

2008 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)
Daiheigen Judo Yudanshakai

Sanctioned by:

United States Judo Federation (USJF)
Event #: 08-01-15

Hosted by:

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

Project Managers:

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Dates & Location:

2/16/08 @ CSI, Twin Falls
3/15/08 @ ISU, Pocatello
4/12/08 @ WIJI, Fruitland
5/10/08 @ ISU, Pocatello
6/21/08 @ EJC, Emmett
7/12/08 @ TBD, TBD
8/16/08 @ TBD, TBD
9/13/08 @ EJC, Emmett
10/11/08 @ ISU, Pocatello
11/15/08 @ CSI, Twin Falls
12/13/08 @ 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 or USA Judo at the time of your registration (\$50.00).
- 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. Elevating the overall technical level of judo in the 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
- 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 FEET 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:

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