

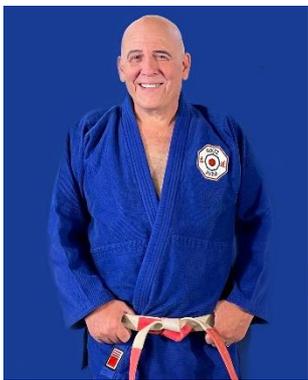
# ***Principles of Judo...Judo Life Skills***

*by Gary S. Goltz, MBA, 8<sup>th</sup> Degree Black Belt*



- Founder - [Goltz Judo, LLC](#)
- Principal - [Goltz Business Development Group](#)
- Owner - [Broderick Crawford Buick](#)
- Past President - United States Judo Association
- Past President - Nanka (*SoCal Judo Black Belt Federation*)

***Luck is the ability to spot an opportunity and take advantage of it!***



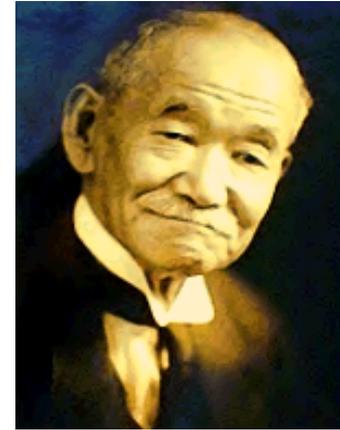
## ***Sensei Gary's thoughts on judo...***

*"Judo brings people together by neutralizing differences of race, gender, religion, nationality, language, politics, wealth, education, professions, etc. In a judogi we are all equal. Our love of this sport is the common denominator to build upon friendships, mutual respect, and self-confidence."*

*"In judo you learn that in order to complete a throw you must risk being thrown. This is a valuable metaphor for life knowing sometimes the things you need to do in order to get ahead may result in being hurt, rejected, criticized, embarrassed, and unpopular. However, with proper training and hard work, the risks can be reduced significantly yielding many terrific rewards."*

# What is judo?

- Martial art invented in 1882 by Jigoro Kano, a famous educator, meaning gentle way
- Kano refined certain jujitsu throws, pins, strikes, strangles, and locking techniques into a safe method of practice
- Today, judo is an Olympic sport practiced by men, women, and children worldwide



# Judo is also...

- The practice of life skills in a dojo (or lab, safe environment) under the guidance of a sensei
- A way of learning through real life experiments of interacting with people
- A study of one's self with the goal of perfection one's character



# Judo Basics



***"Fall down seven times get up eight."*** Zen Proverb

# Key Definitions:

- Judoka - a student of judo
- Seiryoku Zenryo - making best use of your energy
- Jita Kyoei - you and me shining together, (win/win)
- Kiai - shout of inner strength
- Mushin - mindfulness...being present  
(Depression - focusing on the past / Anxiety - focusing on the future)
- Ganbare - Never give up attitude
- Kaizen - continuous improvement
- Jiko No Kansei - self awareness goal (high EQ)



# Judo Basics:

- **Kuzushi – Balance**
- **Tsukuri – Entry**
- **Kake – Execution**
- **Tai Saboki – Turning**
- **Jiko Ashi – Pivoting Foot**
- **Shizen / Jigo Hontai – Posturing**
- **Ayumi / Tsugi Ashi – Walking**
- ***Note – Timing is a crucial factor!***



# Judo Forms of Practice



# Judo Forms of Practice:

➤ **Uchikomi - Repetitious**

➤ **Randori - Open**

➤ **Kata - Prearranged**

➤ **Shiai - Contest**



# Judo Components



# Components:



- **Gripping**
- **Falling**
- **Throwing**
- **Holding**
- **Strangling** (adults)
- **Locking** (adults)
- **Striking** (self-defense)

# Judo Rank Promotions



**Based on knowledge, skill,  
fighting ability, time in  
grade, contributions,  
leadership, wisdom, and  
most importantly –  
*being a good character***

# Judo Ranks:



- **Rokyu – Knows How to Fall**
- **Gokyu – Entering Grade School**
- **Yonkyu – Finishing Grade School**
- **Sankyu – Junior High School**
- **Nikyu – Sophomore High School**
- **Ikkyu – Senior High School**
- **Shodan – College Entrant**
- **Nidan – College Graduate**
- **Sandan – Masters Entrant**
- **Yondan – Masters Graduate**
- **Godan – PhD Entrant**
- **Rokudan – PhD Recipient**
- **Shichidan – Tenured Professor**
- **Hachidan – Emeritus Professor**
- **Kudan – Nobel Prize Winner**
- **Judan – Sainthood**

