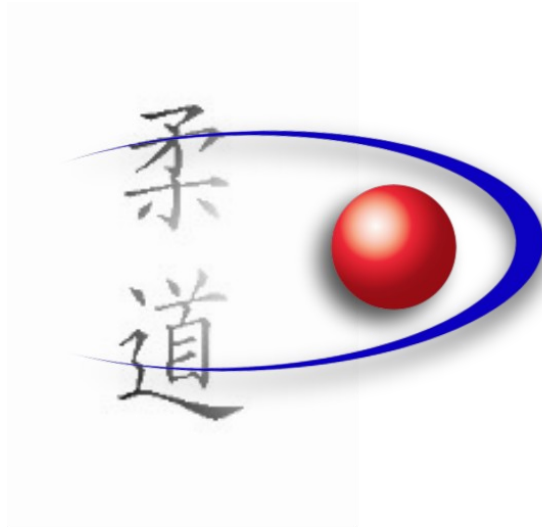




Ozark Judo

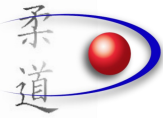


Student Handbook

Information for students of
the

Ozark Mountain Judo Dojo

Revised:
November 12, 2008



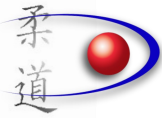
Introduction:

Ozark Mountain Judo is a Kodokan Judo Dojo located in Calico Rock, Arkansas. We are a registered club of the United States Judo Federation, Northwest Yudanshakai. The United States Judo Federation (USJF) is the oldest organization representing Kodokan Judo within the United States.

Ozark Mountain Judo is also a registered club of the United States Judo, Inc. (USJI) the national governing body for Olympic Judo within the United States. In addition, we are a member club of Arkansas Judo, Inc. the State of Arkansas governing body for Olympic Judo.

Ozark Mountain Judo presents Kodokan Judo as an Olympic Sport and a system of self defense. As such we teach Kodokan Judo for sport, recreation, physical fitness and self defense.





Kodokan Judo:

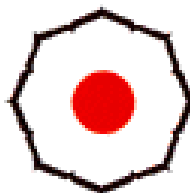
History:

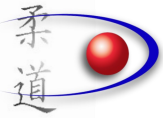
Judo originated from the jujitsu styles and traditions of Japan. In the late 1800's a small boy began studying jujitsu, eventually gaining teacher credentials in two different schools; the Tinshin-Shinyo-Ryu and the Kito-Ryu as well as a PhD in Education. Jigoro Kano, born in 1860 synthesized Kodokan Judo from several of the old schools of Japanese Jujitsu, principally these two that he had teaching certifications in.

From Tinshin-Shinyo-Ryu, he took the groundwork and striking techniques, from Kito-Ryu he incorporated the throwing techniques. This combination of standing and ground fighting proved to be an effective all around fighting art. In 1882 he opened his own school at the Eoshi Temple and called it Kodokan Judo.

His methods of teaching included randori (free practice), kata (pre-arranged exercises), ko (systematic lectures) and mondo (periods of questions and answers). Shiai (competition) was used as a measure of the advancement in skill of the practitioners. Some have postulated that randori was Dr. Kano's greatest idea, allowing the students to practice their techniques with full speed and power on a resisting opponent. This was practical only after his intense study of the techniques available from the arts he had learned and his willingness to discard those that could not be practiced safely at full speed and power on a resisting opponent.

From its beginnings at a Buddhist temple Kodokan Judo has grown into a major world and Olympic Sport. It stresses competence in technique and a respectful attitude. This combination of respect and ability is, unfortunately, unique in major sports throughout the world today. This makes Kodokan Judo beneficial to both the individual and the community.





Kodokan Judo:

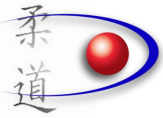
Kodokan Judo Principals:

Dr. Kano, in his study of jujitsu determined two basic underlying principals. He called these principals the maxims of Kodokan Judo and described them as:

1. Seiryoku Zenyo, which when translated into English means "Maximum Efficiency With Minimum Effort". The idea was that the techniques Dr. Kano incorporated into Kodokan Judo would be able to produce the maximum result with a minimum of effort. On a broader sense, he intended the judo practitioner to understand that this idea was applicable to all phases of life, not just to the physical techniques of Kodokan Judo. In essence, he wanted us to understand that Kodokan Judo would teach us to achieve the maximum result with a minimum input of energy in every thing that we do. This translates to education, do your homework right the first time so you do not have to do it again and to work, complete your projects on time and correctly so that you will not have to spend additional time and money to get them fixed.
2. Jita Kyoei, which translates into English as "Mutual Benefit And Welfare". This principal implies that the student of Kodokan Judo understand the importance of cooperative learning. Without a partner it would be impossible to learn to throw. Without a willing partner it would be difficult to learn arm locks or chokes. The judo practitioner will come to understand that the welfare of the practice partner is of utmost importance to their own advancement. Again, Dr. Kano intended this to be used in life outside the dojo as well as inside it. In life we have to understand that none of us is an island, our actions (or inactions) affect those around us. In Kodokan Judo, the idea is that we want our actions to benefit those around us in and outside the dojo.

