

Denver Judo



## NEWSLETTER

July 2010  
Issue 48



Senior team members at the State Championships

# Results



2010 Colorado State Championships  
June 19, 2010

Congratulations Denver Judo on our 2nd place team finish at the 2010 Colorado State Championships. We had 19 competitors and brought home 17 medals. Katie Nguyen was honored as a Colorado Judo League Outstanding Competitor. Katie and Calvin continued their string of golds, while Chris Schulke and Jordan Torres looked great, winning their first golds ever. Greg Sadar and Chris Ninete obviously ate their Wheaties on Saturday, blasting through the masters category, and defeating a godan in the process! Great job everyone!

**Chris Ninete - 1st place, masters men**  
**Jordan Torres - 1st place, novice boys #9**  
**Chris Schulke - 1st place, novice boys #10**  
**Katie Nguyen - 1st place, novice girls #1**  
**Calvin Nguyen - 1st place, novice boys #4**  
**Mirko Risch - 1st place, senior men 81kg**  
**Eric Lee - 1st place, novice men heavyweight**  
**Heidi Moore - 1st place, senior women heavyweight**  
**Steve Patten - 1st place, novice men middleweight**  
**Angie Moran - 1st place, novice women lightweight**  
**Greg Sadar - 2nd place, masters men**  
**Ryan Jones - 2nd place, senior men 100kg**  
**Demetris Morrow - 2nd place, novice men heavyweight**  
**Alexis Vickery - 2nd place, girls juvenile C 125lbs**  
**Megan Altekruise - 2nd place, novice women middleweight**  
**Peter Sillstrop - 3rd place, novice men middleweight**  
**Jessica Lockfeld - 3rd place, senior women heavyweight**  
Also participated: Brian Vickery, Mya Castruita



Calvin counters

## Complete results:

### Junior Category Divisions:

Contestant's Name, Club, Hometown

#### DIVISION: Girls Novice #1

1. Katie Nguyen, Denver Judo, Aurora
2. Micheala Guyer, Northglenn Judo Club, Northglenn

#### DIVISION: Girls Novice #2

1. Kate Mann, Olympic Training Center, Colorado Springs, CO
2. Brittany Chavez, Hyland Hills Judo Club, Northglenn
3. Yecenia Sanchez, Hyland Hills Judo Club, Commerce City, CO

#### DIVISION: Girls Novice #3

1. Stephanie Martinez, Olympic Training Center, Colorado Springs, CO

#### DIVISION: Girls Juv C 125 lbs.

1. Sophia Mani, Northglenn Judo Club, Thornton, CO
2. Alexis Vickery, Denver Judo, Parker, CO

#### DIVISION: Girls Int-2 93 lbs.

1. Brittany Burger, Hyland Hills Judo Club, Thornton, CO
2. Shannan Corning, Northglenn Judo Club, Northglenn

#### DIVISION: Girls Int-1, 75 lbs.

1. Marissa Gallegos, Hyland Hills Judo Club, Westminster
2. Ayaka Hayashi, Northglenn Judo Club, Brighton
3. Katrin Baum, Olympic Training Center, Colorado Springs, CO

#### DIVISION: Boys & Girls Novice #1

1. Natasha Gallegos, Hyland Hills Judo Club, Westminster
2. Gabriel Cano, Gracie Judo, Hylands Ranch
3. Anthony Nava, Northglenn Judo Club,

#### DIVISION: Boys & Girls Novice #2

1. Kade Okura, Boys&Girls Club (Hawaii), Honolulu
2. Samantha Corning, Northglenn Judo Club, Northglenn
3. Emil Tapper, Suzuran Judo Club, Florissant, CO

#### DIVISION: Boys & Girls Novice #3

1. Erica Chavez, Hyland Hills Judo Club, Northglenn
2. Aracelys Martinez, Olympic Training Center, Colorado Springs, CO
3. Lief Lomo, Hyland Hills Judo Club, Denver

#### DIVISION: Boys Novice #4

1. Calvin Nguyen, Denver Judo, Aurora
2. Gabriel Reeves, Hyland Hills Judo Club, Commerce City, CO
3. Antonio Soto, Northglenn Judo Club, Northglenn

DIVISION: Boys Novice #5

1. Jack Mann, Olympic Training Center, Colorado Springs, CO
2. Joseph Diaz del Campo, Gracie Judo, Littleton
3. Jaden Whipple, Northglenn Judo Club, Northglenn