# Judo Contest Scores



# Contest Scores:



## ➤ **A Win -**

- **Ippon - Full Point**

## ➤ **An Advancement -**

- **Wazari - Half Point**

## ➤ **A Penalty -**

- **Shido - Warning**
- **Hansokumake – Disqualification**

# Judo Competition Strategies

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# **Before and After a Match:**



➤ **Preparation**

➤ **Bow In**

➤ **Bow Out**

➤ **Meditation**

➤ **Reflection**

➤ **Humility**

# Judo Tactics

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# **Types of Attacks:**



- **Tokui Waza, Direct**
- **Renwaku Waza, Combinations**
- **Gaeshi Waza / Counters**
- **Retreating / Escaping**
- **False Attacks / Stalling**
- **Matte, Surrendering (Tap Out)**
- **Kachi, Decisions & Ties**

# Judo Competitive Wisdom:



- A skilled judoka never initiates a struggle from an unbalanced stance when his opponents balance is strong
- A skilled judoka defines the competitive space to make his opponent lose their edge by entering unfamiliar ground
- A skilled judoka after an initial attack, follows through fast to finish his opponent

# More Competitive Wisdom:



- A skilled judoka seeks first to understand and then to be understood, (Covey's fifth habit of highly effective people)
- A skilled judoka adjusts the energy level of his response based on an awareness of the situation, of self, and of others
- A skilled judoka learns from each defeat and uses that insight in the next match

# More Competitive Wisdom:

➤ *A skilled Judoka never anticipates his action in a match, but his mind is as clever as a polished mirror which enables him to foresee precisely anything to happen and he displays freedom of his physique to cope with any change.*  
(Mifune's Canon of Judo)

➤ In order to learn, a skilled judoka shows up with an empty tea cup (Bruce Lee)

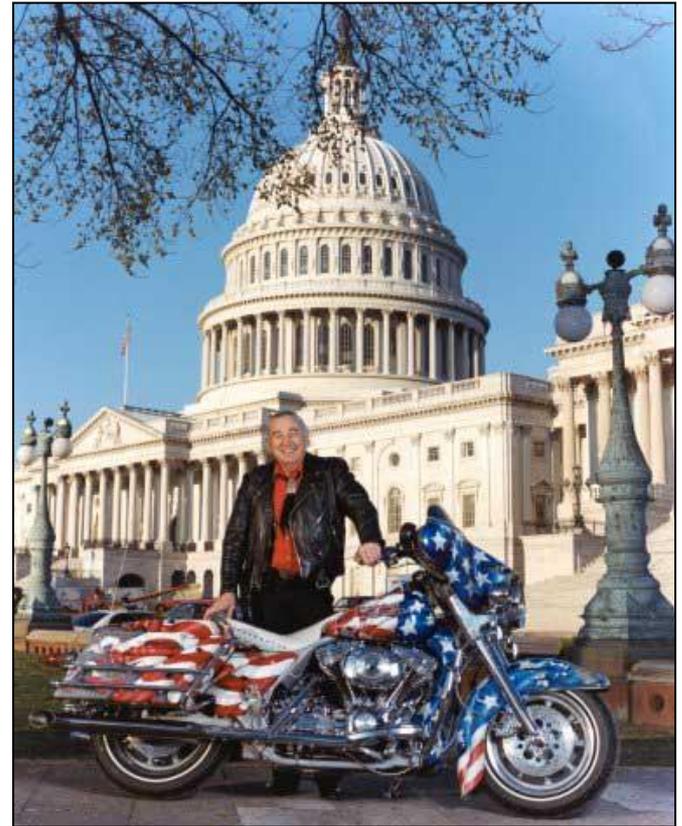
# When to Apply Judo:



- If you're a smaller player facing off against a stronger player, (David vs. Goliath)
- If you're a new player at an existing event, (entering uncharted territory)
- If you're a large player moving into areas where powerful opponents may already be entrenched

# Judo Leadership Qualities:

- **Integrity**
- **Perseverance**
- **Courage to Risk**
- **Knowledge Quest**
- **Self Defense Skills**
- **Divergent Thinking**
- **Giving Back to Society**