When used together, these principals make Kodokan Judo a very beneficial activity to engage in. Through constant study, the judo practitioner will not only become a very good athlete, but a successful member of society and the best person that he/she can.

This presents what some call the third maxim of Kodokan Judo; The Perfection Of The Individual.

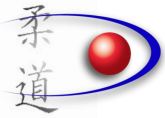


Kodokan Judo:

Kodokan Judo Etiquette:

Kodokan Judo teaches respect for the sport, the founder, the officials, the instructors and the students. In order to do this certain rules of etiquette are taught and enforced. These are:

1. Bowing Traditions. The bowing traditions set Kodokan Judo apart from all other Olympic Sports. While most teach sportsmanship, Kodokan Judo re-enforces this by its bowing traditions. The student of Kodokan Judo is taught to execute the bow and when it must be used. The bow is executed from both a standing and kneeling posture and is used in several instances. It is required by international rules at the beginning and ending of a contest.
 - A. The Standing Bow is executed by standing with the heels of the feet touching and the toes pointed outward making an angle of about 45 degrees between the feet. The student stands at attention, and on the command to bow will bend the upper body forward and down to an angle of between 30 and 45 degrees. The head is kept aligned with the back, the student does not look up during the bow. The hands of the male students are allowed to slide along the outside of the thighs to a position near the top of the knee caps. The hands of the female students are moved to the front of the thighs, then down the front of the legs to near the top of the knee caps. The bow is held for a second or two then the student returns to a standing position.
 - B. The Sitting Bow is executed by sitting in a kneeling position, with the hands on the top of the thighs. On the command to bow, the female student moves her hands to the side of the legs then around in a large circle to a position in front of the knees. The hands are placed close together, but not touching, and the student bows the upper body parallel to the mat. The male student will move the left hand forward to the floor, followed by the right hand by sliding them down the top of the legs into a position near and in front of the knees. Then will bow the body parallel to the floor. The bow is held for a second or two then the student will reverse the motion and return to a sitting position.



Kodokan Judo:

Kodokan Judo Etiquette:

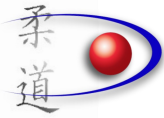
2. Bowing Traditions (continued): The judo practitioner is expected to execute the following bows:

A. Standing Bows: Standing bows should be executed when:

1. Entering the dojo
2. Leaving the dojo
3. Stepping onto the mat
4. Stepping off the mat
5. Approaching an instructor
6. Leaving an instructor
7. Approaching a higher ranked student
8. Leaving a higher ranked student
9. Before beginning a randori session
10. At the conclusion of a randori session
11. Before beginning uchi-komi
12. At the conclusion of uchi-komi
13. At the opening ceremonies of a sanctioned shiai
14. At the closing ceremonies of a sanctioned shiai
15. When commanded by the instructors

B. Standing Bows are required to be preformed when:

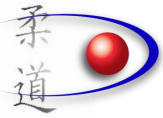
1. Beginning a match in a sanctioned shiai
2. At the conclusion of a match in a sanctioned shiai



Kodokan Judo:

Kodokan Judo Etiquette:

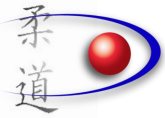
3. Bowing Traditions (continued): The judo practitioner is expected to execute the following bows:
 - A. Kneeling Bows: Kneeling bows should be executed when:
 1. At the opening ceremonies of each practice session
 2. At the closing ceremonies of each practice session
 3. At the opening ceremonies of a sanctioned shiai
 4. At the closing ceremonies of a sanctioned shiai
 5. When commanded by the instructor



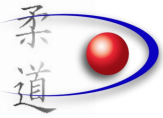
Kodokan Judo:

Kodokan Judo Etiquette:

4. Individual hygiene. The judo practitioner is expected to maintain a clean appearance. While Kodokan Judo is a significantly difficult physical exercise and students are expected to perspire during class, coming to class dirty or using a dirty uniform is considered disrespectful. Individual hygiene includes:
 - A. Reporting to class without significant body odor, and being generally clean and well groomed.
 - B. Using a clean and well kept uniform. Using a uniform that is torn or in disrepair is not acceptable and the student will be asked to replace it.
 - C. Cutting all finger and toe nails to prevent both injury to the individual student and their practice partners is expected. The instructor will, from time to time, inspect the nails and request that they be trimmed as necessary.
 - D. Tying long hair into a style that will prevent it from becoming an impediment to the student or their practice partners. Hair must be secured using elastic ties, no metal or hard plastic implements may be used.
 - E. Male students are expected to wear proper undergarments under the uniform pants, but nothing under the jacket. Female students are expected to wear proper undergarments under the uniform pants and a white T shirt or sports top under the uniform jacket.