DIVISION: Boys Novice #6

1. Phillip Kotvytsky, Hyland Hills Judo Club, Thornton, CO
2. Damon Cash, Hyland Hills Judo Club, Westminster

DIVISION: Boys Novice #7

1. Marcello Da Cunha, Gracie Judo, Denver, CO
2. Andres Cano, Gracie Judo, Hylands Ranch, CO

DIVISION: Boys Novice #8

1. Sean Easton, Gracie Judo, Hylands Ranch, CO
2. Nathan Dunn, Ft. Collins Judo, Ft Collins, CO
3. Issac Espinoza, Northglenn Judo Club, Aurora

DIVISION: Boys Novice #9

1. Jordan Torres, Denver Judo, Denver, CO
2. Phillip Alvarez, Northglenn Judo Club, Thornton

DIVISION: Boys Novice #10

1. Christopher Schulke, Denver Judo, Denver, CO
2. Alejandro Solorzano, Hyland Hills Judo Club, Arvada, CO

DIVISION: Boys Juv-C 161 lbs.

1. Dan Chisholm, Suzuran Judo Club, Divide, CO
2. Shayan Setareh, Denver Buddhist Temple, Denver, CO

DIVISION: Boys Juv A&B, 88 lbs.

1. Robert Burger, Hyland Hills Judo Club, Thornton, CO
2. Sergey Filatov, Hyland Hills Judo Club, Arvada, CO
3. Xavier Cardenas, MMA Premier Judo, Centennial,

DIVISION: Boys Juv A&B, 117 lbs

1. Eric Yamaguchi, Northglenn Judo Club, Brighton
2. Jesse Statovy, Hyland Hills Judo Club, Arvada, CO

DIVISION: Boys Juv A&B, 141 lbs

1. Ian Cheatum, Northglenn Judo Club, Golden
2. Thomas Chisholm, Suzuran Judo Club, Divide, CO

DIVISION: Boys Int-2, 75 lbs.

1. Angel Dominguez, Hyland Hills Judo Club, Arvada, CO
2. Zachary Szostak, Olympic Training Center, Colorado Springs, CO
3. Esteban Rivero, Boulder Judo Training Ctr, Boulder

DIVISION: Boys Int-2 106 lbs.

1. Jeriah Garcia, Hyland Hills Judo Club, Westminster
2. Dawson Cramer, MMA Premier Judo, Parker, CO

DIVISION: Boys Int-2, 117 lbs.

1. Jesse Butler, Hyland Hills Judo Club, Westminster
2. Hiroto Hayashi, Northglenn Judo Club, Brighton
3. Daytwan Shirley, Olympic Training Center, Colo. Springs, CO

DIVISION: Boys Int-1, 57 lbs.

1. Luke Larson, Eastside Judo Club, Colorado Springs, CO
2. Ezekiel Larson, Eastside Judo Club, Colorado Springs, CO
3. Corbin Mallo, Northglenn Judo Club, Thornton

DIVISION: Boys Int-1, 75 lbs.

1. Brian Montelongo, Olympic Training Center, Colorado Springs, CO
2. Braedon Holcombe, Olympic Training Center, Colorado Springs, CO
3. Charlie Matheson, Northglenn Judo Club, Northglenn

DIVISION: Boys Int-1, 84 lbs.

1. Lex Minnear, Boulder Judo Training Ctr, Boulder
2. Preston Morton, Olympic Training Center, Colorado Springs, CO
3. Ian Eilers, Northglenn Judo Club, Westminster

DIVISION: Boys Int-1, +95 lbs.

1. Kailer Okura, Boys&Girls Club (Hawaii), Honolulu

DIVISION: Co-ed Bant-2, 46 lbs.

1. Angelo Lozado, Hyland Hills Judo Club, Denver
2. Aiden Markussen, Olympic Training Center, Colorado Springs, CO

DIVISION: Co-ed Bant-2, 66 lbs.

1. Naomi Butler, Hyland Hills Judo Club, Westminster
2. Antonio Segura, Hyland Hills Judo Club, Westminster
3. Nicholas Gallegos, Hyland Hills Judo Club, Westminster

DIVISION: Co-ed Bant-2, 77 lbs.