# Favorite Quote by Theodore Roosevelt



***"It is not the critic who counts, not the one who points out how the strong man stumbled or how the doer of deeds might have done better. The credit belongs to the man who is actually in the arena, whose face is marred with sweat and dust and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause; who, if he wins, knows the triumph of high achievement; and who, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory or defeat."***

# Judo Life Skills - Summary



- 1. Judo is a way to experiment on how to handle the challenges of life**
- 2. Everyone wears the same uniform is judged by the same standards**
- 3. Accomplishments take lots of practice, requiring failure to succeed**
- 4. Using a cooperative approach toward common goals is a good plan**
- 5. Appreciate the journey as often it's as important as the destination**
- 6. Self-esteem results from self-confidence (embarrassment immune)**
- 7. Essence of competition is more about challenging yourself to grow**
- 8. Life is learning which is gained through experience, it's a constant**
- 9. While winning or losing are outcomes, learning will occur regardless**
- 10. Luck is the ability to spot an opportunity and take advantage of it**

# ***Photo Journey through the years...***



1966

1967

1968

1969

1970

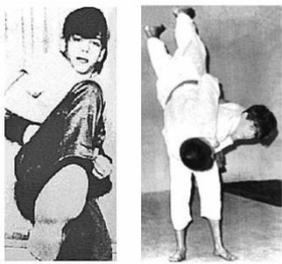
1972

1977

1994

2020





# The Pittsburgh Press

Tuesday April 30, 1968

## *Little judo throws 2 big bullies*

Subduing two hoodlums who attacked him while he was delivering papers was just in a "daze" work, according to Press newspaperboy Gary Goltz. Gary, 14 was in front of his home in Squirrel Hill, yesterday afternoon when he noticed a car stop at one end of the street...

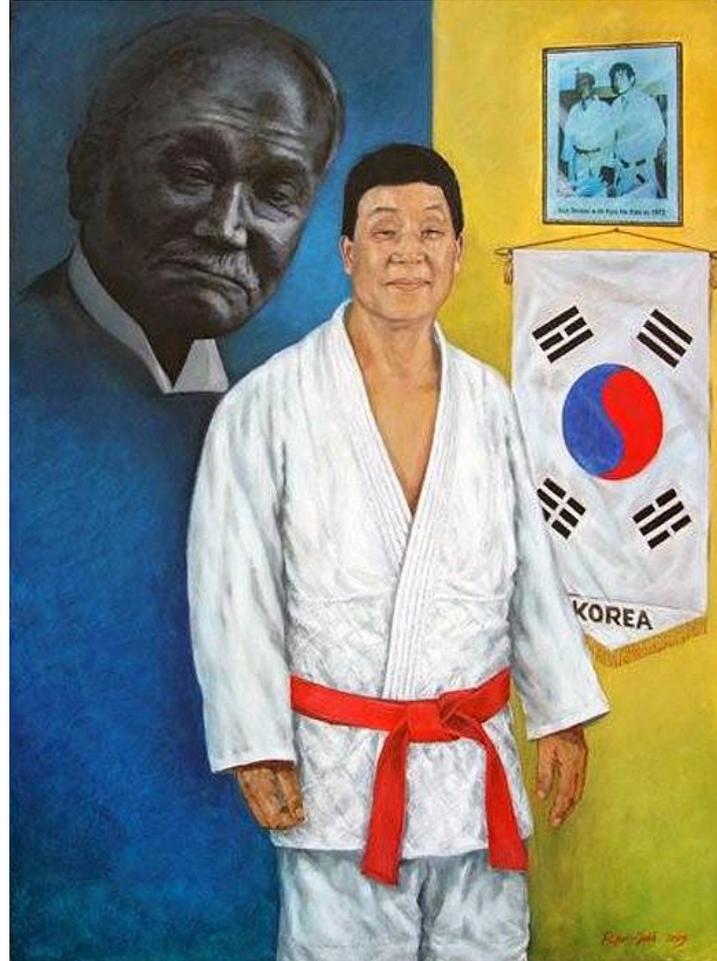


# My Early YMCA Clubs



MANY TOWNSHIP RESIDENTS are involved in the new Judo Club sponsored by the South Hills Area YMCA. Gary Goltz, (left) instructor, presents the club's charter to Mary Brown (center), Administrative Assistant, YMCA Staff, while member Bob Latimore looks on.

