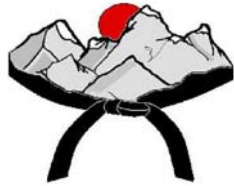


Denver Judo



**NEWSLETTER**

**January 2010  
Issue 42**



Classes resume January 4, 2010

# Results



The Brain Olsen Winter Classic took place on Saturday, December 5, 2009. 14 members of Denver Judo participated in the event and we came home with 16 medals and finished 2<sup>nd</sup> overall in team points! Great job everyone!

## Co-ed Novice:

4-6 year olds 50-51 lbs:

- 1<sup>st</sup> Julia Sheisley (Boulder Judo Training Center)
- 2<sup>nd</sup> Logan Dorroski (Gracie Judo)

5-7 year olds 37-45lbs:

- 1<sup>st</sup> Lucille Matheson (Northglenn)
- 2<sup>nd</sup> Cordey Mallo (Northglenn)
- 3<sup>rd</sup> Tessa Moskoff (Boulder Judo Training Center)

6-7 year olds 46-49 lbs:

- 1<sup>st</sup> Kai Sakata (Denver Buddhist Temple)
- 2<sup>nd</sup> Marek Starling (Denver Buddhist Temple)
- 3<sup>rd</sup> Samantha Corning (Northglenn)

9-10 year olds 61-66 lbs:

- 1<sup>st</sup> Lauren Moore (Highlands Ranch)
- 2<sup>nd</sup> Matthew Moreno (OTC)
- 3<sup>rd</sup> Chaz Okada (Denver Buddhist Temple)

8 year old 53-66 lbs:

- 1<sup>st</sup> Gabriel Reyes (Hyland Hills)
- 2<sup>nd</sup> Kory Leon (Denver Judo)
- 3<sup>rd</sup> Kate Baum (OTC)

## Junior Novice Boys:

6-7 year olds 53-56 lbs:

- 1<sup>st</sup> Chance Greene (Denver Buddhist Temple)
- 2<sup>nd</sup> Adrian Nagle (Northglenn)
- 3<sup>rd</sup> Jackson Bauman (Boulder Judo Training Center)

8-9 year olds 70-90 lbs:

1<sup>st</sup> Phillip Kotivtskyy (Hyland Hills)

2<sup>nd</sup> Luke Nelson (Denver Judo)

3<sup>rd</sup> Hayther Monseur (Highlands Ranch)

8-9 year olds 56-60 lbs:

1<sup>st</sup> Charlie Mathesm (Northglenn)

2<sup>nd</sup> Nathan Schatz (Gracie Judo Club)

3<sup>rd</sup> Jacob Dobrowski (Gracie Judo Club)

8-10 year olds 90lb:

1<sup>st</sup> Nathaniel Ciambello (Eastside)

2<sup>nd</sup> Phillip Kotvytskyy (Hyland Hills)

9-11 year olds 65-75 lbs:

1<sup>st</sup> Brian Donahoo (OTC)

2<sup>nd</sup> Haythem Mansour (Highlands Ranch)

10-11 year olds 90-101lbs:

1<sup>st</sup> Sean Easton (Hyland Hills)

2<sup>nd</sup> Mark Ennis (OTC)

3<sup>rd</sup> Nathaniel Ciambello (Eastside)

10-12 year olds 83-84 lbs:

1<sup>st</sup> Addison Higgins (OTC)

2<sup>nd</sup> Alec Young (OTC)

### **Junior Novice Girls:**

6 year olds 60-65 lbs:

1<sup>st</sup> Jessica Stricherz (Greely)

2<sup>nd</sup> Kate Minnear (Boulder Judo Training Center)

### **Junior Standard Boys:**

7 year olds 40-45lbs:

1<sup>st</sup> Corbin Mallo (Northglenn)

2<sup>nd</sup> Isacc Lacasse (OTC)

3<sup>rd</sup> Arden Markussen (OTC)

8 year olds 70-73lb:

1<sup>st</sup> Preston Morton (OTC)

2<sup>nd</sup> Lex Minnear (Boulder Judo Training Center)

8-9 year olds 55-56 lbs:

1<sup>st</sup> Sean Maluf (Denver Judo)

2<sup>nd</sup> Jaden Kurtz (OTC)

3<sup>rd</sup> Marco Deroos (Boulder Judo Training Center)

9-10 year olds 50-52 lbs:

1<sup>st</sup> Luke Larson (Eastside)

2<sup>nd</sup> Ezekiel Larson (Eastside)

9-10 year olds 50-51lbs:

1<sup>st</sup> Army Parsons (Denver Judo)

2<sup>nd</sup> Cameron Burgan (Highlands Ranch)

9-11 year olds 61-65lbs:

1<sup>st</sup> Zack Szostak (OTC)

