone in these photos?



NLJA AGM 2010

National Sport Trust Fund - A Tool For Club Fundraising

The National Sport Trust Fund (NSTF) is a tool that can be used in club fundraising programs. Administered in this province by Sport Newfoundland & Labrador the NSTF is a philanthropic gift-giving program established through the Canadian Council of Provincial and Territorial Sport Federations (CCPTSF) for the development of amateur sport on a national level.

The CCPTSF is a Registered Canadian Amateur Athletic Association (RCAAA) with the Canada Revenue Agency.

As a registered Canadian Amateur Athletic Association (RCAAA), the NSTF is able to issue an official tax receipt for all qualifying donations of \$20 or greater. If your club has specific fundraising projects, you can apply to the Sport Fund through the NLJA. For each fundraising project, clubs must demonstrate:

- Provincial Sport Organization membership
- beginning and end dates for the fundraising project
- the proposed use of proceeds
- description of fundraiser

The NLJA currently has a registered fund raising project for the purpose of raising funds to support out-of-province travel by athletes and to purchase needed infrastructure.

Sport Newfoundland & Labrador charges a seven percent administrative fee on any donations and will deliver the funds donated directly to the club. For more information about this programs see the NSTF web page on the SNL website:

http://www.sportnl.ca/programs/national_sport_trus_t_fund/index.html

Annual General Meeting and Call for Nominations

The 2010 Annual General Meeting of the NLJA will be held from 4:30-6:30 PM on November 6, 2010 following the provincial tournament. This is an election year and all NLJA members are welcome to attend.

Annual reports and information for the meeting will be available on the NLJA website at least one month in advance. Do look at these documents in preparation for the annual meeting. There will be some suggested constitutional changes as well as elections and reports from the various NLJA Committees.

Nominations are open for election to the NLJA Board of Directors which include the positions of President, First Vice-President, Second Vice-President, Secretary, Treasurer and two National Representative positions. The NLJA needs people willing to work on its Board in order to help judo develop in our province. Nominees can be from any part of the province and are only required to be regular members of the Association (active in judo and age 16+). If you are interested in running please contact NLJA President George Beckett for more information.

Charitable
Status For
Fundraising

NLJA Events 2010/11

Fall 2010

Oct. 9-10, 2010	Quebec Open	Montreal	Judo Quebec
	NCCP Part A "Dojo Assistant" Coaching		
Sept. 24-26, 2010	Course	St. John's	NLJA
	NCCP Part A "Dojo Assistant" Coaching	Stephenville	
Oct. 15-17, 2010	Course	Crossing	NLJA
November 6-7, 2010	NLJA Fall tournament & Technical Clinic	St. John's	NLJA
November 6, 2010	NLJA AGM	St. John's	NLJA
Nov. 20-21, 2010	Ontario International	Markham, ON	Judo Ontario

Canada Winter Games 2011 Judo Team

The candidates and leadership for the NLJA Canada Winter Games 2011 judo team have been working hard over the past several years to get ready for this once every four years tournament. Candidates have trained hard both off and on the judo mat to prepare themselves. Members of the tentative team are as follows:

Male:

-60 kg - Philip Whey, Goose Bay Judo Club

-66 kg - Scott Wood – MUN Judo Club, Alternate: **Stuart Dean** – MUN Judo Club

-73 kg - Eric Hanna-Quinn – MUN Judo Club, Alternate: **Mark Blake** – Goose Bay Judo Club

-81 kg - Ryley Corbin – Eagle Point Judo Club

-100 kg - Ryan Hobbs – Goose Bay Judo Club

+100 kg - Greg Thomas - MUN Judo Club

Female:

-52 kg - Claire Cowley – MUN Judo club

-57 kg - Rebekah Whey – Goose Bay Judo Club

-63 kg - Morgan Walsh – MUN Judo Club, Alternate: Brittany Chaulk – Goose Bay Judo Club

The final team selection will be announced after the Ontario International tournament in November.

New NLJA Clubs!