# Kyu Ha Kim, My Sensei



**Martial arts Grandmaster back at dojo a month after heart transplant**

Thursday, October 23, 2008

by Maria Sciuillo, Pittsburgh Post-Gazette



Pam Panchak/Post-Gazette

Judo/Tae Kwon Do Grandmaster Kyu Ha Kim, from Green Tree, at his Dojo in Brentwood, PA.

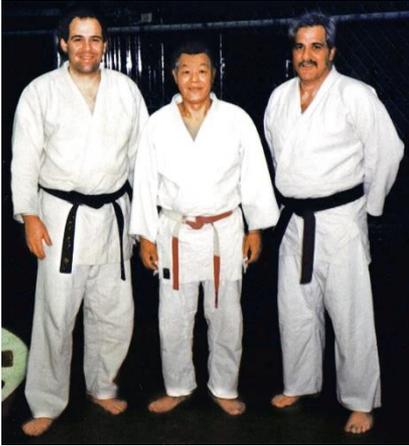
One of Mr. Kim's earliest students eventually attended the University of Pittsburgh, where he persuaded the Grandmaster to start the school's judo program. The relationship at Pitt has lasted 34 years, and when Mr. Kim feels up to it, he plans to resume teaching in Oakland again.

That same student, [Gary Goltz](#), has gone on to establish his own successful martial arts school in Southern California and heads up the US Judo Association. Mr. Goltz was also instrumental in persuading Mr. Kim to go forward with the heart transplant.