2<sup>nd</sup> Robert Tanaka (Northglenn)

3<sup>rd</sup> Josiah Irwin (Boulder Judo Training Center)

9-11 year olds 68-76lbs:

1<sup>st</sup> Brett Schneider (Hyland Hills)

2<sup>nd</sup> Ian Eielers (Northglenn)

3<sup>rd</sup> Luke Irwin (Boulder Judo Training Center)

11 year olds 101-110lbs:

1<sup>st</sup> Jesse Butler (Hyland Hills)

2<sup>nd</sup> Daytwan Shirley (OTC)

14-15 year olds Lightweight:

1<sup>st</sup> Thomas Chisholm (Suzuran)

2<sup>nd</sup> Dustin Jenson (Suzuran)

3<sup>rd</sup> Evan Shigaya (Denver Buddhist Temple)

16-17 year olds:

1<sup>st</sup> Jeremy Coquoz (Grand Mesa Judo Club)

2<sup>nd</sup> Josh Farra (Liberty Bell)

Heavyweight:

1<sup>st</sup> Thomas Chisholm (Suzuran)

2<sup>nd</sup> Joshua Farra (Liberty Bell)

### **Junior Standard Girls:**

9-11 year olds 76-81lbs:

1<sup>st</sup> Shannan Corning (Northglenn)

2<sup>nd</sup> Brook Wagner (Highlands Ranch)

17-18 years Heavy:

1<sup>st</sup> Nicole Laurell (Suzuran)

2<sup>nd</sup> Mary Decker (Suzuran)

9-13 year olds 105-120 lbs:

1<sup>st</sup> Elizabeth Donahoo (OTC)

2<sup>nd</sup> Clarissa Young (OTC)

## **Coed Standard:**

7 year olds 52-59lbs:

1<sup>st</sup> Naomi Butler (Hyland Hills)

2<sup>nd</sup> Carson Orr (OTC)

## **Senior Men's Novice:**

149-159 lbs:

1<sup>st</sup> Dan Chisholm (Suzuran)

2<sup>nd</sup> Josh Farra (Liberty Bell)

185-192 lbs:

1<sup>st</sup> Matthew Thomas (Denver Judo)

2<sup>nd</sup> Ross Ledger (Denver Judo)

3<sup>rd</sup> Peter Manetta (Denver Judo)

198-202 lbs:

1<sup>st</sup> Steve Patton (Denver Judo)

2<sup>nd</sup> Glen Conrad (Denver Judo)

3<sup>rd</sup> Jesse Keller (Denver Judo)

218-226 lbs:

1<sup>st</sup> Ryan Jones (Denver Judo)

2<sup>nd</sup> Brandon Pacheco (Northglenn)

3<sup>rd</sup> Ben Albu (Colorado School of Mines)

## **Senior Women's Novice:**

117-130 lbs:

1<sup>st</sup> Mary Decker (Suzuran)

2<sup>nd</sup> Angie Moran (Denver Judo)

3<sup>rd</sup> Mary Powell (Boulder Judo Training Center)

130-135 lbs:

1<sup>st</sup> Nicole Laurell (Suzuran)

2<sup>nd</sup> Melissa Santos (Northglenn)

130-170 lbs:

1<sup>st</sup> Nicole Laurell (Suzuran)

2<sup>nd</sup> Robin Brost (Northglenn)

## **Senior Men's Standard:**

148-165 lbs:

1<sup>st</sup> Mitch Chisholm (Suzuran)

2<sup>nd</sup> Mark Means (Fort Collins)

3<sup>rd</sup> Steeve Alvaro (Denver Judo)

175-196 lbs:

1<sup>st</sup> Bobby Yamashita (Northglenn)

2<sup>nd</sup> Steve Ruiz (Boulder YMCA)

3<sup>rd</sup> Matthew Thomas (Denver Judo)

210-225 lbs:

1<sup>st</sup> Antonio Furlan (Denver Judo)

2<sup>nd</sup> Ryan Jones (Denver Judo)

3<sup>rd</sup> Brandon Pachaco (Northglenn)

### Exhibition Matches:

Men's Open:

1<sup>st</sup> Bobby Yamashita (Northglenn)

2<sup>nd</sup> Simon Thalabard (Boulder Judo Training Center)

3<sup>rd</sup> Jacob Larson (Boulder Judo Training Center)

Boys 10-11year olds:

1<sup>st</sup> Zack Szostak (OTC)

2<sup>nd</sup> Robert Tanaka (Northglenn)

3<sup>rd</sup> Luke Larson (Eastside)

1	Northglenn	6	8	2	56
1	OTC	6	8	2	56
3	Denver Judo	6	6	4	52
4	Suzuran	8	2		46
5	Hyland Hills	6	1		33
6	BJTC	1	3	7	21
7	DBT	2	1	2	15
7	Eastside	2	1	2	15
9	Highland Ranch	1	2	2	13
10	Liberty Bell		3		9
11	Gracie Judo		2	1	7
12	Greeley	1			5
12	Grand Mesa	1			5
14	Ft. Collins		1		3
14	Boulder YMCA		1		3
16	CO School of Mines			1	1

## Promotions



Congratulations to Steve Patten who was promoted to orange belt on December 9, 2009!