5. Braces and other gear. The judo practitioner may wear braces and other safety gear as long as it meets the following requirements:
 - A. Braces and medical bandages must not include any metal or hard plastic parts. Bandages and braces may be secured in place with sports tape or elastic strips.
 - B. Mouth guards are allowed, and may be required if the student has braces or other corrective orthodontic gear that can not be removed.
 - C. Taping toes, fingers, ankles, knees , wrists and elbows is allowed. The tape must be secured so as to prevent injury to training partners.



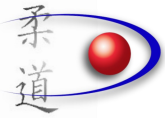
Kodokan Judo:

Kodokan Judo Rank and Titles:

The history of rank in Kodokan Judo precedes its creation. When Dr. Kano was a student of Tinshin-Shinyo-Ryu, there were only three ranks recognized. These were student, teacher and master. Dr. Kano, being an educator, recognized the incentive that could be gained by establishing intermediate steps. He created the ranking system that includes color belts beginning at a white belt, proceeding through brown belts then black belts and cumulating with red belts. His system included ten ranks of black belts, however there is some indication, proposed by a few authors, that he originally included twelve ranks with the last returning to a white belt. Today it is limited to ten grades, or degrees, of black belts. Since his development of this system it has been adopted by most martial arts throughout the world.

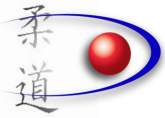
Later color belts were added for students who had not progressed to brown belt and for junior students.

Kodokan Judo reserves the title of Shihan exclusively to Dr. Jigoro Kano. No judo practitioner will be able to legitimately hold that title again. In addition, titles such as Renshi, Koshi and Hanshi, Master, Grandmaster and even Professor are sometimes used by martial artists. None of these are legitimately used by judo practitioners. The titles of Renshi, Koshi and Hanshi are special instructors grades that even the Kodokan does not have the authority to issue, therefore it is unlikely that any judo organization outside Japan has the authority to issue these titles.



Kodokan Judo:

Sensei (meaning teacher, master or doctor) is a title that is legitimately used by judo instructors. While in the United States and some other countries it is generally used by all black belts, it is most properly applied to judo instructors holding the rank of Yodan (Fourth Degree Black Belt) or higher. That is the rank that the student is first considered an instructor. Students who teach with rank under Yodan should use titles other than Sensei such as instructor, coach or if they prefer a Japanese title sempai. Sensei is translated literally to "one who leads or head's life's growth". Most often it is used in the United States as a title preceding the instructors name, however it is most correctly used after the last name of the instructor.



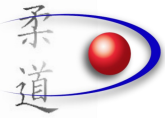
Kodokan Judo:

Kodokan Judo Rank:

While the color belts below Ikkyu (brown belt) are not entirely uniform throughout the world and even within the United States, the system used by the USJF and consequently by Ozark Mountain Judo for seniors is:

| Rank | Belt Color | Alternate Color | Title |
|------------|---------------|--------------------------------|--------------|
| Rokukyu | White | None | New Beginner |
| Gokyu | Green | None | Beginner |
| Yonkyu | Blue or Green | None | Beginner |
| Sankyu | Brown | None | Beginner |
| Nikyu | Brown | Brown with two black stripes | Beginner |
| Ikkyu | Brown | Brown with three black stripes | Beginner |
| Shodan | Black | None | Student |
| Nidan | Black | None | Student |
| Sandan | Black | None | Student |
| Yodan | Black | None | Instructor |
| Godan | Black | None | Instructor |
| Rokudan | Black | Red and White Blocks | Instructor |
| Schishidan | Black | Red and White Blocks | Instructor |
| Hachidan | Black | Red and White Block | Instructor |
| Kudan | Black | Red | Instructor |
| Judan | Black | Red | Instructor |





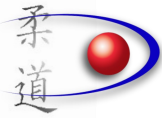
Kodokan Judo:

Kodokan Judo Rank:

Color belts for junior judo practitioners (16 and under) are considerably different than those for seniors. First there are more colors used, most systems allow for at least one promotion each year. Next, some systems use a tiered age system in which students move into a new group and may change belt colors when this happens. Ozark Mountain Judo uses the following junior ranking system:

| Rank | Belt Color | Minimum Age | Title |
|---------------|--------------------|-------------|------------|
| First Rank | White with stipe | Five | Junikyu |
| Second Rank | Yellow | Six | Juikkyu |
| Third Rank | Yellow with stripe | Seven | Jukyu |
| Fourth Rank | Orange | Eight | Kukyu |
| Fifth Rank | Orange with stripe | Nine | Hachikyu |
| Sixth Rank | Green | Ten | Schishikyu |
| Seventh Rank | Green with stripe | Eleven | Rokokyu |
| Eighth Rank | Blue | Twelve | Gokyu |
| Ninth Rank | Blue with stripe | Thirteen | Yonkyu |
| Tenth Rank | Purple | Fourteen | Sankyu |
| Eleventh Rank | Purple with stripe | Fifteen | Nikyu |
| Twelfth Rank | Brown | Sixteen | Ikkyu |