# Goltz Judo over the years



Chaffey Community College - 1988

# Baseline Recreation Center



1991

# Baseline Recreation Center



1992

# Baseline Recreation Center



1994

# Baseline Recreation Center



1997

# Alexander Hughes Community Center



~ Ribbon Cutting ~  
July 23, 2001



alexander hughes  
community center

# Alexander Hughes Community Center



2002

# Alexander Hughes Community Center



2003

# Alexander Hughes Community Center



2004

# Alexander Hughes Community Center



2006

# Alexander Hughes Community Center



2009

# Alexander Hughes Community Center



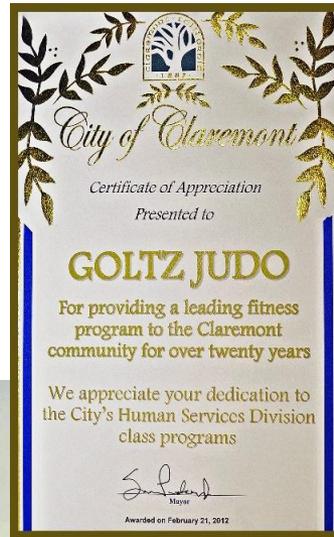
2012 – Ronda Rousey

**Video:**

# **Ronda's Uchimata**



# Alexander Hughes Community Center



2012

# Alexander Hughes Community Center

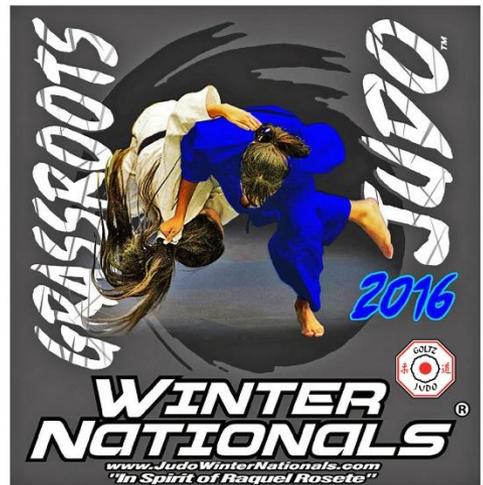
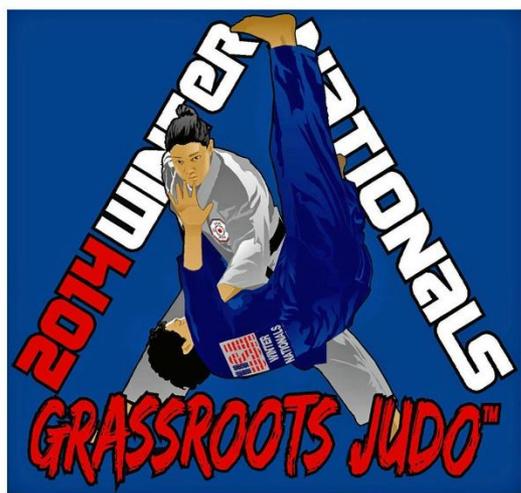
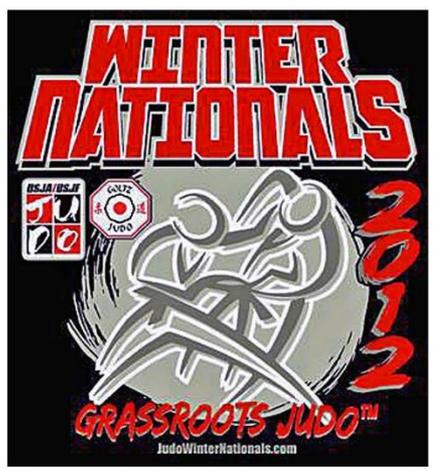
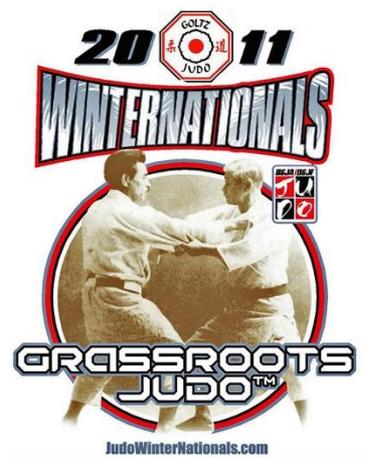
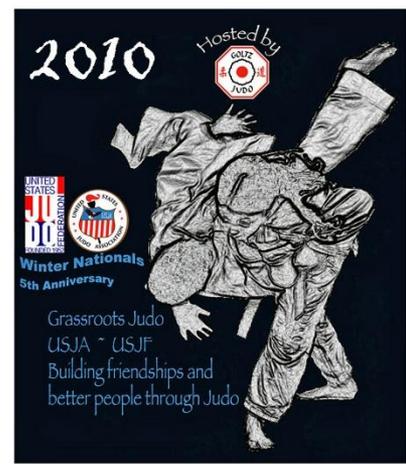
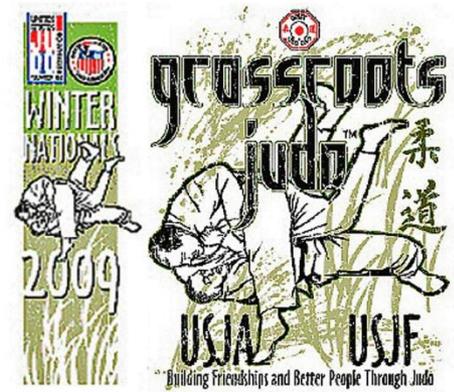
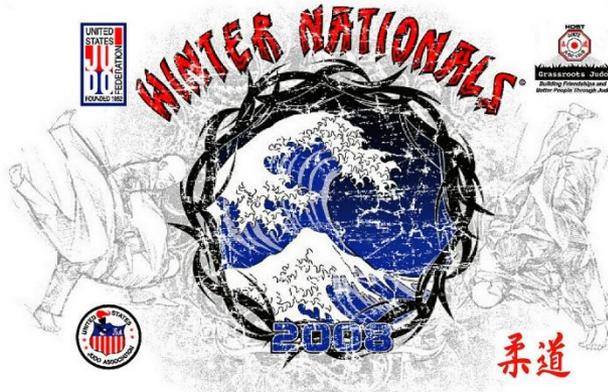


2015 - Tiny Tots Tournament

# Alexander Hughes Community Center



Today



# Top Judo Event of the Year



# Nanka Grassroots Judo™ Winter Nationals®



**Video:**

# ***Sensei Gary vs. Jack Black!***



**CONAN**

Weeknights **11/10c**



# Bonus - Unused Footage



# ***Thanks... and remember***



# ***DO JU DO!***



# For more information

## Gary Goltz

cell/text: 909-702-3250

website: [GaryGoltz.com](http://GaryGoltz.com)  
email: [Gary@GaryGoltz.com](mailto:Gary@GaryGoltz.com)



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# ***Bonus Video!***



**Watch** ***The Star and The Car*** **on YouTube**