Welcome to two new NLJA clubs:

Sosei Judo Club – Gander – Chief Instructor: Chris Wellon

Zanshin Dojo – Torbay – Chief Instructor: Bruce Mann

We look forward to working with you to develop judo in your areas!

THE TAO OF JUDO

Eastern Wisdom For Western Practice

By Keo Cavalcanti (Reprinted With Permission)

The Way of the Monk

For monks, the martial arts were means to an intuitive ethical education. Monasteries used the arts to educate the soul. In practice students combined body and soul, finding internal peace and a deeper knowledge of life. "The ancient masters were subtle, mysterious, profound, and responsive," precisely because of the depth of their practice (chapter 15); a deeper knowledge that helped them make wise use of the techniques. Even ancient warriors knew that martial arts had a spiritual content. For the Japanese the true Bushi or Samurai was a cultivated person. He dedicated a life time to polishing his soul. Along with the arts, he studied philosophy, history, poetry and art. It was not unusual for high ranking Samurai to be poets or artists (which gave them a keen sense of aesthetics). Being warriors, of course, they also studied the military ways.

So, this book is an effort to call attention to the way of the monk. It reflects my strong belief that martial arts practice requires spiritual roots. We practice the arts to learn how to live life.

There are too many "warrior" martial artists in the West these days and too few "monks." If we don't pay attention to spiritual cultivation, if we don't help our students discover a finer way of being themselves, we as Sensei (teachers of the arts) will be contributing to the spread of violence in modern life and to the misuse of the arts.

This book uses Judo to highlight the spiritual principles of Taoism. But the lessons are not restricted to Judo. The principles discussed here inform the practice of Aikido, Karate, Kung Fu, Tai Chi, Tae Kwon Do and other Asian arts. They also inform good living for folks who don't practice the arts. As a philosophy, Taoism spread throughout Asia during the early period of Chinese civilization. Its practice produced a unique disposition toward life, whether one was a martial artist or simply someone interested in wisdom.

Why Mix Taoism and Judo?

Taoism provides a frame for practice for those of us who practice the arts for life (and not just while we have the stamina of youth). Its principles help us to evaluate the lessons behind the art's techniques. It leads us to search for those deeper lessons that should inform our exercises and drills.

Do your students understand these lessons at the gut level? How do we know if we have "arrived" in our practices? Is it all about accumulating ranks and belts or is it about internal transformation?

The spiritual practice of the martial arts leads to a certain kind of detachment or dispassionate living. One no longer practices for fame, but for contentment. Amazingly enough, that kind of detachment connects you to other living things, bringing true fulfillment. The Tao is quite direct on this point: "Fame or self: What matters most? Self or wealth: Which is more precious? Gain or loss: Which is more painful? The one attached to things will suffer

much. The one who saves will suffer heavy loss. The contented person is never disappointed. If you know when to stop you will not find trouble. "Such a person is forever safe" (chapter 44).

This book is an invitation to the spiritual roots of the arts. When you practice an art without its spiritual roots, anything can be used fill that void. No wonder some people end up thinking that it is all about personal glory, medals and trophies. In that pursuit they reduce their art to a means to other ends. The techniques are just instruments instead of having their own deep meaning to bestow.

The reason I use Judo to exemplify the way of the monk is because I've been practicing the art for 35 years now. And for at least the past 11 years I've used Judo to express Taoism.

More importantly, I use Judo because I'm afraid that we have lost the Judoka way of the monk in the West. Judo was "Westernized" sooner than the other Eastern Martial Arts when it became an Olympic sport. And it has been reduced to a "sport" ever since.

The entire e-book is available for download at judoinfo.com

NLJA

The Newfoundland & Labrador Judo Association (NLJA) is the Provincial Sport Organization and official governing body for the sport of Judo in the province of Newfoundland & Labrador, Canada.

Board of Directors

President – George Beckett – georget@mun.ca
First Vice-President – vacant
Second Vice-President – Terry Whey – info@terrysents.ca
Treasurer – Mark Didham – njatreasurer@gmail.com
Secretary – Adam Burry – aburry@ieee.org

Past President – Blair Bradbury – blairb@nfld.com

NL JUDO NEWS

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