Note: Junior students starting at an advanced age (over five) will be placed in the rank system based on the head instructors evaluation of their skills and attitude. All students, regardless of age will begin as a white belt, the first promotion may be a jump promotion to the appropriate grade as determined by the head instructor.

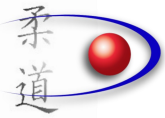


Ozark Mountain Judo:

Typical Class Schedule:

Ozark Mountain Judo will generally use the following class schedule:

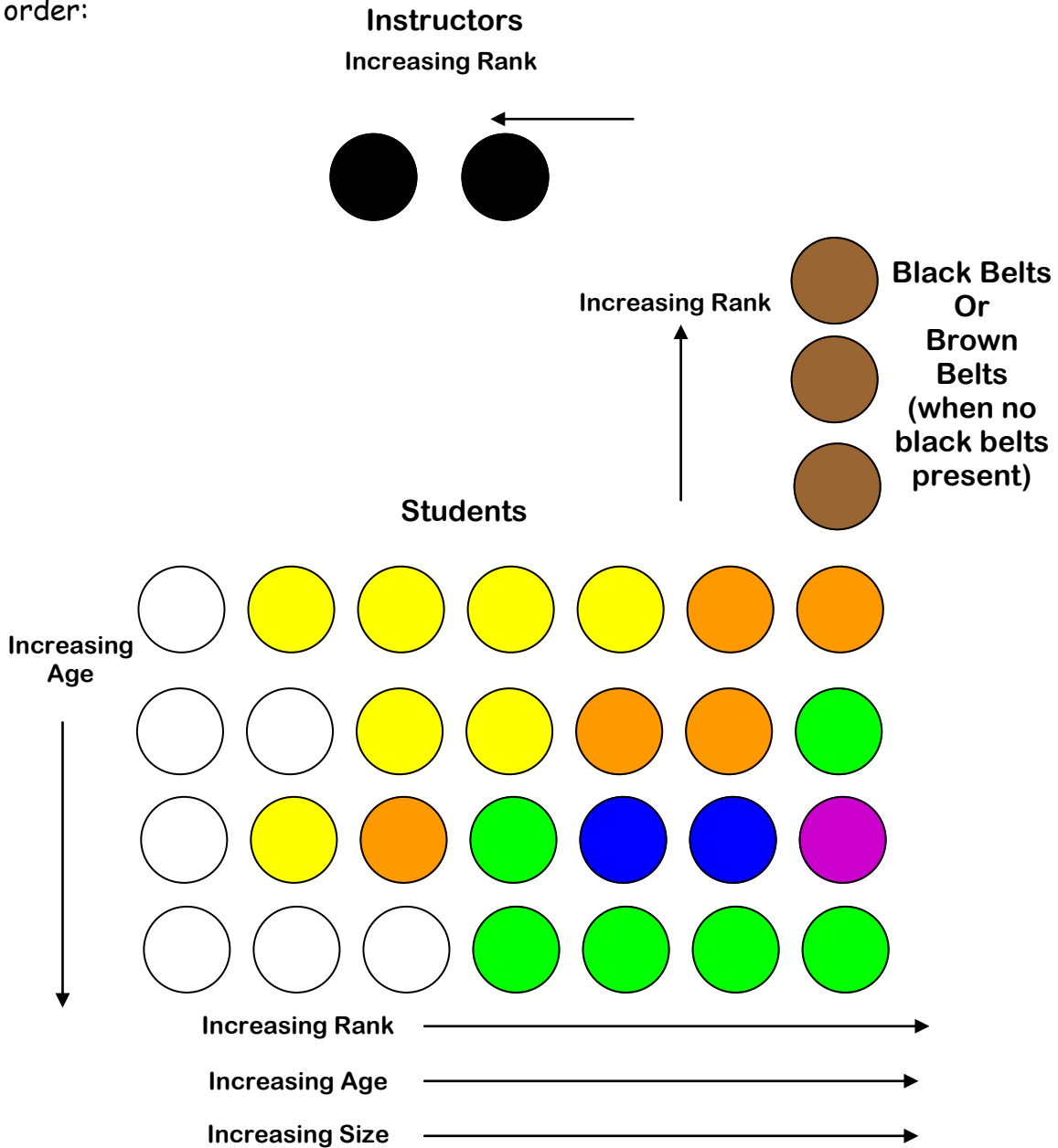
1. Opening ceremonies
 - A. Line up, call to attention, standing bow
 - B. Kneel, call to attention, kneeling bow
 - C. Return to standing
2. Warm up exercises
 - A. Warming
 - B. Stretching
 - C. Falling exercises (Ukemi)
 - D. Standing and Ground work exercises
3. Ground technique practice (Ne-Waza)
4. Standing technique practice (Tachi-Waza)
5. Prearranged forms (Kata)
6. Self Defense
7. Cool Down (using Atemi-Waza or striking techniques)
8. Question and answer session
9. Closing ceremonies
 - A. Line up, attention, standing bow
 - B. Kneeling, breathing exercises, kneeling bow
 - C. Return to standing, standing bow,
 - D. Instructors visit individually with each student
 - E. Step off the mat and close the dojo.