1. Jessica Stricherz, Ft. Collins Judo, Greeley, CO

Senior Category Divisions:

Contestant's Name, Club, Hometown

DIVISION: Women Novice lightwt

1. Angie Moran, Denver Judo, Denver, CO

DIVISION: Women Novice middlewt

1. Melissa Santos, Northglenn Judo Club, Northglenn
2. Megan Altekruise, Denver Judo, Denver, CO

DIVISION: Women +78 Kg (+171.9lbs.)

1. Heidi Moore, Denver Judo, Englewood, CO
2. Sofia Mani, Northglenn Judo Club, Denver
3. Jessica Lockfeld, Denver Judo, Denver, CO

DIVISION: Men Novice Lightwt.

1. Steve Patten, Denver Judo, Denver, CO
2. Jim Le, Northglenn Judo Club,
3. Peter Sillstrop, Denver Judo, Denver, CO

DIVISION: Men Novice Heavywt.

1. Eric Lee, Denver Judo, Lakewood, CO
2. Demetris Morrow, Denver Judo, Littleton, CO
3. Luis Alvarez, Northglenn Judo Club, Thornton, CO

DIVISION: Men 81 Kg (178.5 lbs.)

1. Mirko Risch, Denver Judo, Denver, CO
2. Mitch Chisholm, Suzuran Judo Club, Woodland Park, CO
3. Mario Correa, Gracie Judo, Englewood, CO

DIVISION: Men 100 Kg (220.4 lbs.)

1. Andrew Saralino, Hyland Hills Judo Club, Westminster, CO
2. Ryan Jones, Denver Judo, Denver, CO

Masters Category Divisions:

Contestant's Name, Club, Hometown

DIVISION: Masters Adv. ALL

1. Christopher Ninete, Denver Judo, Aurora, CO
2. Greg Sadar, Denver Judo, Denver, CO
3. Monty Mani, Northglenn Judo Club, Denver

Rank	Club Name	Total	#1	#2	#3
1	Hyland Hills	84	12	7	3
2	Denver Judo	67	10	5	2
3	Northglenn	53	4	8	9
4	Olympic Training Center	37	4	5	2
5	Gracie Judo	20	2	3	1
6	Suzuran	12	1	2	1
7	Hawaii Boys & Girls Club	10	2	0	0
8	Eastside	8	1	1	0
8	Ft. Collins Judo	8	1	1	0
9	Boulder Judo Training Ctr	6	1	0	1
10	MMA Premier Judo	4	0	1	1
11	Denver Buddhist Temple	3	0	1	0



Katie Nguyen receives her outstanding judoka award. Don't look so excited Katie!



Junior competitors with medals

Back row: Jordan Torres, Chris Schulke, Heidi Moore, Alexis Vickery  
 Front Row: Katie Nguyen, Calvin Nguyen, Mya Castruita, Jordan Moore

## Coming Events



### *RANK TESTING*

*Saturday, July 17, 2010*

*\$10.00*

*Please ask your sensei if  
you are eligible to test.*



### **FIGHT TO WIN**

July 24, 2010

Fight to Win National BJJ Championships  
Denver University, Magness Arena

<http://www.fighttowinmma.com/index.php/FP-RokStories/2010-nationals.html>

We will be working tables at this event to raise funds for the dojo.  
Please email [judoheidi@comcast.net](mailto:judoheidi@comcast.net) and let us know what times you can work  
(8:30 – 12:00 or 12:00 – 4:00)



July 31, 2010

Olympic Training Center, Colorado Springs

[http://www.coloradospringssports.net/index.php?option=com\\_content&view=article&id=154&Itemid=44](http://www.coloradospringssports.net/index.php?option=com_content&view=article&id=154&Itemid=44)

## Verna Larkins All-Female Championships

August 14, 2010

Northglenn Recreation Center

<http://www.denverjudo.com/pdf/VernaLarkinsAllWomen%27sOpen.pdf>

### Articles

#### Moore than expected

**Justin O'Neil, Red Line Editorial June 14, 2010**

When USA Judo nominated Scott Moore for the Paralympic Coach of the Year award in November, Moore didn't think he had a chance. After all, he was in his first year as a head coach with USA Judo.

"I never gave it another thought," Moore said. "I was just honored to be nominated."

So when he was traveling to Turkey for the World Championships in March and a USA Judo media relations staffer asked whether Moore had heard from the U.S. Olympic Committee, the coach's first thought was that he was in trouble.

"What's the news?" he wondered. "Have I been replaced?"



Not quite.