Rank testing is scheduled for Saturday, January 30, 2010 at 9:30am. Please ask your sensei if you are eligible to test. If you are unable to test on the 30<sup>th</sup>, please be sure to make alternate arrangements prior to the test date.

## Upcoming Events



**CJL Black Belt Testing – January 9, 2010**  
**Hyland Hills Dojo**  
9165 Lowell Blvd Unit #D  
Westminster, CO 80030  
2:00pm



**OTC Tournament – January 17, 2010**

Register on-line at <http://www.denverjudo.com/mto/register.asp?tID=38&cID=19>



**Rank Testing – Saturday, January 30, 2010**  
**9:30am**  
**\$10.00**  
**Ask your instructor if you are ready to test.**



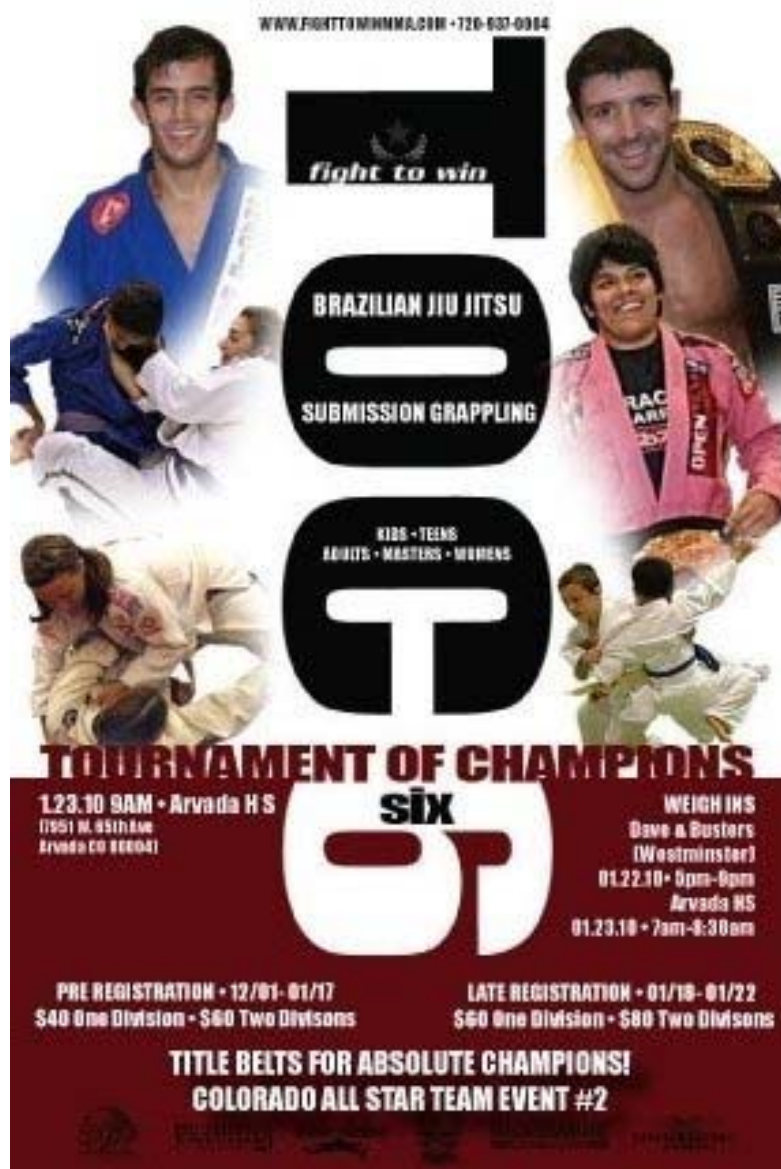
注意!

## Fight to Win BJJ Tournament January 23, 2010

We will be staffing this event as a fund raising opportunity.  
We need 16 people to run the time clocks and score boards.

There will be 2 shifts – 9:00am – noon, and noon to end.

Please email [judoheidi@comcast.net](mailto:judoheidi@comcast.net) and let me know when you can work!