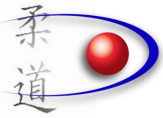


Ozark Mountain Judo:

Lining Up:

Students at the Ozark Mountain Judo club will line up using the following order:



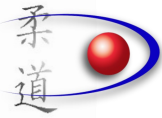


Ozark Mountain Judo:

Opening and Closing Class Sessions:

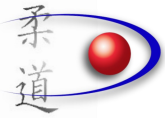
Classes are opened and closed with a ceremonial bowing procedure. This is likely to vary between dojos, some are more traditional while others are less traditional or not traditional at all. The opening and closing ceremonies used by Ozark Mountain Judo Dojo are:

1. Students line up as detailed on the preceding page when the head instructor takes his place at the head of class.
2. The highest ranking mudansha (non-black belt student) will issue all the verbal commands
 - a. Line Up: This call is for the students to formalize their rows. The highest ranking student (or the one with the most time in grade in case two or more hold a similar rank) in each row will determine the initial location of the row. All the students will line up in a straight line using that student's position. Once this command is issued the students must stop talking and take their positions as quickly as possible.
 - b. Kioski (attention): This command calls all the students to attention. Each student should stand with their heels together, feet spread at 30 degree angle from their heels, arms at their sides and shoulders back and their backs straight. Students should look directly ahead, not necessarily at the instructors.



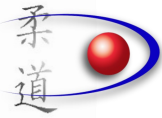
Ozark Mountain Judo:

- C. Ritsu-Rei (Standing bow): This command calls the students to perform a standing bow. This bow is accomplished as follows:
 - i. Female Students:
 - a. Move hands to the front of the thighs
 - b. Bow from the waist while sliding the hands down along the front of the thighs until the fingertips touch the top of the knee caps
 - c. The head and neck should be held straight in relation to the back, do not look up during the standing bow.
 - d. The body should be at an angle of 30 to 45 degrees and the bow held for two to three seconds.
 - e. Return to the upright position.
 - ii. Male Students:
 - a. Keep hands along the outside of the thighs.
 - b. Bow from the waist, sliding the hands along the outside of the thighs until the fingertips reach the top of the knee caps
 - c. The head and neck should be held straight in relation to the back, do not look up during the standing bow.
 - d. The body should be at an angle of 30 to 45 degrees and the bow held for two to three seconds.
 - e. Return to the upright position



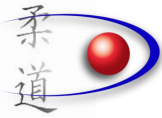
Ozark Mountain Judo:

- D. Sizei (Formal Sitting Position): At this command the students take a formal sitting position. This is done by:
- i. Kneeling onto the left knee then the right knee, keeping the toes on the ground (do not place the top of the feet onto the mat at this stage).
 - ii. When on both knees, place the top of the feet onto the mat and cross the big toes.
 - iii. Arrange the front of the jacket so that the bottom is neat and appears to be similar to a loincloth.
 - iv. Spread the heels slightly then sit onto them.
 - v. Position the ends of the obi (belt) on each side of the waist, then put the hands on top of the thighs with the fingers pointed into the center slightly.
- E. Kioski (attention): At this command the students return to an attention position by:
- i. Straightening the back
 - ii. Bringing the shoulders back
 - iii. Raising the head and looking straight forward, do not necessarily look at the sensei



Ozark Mountain Judo:

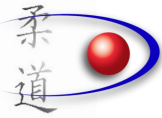
- F. Zarei (sitting bow): At this command the students perform the sitting bow by:
- i. Female Students:
 - a. Slide the hands off the thighs to the mat near the legs then in a large circle to a position about 3-6 inches in front of the knees. The hands at this position will be form a loose triangle between the thumbs and forefingers.
 - b. Bend from the waist, without raising the hips as low as possible but do not touch the mat with the forehead. The forehead will stop about 3-5 inches above the mat.
 - c. Hold this position for 2 to 3 seconds then reverse the hand motion and return to the sitting position.
 - ii. Male Students:
 - a. Slide the left hand down the front of the left thigh to a position immediately in front of the knee, follow by sliding the right hand into this position.
 - b. Form a loose triangle with the thumbs and forefingers.
 - c. Bend down from the waist until the head is about 3-5 inches above the mat, do not allow the hips to rise.
 - d. Hold the bow for 2 to 3 seconds, then reverse the hand motion and return to the sitting position.