The USOC had selected Moore as the 2009 Paralympic Coach of the Year.

“I was honestly just shocked,” said Moore, who will receive his award at the National Coaching Educators’ Conference later this week in Savannah, Ga. “I never dreamed this would happen. This is not why I do it.

“I am very proud, very honored, that the people above me say I am doing a good job. It speaks a lot to the program and the staff of USA Judo.”

For someone who had never participated in judo until college, Moore has made quite a career out of the sport. Moore had always been a wrestler. After competing in wrestling in high school, he intended to walk on at Louisiana State University. However, when LSU cancelled its wrestling program, he decided to look elsewhere for college.

While in college and looking for a combat sport fix, a friend introduced him to Judo. Moore first competed in the sport at the University of Southwestern Louisiana. Judo’s physical aspect was something that Moore was familiar with and enjoyed from wrestling. He quickly became what he calls a “judo bum.”

“After a week and a half, I got into it and learned how to fall and not get hurt,” Moore said. “I was very aggressive and cocky from wrestling, and no one from the white belt class could handle me. I thought I was hot stuff, and I’d beat most of them on the ground.”

Moore, who is visually impaired, was the only person from the visually impaired class to come back to practice with the sighted class. He still credits his coaches from his youth in teaching him the technique and mentality that made him a standout right away in judo.

“I wasn’t afraid to get roughed up or dirty with my wrestling mentality,” Moore said.

After graduating with a degree in physical education, Moore embarked on a judo career that has made him one of the most successful U.S. Paralympic judo athletes ever. His accomplishments include a gold medal at the Sydney 2000 Paralympic Games in the men’s 73-kilogram class, and bronze medals at the Atlanta 1996 Paralympic Games and Athens 2004 Paralympic Games. Additionally, Moore won a gold and earned two bronze medals at the International Blind Sport Federation World Championships, as well as a gold medal at the 2005 Pan American Masters Championships.

Moore briefly retired after the 2004 Paralympic Games, but he was talked back into competing. After not earning a medal at the 2006 World Championships in France, it was his performance at the Pan American Games in 2007 that made him finally retire.

“I didn’t qualify,” Moore said. “I lost to a guy who was half my age. I wasn’t training at the same level I was used to.”

It was then that Moore inquired with the U.S. team leader about coaching. Moore had been serving as the head coach at the Denver Judo Club since 1998. The timing of the move from competing to coaching could not have been better. The U.S. coaching staff had just been shuffled, and there was an opening for an assistant coach.



“I said I should have stayed retired because I didn’t do well, and didn’t just want to be a tourist; I wanted to compete,” Moore said. “But if I hadn’t done that, it wouldn’t have happened. The timing was just right, and I was very fortunate to have the opportunity.”

Moore served as an assistant at the Beijing 2008 Paralympic Games, in which a young U.S. team earned just one medal — a bronze from Greg DeWall in the heavyweight division.

The transition from competing into coaching hasn’t always been easy for Moore. He admits he misses the rush from competition at times.

“I don’t miss the training or the injuries,” Moore said with a chuckle. “But I miss being part of the team. When you are the athlete, you are the show.”

Moore coached the USA Judo team that won 17 medals at the 2009 International Blind Sports Association Pan American Games. He also coached the team at the World Championships in Turkey in March.

As a coach, Moore says his responsibility is to not be the center of attention but rather to prepare the athletes and put them in the best position to win. Communication is paramount during training and matches, and Moore can understand the emotions that go through the athletes in the middle of matches.

“I didn’t listen to my coaches during the games,” Moore acknowledges.

When he was competing, Moore’s only duty was to prepare himself. As a coach, he is responsible for the performances of more than a dozen athletes in any one competition.

“As a coach, you don’t want to be responsible for someone losing,” he said. “My biggest fear is saying the wrong thing and being responsible for one of them missing the podium.”

In addition to Moore’s responsibilities with USA Judo, Moore also works as a Web developer for the University of Colorado Denver, and he still runs Denver Judo Club. Moore said USA Judo and his other employers have been gracious about his many responsibilities.

“It really helps,” Moore said. “My boss even takes judo (lessons) from me.”

After a full day of work, Moore holds classes three nights a week at the club, and on the weekends he is busy with competitions and more classes. The club is a family affair. His wife, Heidi, an accomplished judo athlete herself, co-runs it. Even his 6-year old son, Jordan, is a judo trainee.