WWW.FIGHTTOWINMMA.COM • 720-637-0984

fight to win

BRAZILIAN JIU JITSU  
SUBMISSION GRAPPLING

KIDS • TEENS  
ADULTS • MASTERS • MOTHERS

**TOURNAMENT OF CHAMPIONS**  
**six**

1.23.10 9AM • Arvada HS  
(7951 N. 95th Ave  
Arvada CO 80004)

WEIGH INS  
Dave & Buster's  
(Westminster)  
01.22.10 • 5pm-9pm  
Arvada HS  
01.23.10 • 7am-9:30am

PRE REGISTRATION • 12/01-01/17  
\$40 One Division • \$60 Two Divisions

LATE REGISTRATION • 01/18-01/22  
\$60 One Division • \$80 Two Divisions

TITLE BELTS FOR ABSOLUTE CHAMPIONS!  
COLORADO ALL STAR TEAM EVENT #2

On-line registration - <http://www.strongvov.com/toc6>

# Clarification of New Rules

The IJF has adopted the new rules regarding leg grabs beginning January 1, 2010.  
Here is an overview of what will be and will not be allowed.

Forbidden: Grips of legs and blocking:  
All direct attacks or blocking with one or two hands or with one or two arms below the belt are not allowed. Punishment - Hansokumake for the FIRST OFFENSE



**HANSOKUMAKE** => 



**HANSOKUMAKE** => 



**AUTHORIZED: Grips of legs in sequence of technique**

Grips of legs are authorized after a technique if it's real and well-differentiated in the time. (Real technique is a technique whose intention is to make fall. It's the contrary to the false attack). Simultaneous or quasi-simultaneous attacks with grips of legs are prohibited.

Punishment : **HANSOKUMAKE**

*Examples*



*OK*



*OK*



*OK*

**AUTHORIZED: Grips of legs in counterattack**

Grips of legs in counterattack are allowed.

These counterattacks are allowed only within a sequence (continuity) of techniques started by the opponent. The principles of Go No Sen. (Counterattack). Without bodies contact the grip of leg(s) is prohibited.

Examples:



**EXCEPTION:**

Grip of leg is authorized when the opponent is in the position of cross guard.



OK

**PROHIBITED:**

In a normal Kumi-Kata position to escape by passing the head under the opponent's arm, then by gripping the leg is prohibited.

Punishment : **HANSOKUMAKE**



Also, please see [http://217.79.182.227/intranet.ijf.org/ijf\\_video.php](http://217.79.182.227/intranet.ijf.org/ijf_video.php) for videos of what is allowed and not allowed.

The IJF did NOT pass the single referee rule, so there will still be 1 referee and 2 judges for every match.

For golden score, all scores will carry over from regulation time into the golden score period e.g. if each competitor has a shido at the end of regulation time, the shidos will carry into the golden score period.



# January Birthdays

Ivo Asenov 1/10  
Noemi Guiot 1/1  
William Rich



Did we miss your birthday? Email [heidi@denverjudo.com](mailto:heidi@denverjudo.com)!



Bandi Davaadorj with wife and baby

# Coming Events



CJL Black Belt Testing  
January 9, 2010  
Hyland Hills Judo Club

OTC Winter Tournament  
January 16, 2010  
OTC

<http://www.denverjudo.com/mto/register.asp?tID=38&cID=19>

Fight to Win Tournament  
January 23, 2010  
Arvada, CO

<http://www.strongvon.com/toc6>

Florida Open  
January 23, 2010  
Pembroke Pines, FL

<http://judo.teamusa.org/events/2755>

Rank Testing  
January 30, 2010  
Denver Judo

Hyland Hills Throwdown tournament  
February 27, 2010

<http://www.coloradojudo.org/events/entryHHT2010a.pdf>

Pedro's Classic  
February 27, 2010

[http://assets.teamusa.org/assets/documents/attached\\_file/filename/19323/2010\\_Pedros\\_Challenge\\_Entry\\_Packet.pdf](http://assets.teamusa.org/assets/documents/attached_file/filename/19323/2010_Pedros_Challenge_Entry_Packet.pdf)

Collegiate National championships  
March 13, 2010  
College Station, TX

2010 Youth and Scholastic National Championships  
March 13-14, 2010  
Spokane, WA

IBSA World Championships  
March 23-27, 2010  
Antalya, Turkey

Liberty Bell Championships  
April 10-11, 2010  
Philadelphia, PA

[http://assets.teamusa.org/assets/documents/attached\\_file/filename/19959/2010\\_Liberty\\_Bell\\_Entry\\_Packet.pdf](http://assets.teamusa.org/assets/documents/attached_file/filename/19959/2010_Liberty_Bell_Entry_Packet.pdf)

Northglenn Championships  
April 16-17, 2010  
Northglenn, CO

<http://www.coloradojudo.org/events/2010-northglenn-flyer.htm>

Senior, Masters, and VI Nationals  
Myrtle Beach, SC  
May 1-2, 2010