Ozark Mountain Judo: Dojo Rules and Guidelines:

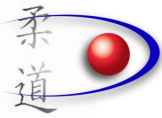
Ozark Mountain Judo Dojo has established the following rules and guidelines to guide student behavior while at practice. These are designed to encourage a safe and effective learning atmosphere in the dojo.

1. All students must register with the United States Judo Federation after one free lesson (or other arrangements as may be offered from time to time to encourage new students). This registration must be maintained as long as you practice Kodokan Judo at the Ozark Mountain Judo Dojo. Registration with the United States Judo, Inc is encouraged for all seniors but not required unless competing in the US Senior Nationals or another tournament requiring USJI membership. Juniors may be required to join the USJI as well depending on their competition schedule (US Junior Olympics requires USJI membership). Students who desire may also register with the United States Judo Association.
2. Students are expected to pay their monthly membership fees at the first practice session of each month. The fees are used to operate the dojo. We can not maintain the dojo without these fees.
 - A. Basic fees include all the classes, clinics and special sessions offered by Ozark Judo each month. This is generally two sessions per week with a minimum of two hours per session. Additional practice sessions on weekends may be called and will be covered at the basic monthly fee. On occasion, a special instructor may be invited. On those occasions students will be asked to contribute a small fee to off set the travel costs of the visiting instructor or to purchase a small gift.
 - B. Basic fees will NOT be reduced when the student misses classes for any reason. Basic fees will not be reduced when classes are taught by an Assistant Instructor. Basic fees will not be prorated for weather related class cancellations. Basic fees will be prorated for those months when the instructors are not able to conduct classes.



Ozark Mountain Judo:

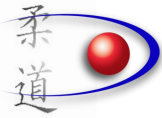
3. Students are expected to arrive at the dojo prior to the beginning of class and be dressed out and ready to start when the practice session starts. Students with work schedules or other situations that hinder timely arrival should advise the instructor.
4. Students are expected to come to class ready to participate. Students who are sick or injured are encouraged to remain home and allow their bodies to heal. However, students who are injured but improving are encouraged to attend classes as an observer. Students with a communicable disease are requested to remain away from the dojo as long as they are contagious.
5. Students should not sit on the mat except when directed to by the Instructor.
6. Students may practice in workout clothes or shorts for the first month or two. After that they are encouraged to purchase a judo uniform. Not wearing the uniform reduces the opportunities their partners have to learn judo techniques and may lead to injuries as the other clothing may not be sturdy enough to support their weight while being thrown.
 - A. Students will be requested to practice without the jacket on occasion. This is done for those interested in MMA competitions and to improve the students confidence in the techniques effectiveness outside the dojo.



Ozark Mountain Judo:

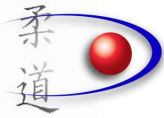
Dojo Rules and Guidelines:

7. Students are expected to participate in the opening and closing ceremonies, including the bowing traditions.
8. Students will be expected to participate in kata practice as offered by the instructors.
9. Students are encouraged to participate in local, regional and national competitions as approved by the head instructor. Competition allow the student to determine the progress that they have made and to identify weaknesses that need to be corrected.
10. Students are not allowed to bite, pinch, kick, punch or engage in any other activity that may be against the spirit of judo or that may be designed to injure, intimidate or threaten another student or an instructor.
 - A. Students must immediately release a hold when their partner taps twice with the hand, foot, or head or any part of their body or when they verbally submit.
11. Behavior that is contrary to a safe and efficient learning environment will not be tolerated. Students must demonstrate respect for their instructors, for their training partners, for all other students, for visiting instructors and clinicians, for the founder of Kodokan Judo and for the dojo itself.



Ozark Mountain Judo:

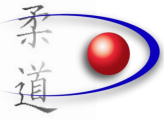
12. Students should not ask about promotions, the instructors will determine when a student is ready for a promotion and recommend the appropriate action to the head instructor. The head instructor will make the final decision concerning all promotions for students of the Ozark Mountain Judo Dojo.
 - A. Students should not refuse a promotion recommended by the instructors and approved by the head instructor.
13. Students will wear the belt corresponding to their rank in Kodokan Judo during all practice sessions, clinics, and special sessions of Ozark Mountain Judo Dojo as well as at all Kodokan Judo competitions. Students who hold valid rank in a martial art may wear their rank belt during open workout sessions after judo practice sessions have closed and during any clinic, special session or other activity where students from martial arts clubs are present and participating in an activity that is not considered an exclusive Kodokan Judo practice session or activity.
14. Students should normally wear a white judo uniform during all practice sessions, clinics, special sessions and other activities of Ozark Judo Dojo. However, those students who are actively competing may wear a blue uniform when necessary to become accustomed to the uniform and to get it into competition condition
15. Judo uniforms must comply with the regulations defined in the International Judo Federation competition rules. Allowed modifications include:
 - a. Ozark Mountain Judo Gi Patch may be sewn to the left front of the jacket.
 - b. Rank belts, beginning with sankyu, may be embroidered with the students name.
 - c. Rank belts, beginning with nikyu may be embroidered with a black stripe to indicate class.