Moore’s position with USA Judo is not paid, but the perks of the position include traveling around the world with the team to places such as Turkey and China.

A diehard New Orleans Saints fan, Moore always will have a special link between his favorite NFL team and his USOC honor: He met Super Bowl Most Valuable Player Drew Brees in the airport on the day he was informed he had won the Paralympic coaching award.

Little did Brees know he was in such good company.

Story courtesy [Red Line Editorial, Inc.](#) Justin O'Neil is a freelance contributor for teamusa.org. This story was not subject to the approval of any National Governing Bodies.

## July Birthdays



Alex Torres – 7/3  
Dinah Guiot – 7/20  
Demetris Morrow – 7/21  
Jim Carner – 7/25  
Steve Patten – 7/28



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



**Katie Sell finished 3<sup>rd</sup> at the Venezuela World Cup! Great job Katie!**

## Event Calendar



July 17, 2010  
Senior Rank Testing  
Denver Judo

July 24, 2010  
Fight to Win National BJJ Championships  
Magness Arena  
Denver, CO

July 29-August 1, 2010  
Training Camp for Visually Impaired Athletes  
Colorado Springs, CO

July 31, 2010  
Rocky Mountain State Games  
Olympic Training Center  
Colorado Springs, CO  
[http://www.coloradospringssports.net/index.php?option=com\\_content&view=article&id=154&Itemid=44](http://www.coloradospringssports.net/index.php?option=com_content&view=article&id=154&Itemid=44)

August 14, 2010  
Verna Larkins All Women's Judo Championship  
Northglenn Recreation Center  
Northglenn, CO  
<http://www.denverjudo.com/pdf/VernaLarkinsAllWomen%27sOpen.pdf>

August 17-22, 2010  
World Masters Championships  
Montreal, Canada  
<http://www.masterathlete.com/montreal2010.htm>

September 4-6, 2010  
Visually Impaired, Masters, and Junior Pan American Championships  
Walt Disney World Sports Center  
Orlando, FL

September 11, 2010  
Buckeye Championships  
Buckeye, AZ  
<http://www.denverjudo.com/pdf/BuckeyeJudoChampionships002.pdf>

October 16, 2010  
Denver Buddhist Temple Novice and Developmental Tournament

Denver, CO

October 30, 2010  
Denver Classic!!  
Aurora, CO

October 31, 2010  
Clinic with Jason Morris  
Aurora, CO

November 6, 2010  
Continental Crown Championships  
Seattle, WA

November 20, 2010  
Dallas Invitational  
Dallas, TX

# AUTO PAY – DENVER JUDO

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Denver Judo account # 102001017/163337394

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(As it appears on your account)

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Bank routing number \_\_\_\_\_  
(you can attach a void check for the account and routing numbers)

Bank account number \_\_\_\_\_

Personal or business account:      Business      Personal      (circle one)

Your e-mail address: \_\_\_\_\_  
(print clearly)

Amount of automatic payment: \$ \_\_\_\_\_

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(circle one)

Period	Info	Total
1 person:	\$55.00 per mo	\$55 per 1 mo
3 months (-5%):	\$52.33 per mo	\$157 per 3 mo
6 months (-10%):	\$49.50 per mo	\$297 per 6 mo
12 months (-15%):	\$46.75 per mo	\$561 per 12 mo
2 family members:	\$45.00 per mo each	\$90 per 1 mo
3 months (-5%):	\$43.00 per mo each or \$129.00 per 3 mo each	\$257 per 3 mo
6 months (-10%):	\$40.50 per mo each or \$243.00 per 6 mo each	\$486 per 6 mo
12 months (-15%):	\$38.25 per mo each or \$459.00 per 12 mo each	\$918 per 12 mo
3 or more family members:	\$40.00 per mo each	mult no. family by \$
3 months (-5%):	\$38.00 per mo each or \$114.00 per 3 mo each	mult no. family by \$
6 months (-10%):	\$36.00 per mo each or \$216.00 per 6 mo each	mult no. family by \$
12 months (-15%):	\$34.00 per mo each or \$408.00 per 12 mo each	mult no. family by \$

I understand that the payment will be transferred from my account starting the next payment cycle ( payment will transfer in the first ten calendar days of the month for which payment is due, usually around the 10<sup>th</sup> of the month.) and continue until canceled in writing to Denver Judo, 719 Mariposa St. Denver CO 80204

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