



USA  
JUDO

contact

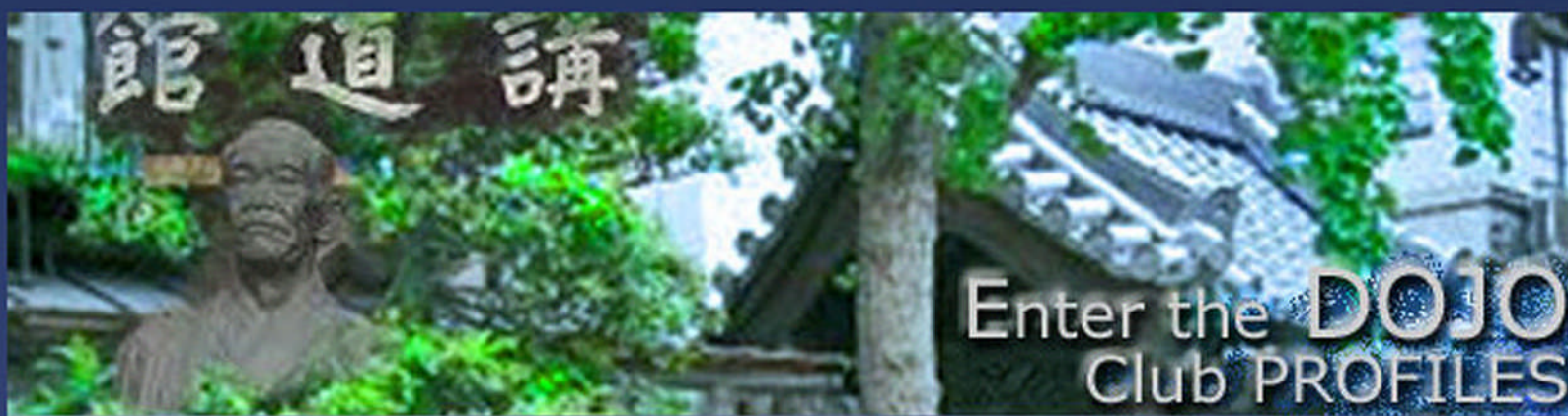
Sept. 21, 2010

DOJO

eLETTER for  
USA Judo



Photo: John Beck



### Three Clubs in One:

**Yama Arashi, Villanova and Valley Forge**

**At Valley Forge Military Academy & College, PA**

Yama Arashi Judo, Villanova University Judo, and Valley Forge Military Academy Judo serve three different groups but practice as one club under USA Judo National Coach Roy Nanjo.

Nanjo, who began his Judo career under the legendary John Osako, notes that college is a great time for people to start Judo. "A high school wrestler can't play intramural soccer in college if he hasn't been playing since he was a kid. However, judo is a level playing field with 'novice' divisions for those just starting. It's a great way for former high school athletes to begin new competitive careers."

Nanjo's three Judo clubs include an erudite bunch: two Yale University graduates, one PhD from UCLA, one student who just moved to the US Naval Academy, and another who is now a freshman at Stanford.

"Judo, as Jigoro Kano defined it, is more than a sport - it's also philosophy and education," said Nanjo. "We believe that the training in judo creates an understanding of *Seiryoko Zenyo* ("maximum efficient use of energy") and *Jita Kyoei* ("mutual benefit and welfare") that is applicable not just on the mat but in life. For our students this is what makes judo more than just sport."

The three clubs do pretty well in the "sport" category, too, with members winning numerous state titles in Pennsylvania, Maryland, and Virginia.



**Villanova's Wildcat applies *hadaka jime*. Above, three clubs combine resources and judokas in this team photo, which includes Sensei Jim Takemori, Ninth Dan visiting from Washington Judo Club at Georgetown University.**