Ozark Mountain Judo:

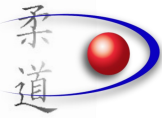
Dojo Rules and Guidelines:

- d. Rank belts, beginning with shodan, may be embroidered with gold stripes to indicate grade.
 - e. Student names may be embroidered on the upper right of the gi pants just below the tie string and on the gi jacket at the lower right front.
16. Students are encouraged to attend clinics, seminars and classes offered by other instructors, in Kodokan Judo, Jujitsu, Akido, submission grappling, western wrestling or similar martial traditions in order to improve their judo skills. Students who are interested in MMA competition are encouraged to attend clinics, classes or seminars that will provide the skills that they will need for those competitions.
17. The head instructor has full authority to accept new students and to terminate a students privileges.



Ozark Mountain Judo:

Dojo Rules and Guidelines:



Ozark Mountain Judo:

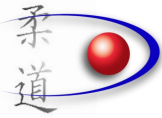
Head Instructor:

The head instructor for Ozark Mountain Judo is Bill Beebe. Beebe sensei is a Yodan (Fourth Degree Black Belt) in Kodokan Judo. His rank is awarded by the United States Judo Federation, the United States Judo, Inc. and the Kodokan. Beebe sensei is certified as a Regional level coach and a National Referee by the United States Judo, Inc.

Beebe sensei started Kodokan Judo in September 1981 in Wasilla, Alaska as a member of the Sanshi Judo Club. The head instructor there was Ron Hildebrand. Hildebrand sensei was a Yodan (Fourth Degree Black Belt) at the time, but was promoted to Godan (Fifth Degree Black Belt) in the mid 1980's. The Sanshi Judo Club was one of Alaska's premier competition judo clubs, winning several Alaska State Championships. Most of the students competed regularly in competitions within and outside Alaska.

Beebe sensei competed in both the Senior and Masters divisions in Alaska and in the Masters divisions in the US Senior Nationals. He won or placed within the top three in numerous local tournaments and several Alaska State Championships. In addition, Beebe sensei won bronze medals in the Masters Divisions in two different US Senior National Judo Championships. He was also a successful kata (forms) competitor. He and his partner won multiple first place trophies in the Nage-No-Kata (Forms of Throwing) competition in Alaska State Judo Championships and competed at the US Senior National Championships in Nage-No-Kata placing in the middle of a large and difficult competition. In addition he and his partner competed in Katame-No-Kata (Forms of Ground Fighting) both in Alaska and at the US Senior Nationals.

Beebe sensei retired from active competition in 1996 to concentrate on teaching.



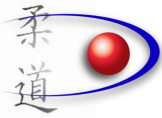
Ozark Mountain Judo:

Head Instructor:

In addition to actively competing in Kodokan Judo, Beebe sensei served two terms as President of Alaska Judo, Inc, the Alaska State Governing Body for Olympic Judo. In addition he served multiple years as its Registration Chairperson responsible for certifying all United States Judo, Inc registrations within Alaska. He also served numerous years on the Board of Directors and on the Board of Examiners (the committee responsible for promoting all students to the rank of First Degree Black Belt and above through the United States Judo, Inc in Alaska). Beebe sensei served as the Secretary of the Board of Examiners for several terms, responsible for tracking all promotions within the Alaska Judo, Inc.

In 2004 Beebe sensei retired from his position as the Coastal Region Fire Management Officer for the State of Alaska Division of Forestry where he was responsible for managing all the State of Alaska Wildland Fire resources and suppressing or managing all Wildland fires within an area of over 115 million acres in southern and southwestern Alaska. During his employment with the State of Alaska he served on the Alaska Interagency Incident Management Team, one of sixteen National Incident Management Teams in the United States. This team was responsible for managing some of the most complex disasters in the US, including major wild fires, floods, and hurricanes. In addition the Alaska Team was one of three national teams that worked with the FDNY and NYPD at the World Trade Center Disaster in 2001. Although being retired Beebe sensei continues to work in disaster management and is currently serving on an Area Command Team (one of only four in the US) as a Public Information Officer. Because of this he may be assigned to a disaster, or requested to teach wildfire or All Risk Disaster classes with little or no notice. During his absences, the Assistant Instructors will keep the classes going.

Beebe sensei and the Assistant Instructors continuously discuss the needs and progression of each student to insure that they are getting quality instruction.



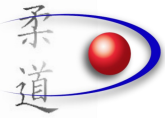
Ozark Mountain Judo:

Assistant Instructors:

Assistant Instructors for Ozark Mountain Judo are Brian Bowser and Clay Maple.

Brian Bowser holds the rank of Sankyu (Third Class Brown Belt) in Kodokan Judo awarded by Beebe sensei through the United States Judo Federation. Coach Bowser began Judo in 2004 at Melbourne, AR in the Ozark Mountain Judo club under Beebe sensei. He has competed in the Dallas Invitational Judo tournament, a very difficult regional tournament held each year in Dallas, TX and placed fourth in a large senior novice division. Coach Bowser will concentrate on coaching beginning senior students.

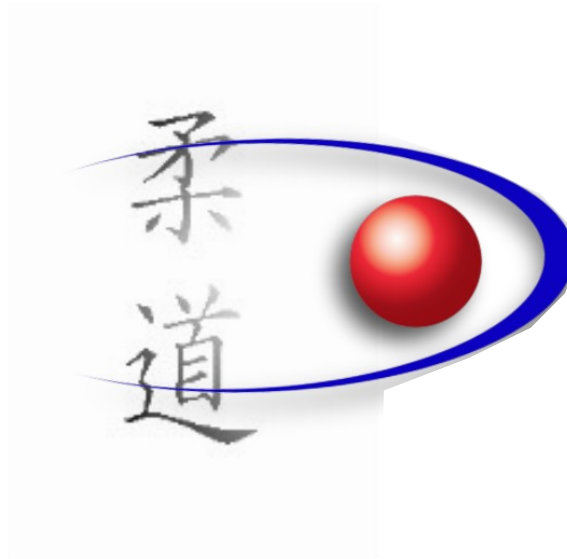
Clay Maple holds the rank of Sankyu (Third Class Brown Belt) in Kodokan Judo awarded by Beebe sensei through the United States Judo Federation. Coach Maple began Judo in 2006 in Calico Rock, AR in the Ozark Mountain Judo Club under Beebe sensei. He has competed in tournaments in both Dallas, Memphis, Tulsa, and St. Louis. Coach Maple is certified as an Assistant Coach by the United States Judo Association. In addition he is licensed as a Regional Referee by the United States Judo, Inc. Coach Maple will concentrate on coaching beginning junior students.



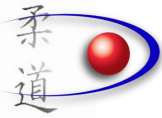
Ozark Mountain Judo:

Ozark Judo Dojo Logo:

The logo of the Ozark Judo Dojo is as shown below:



The blue slash indicates the path through our study of Kodokan Judo. When we begin we know little about Kodokan Judo and its potential to impact our lives. As we continue our study, the breadth of our knowledge widens as we learn the techniques being presented by our instructors. At some point in our judo careers, we begin to understand that regardless of how much we learn, there is so much more to learn. Therefore, the blue slash representing our judo careers starts with nothing and returns to nothing. The red sphere is a representation of the Rising Sun of the Japanese Flag and serves to remind us that Kodokan Judo originated from Japanese Jujitsu. The kanji represent the words "Ju" and "Do". Jigoro Kano, the founder of Kodokan Judo, preferred to translate these kanji into English as "The Way of Gentleness".



Leaving Ozark Mountain Judo:

Changing Dojos:

It is understood that students will, from time to time, decide that their skills will be developed farther or faster by another instructor. Or they may decide that Kodokan Judo is not the sport that they want to pursue. In those situations it is appropriate for them to investigate other dojos and instructors or other combat sports. The proper way for this to occur is:

1. The student should discuss their goals and desires with the head instructor.
2. The student and the head instructor will investigate local dojos who offer the course material desired by the student.
3. The student should discuss his/her goals and objectives with the potential new instructor, advising him or her of their current rank in Kodokan Judo and any other martial skills that they may have.
4. Once the student has decided which dojo to move to, the head instructor of the Ozark Mountain Judo Dojo will prepare a letter of introduction verifying any rank, certifications and competition record that the student may have. This letter will be provided to both the student and the new instructor.
5. The student will be free to return to the Ozark Mountain Judo Dojo as either a visitor or to renew their membership at any time.

Quitting Kodokan Judo:

Occasionally students realize that Kodokan Judo is not the sport for them. This occurs generally when a student decides that they no longer enjoy the practice, that the physical exercise is too difficult or that their physical conditions prohibit continuing practice. When a student decides to leave, they should:

1. Discuss this decision with the head instructor.
2. Provide the head instructor with constructive criticism designed to improve the classes for those students who remain.

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