



# MAT BURN



リーダーが作られ、訓練される場所

Rīdā ga tsukura re, kunren sa reru basho

WHERE LEADERS ARE MADE & TRAINED  
EASTSIDE DOJO ACADEMY

BY RP TAYLOR

“Eastside Academy? Hmm...” Well...an academy is a place of study or training, right?

With all the many different occasions for one to learn and improve at Eastside Dojo, it is somewhat of an academy. From special events to day-to-day activities, there is always training and/or education happening within the four walls of Eastside Dojo. These opportunities are improving individual lives and helping shape and influence present and future leaders to impact our communities and the world. In this edition, we will look at what’s going on at the dojo that will assist with making our society a better place to live for everyone.

## *Inside:*

Photo Credits: Chris Nyland

Eastside Dojo Academy • P 1

Judo & Police • P2 & 4

Winter Training Camp • P3; 5-8

What Else Is Going On • P8

Upcoming Events • P9



## 柔道 と 警察

### JUDO TO KEISATSU

### JUDO & POLICE

#### USING LESS LETHAL FORCE TO

#### SUBDUE SUSPECTS

BY RP TAYLOR

“What?!? Police officers are learning to use less lethal force to subdue and detain suspects?” YES!!! Kano Jigoro would be pleased.

With the proliferation of social media, the increased use of cell phone cameras, and the more commonly used police body cameras, some say America seems to be experiencing a rise in police involved brutality and shootings. Some say there isn't an increase, just more exposure because of more cameras.

Whether or not there has been a true uptick in these types of incidents, or just more exposure because of the times we're living in, who knows? What we do know is there has to be a different and possibly better way.

One cannot be certain that when Kano Jigoro established judo in 1882, he knew it would be used in this way. But, considering that he was a man ahead of his time, maybe he did because he said, “it is a principle of life, art, and science.” As some of you likely know, the word judo consists of two Japanese characters, ju, which means “gentle”, and do, which means “the way”. Therefore, judo literally means the way of gentleness. It accomplishes this by incorporating the first two principles of judo into training, which are:

1. “Maximum efficiency with minimal effort.”
2. “Mutual welfare and benefit for all.”

*Continued on pg. 4*

# USA JUDO NATIONAL TEAM ELITE WINTER TRAINING CAMP

On the weekend of December 16-19 last year (2021), Eastside Dojo hosted its first elite training camp, the USA Judo National Team Elite Training Camp. Over the course of the weekend, clinics were expertly led by:

- - Israel Hernandez  
2x Olympic Bronze Medalist & 2008 Olympic Coach
- - Megumi Ishikawa  
Multi-IJF Grand Prix Medalist &  
2013 Asian Championships Gold Medalist
- - Marti Malloy  
2x Olympian & Olympic Bronze Medalist

Check out the pictures for a look inside.



# 柔道 と 警察

## JUDO TO KEISATSU

### JUDO & POLICE!

USING LESS LETHAL FORCE TO  
SUBDUDE SUSPECTS

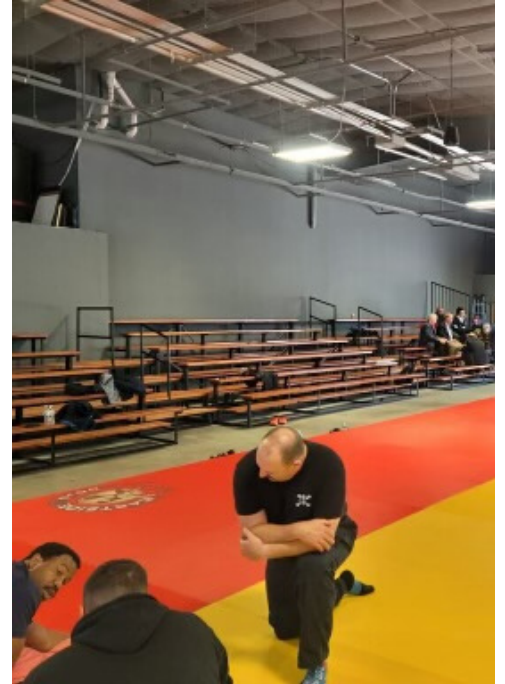
Can you imagine if a MAJORITY OF PEOPLE NOT JUST SOME PEOPLE, including ALL who have sworn to lead, protect and serve the greater population, practiced those principles daily? Wow!

Bravo to USA Judo and Eastside Dojo in conjunction with Ft. Worth Judo Club for helping to make that a reality for our law enforcement officers with the establishment of P3. Check out the video below to find out more about this new program.



#### Police Officers Train in Judo as Way to Reduce Deadly Force

In a program started by organizers of the U.S. Olympic judo team, police officers are learning martial arts techniques to give them more confidence in



# NATIONAL TEAM ELITE WINTER CAMP



# NATIONAL TEAM ELITE WINTER CAMP



# NATIONAL TEAM ELITE WINTER CAMP



# NATIONAL TEAM ELITE WINTER CAMP



## WHAT ELSE IS GOING ON @ EASTSIDE

- **DAILY EXERCISE**  
Training room equipped with cardio and weights is available daily to Eastside families.
- **FOOTBALL TRAINING**  
Nike Pro Skills Football offers elite training to those interested in elevating their skill level.





Your support means the world so please come out & show your support!

## LOCAL UPCOMING EVENTS



**2022 TEXAS INTERNATIONAL JUNIOR & SENIOR TRAINING CAMP**

**ALL AGES & SKILL LEVELS**

**ADVANCE TICKETS**  
\$60 (All Sessions)  
\$30 per session (includes both Saturday sessions for the single session price)

**AT THE DOOR**  
\$80 (All Sessions)  
\$40 per session

**WHEN**  
June 10 (5pm - 8pm)  
June 11 (9am-noon & 1p - 4pm)  
June 12 (9am-noon)

**WHERE**  
NTX Training Center  
2655 Premier Drive, Plano, Texas

**SPONSORS**  
Becerra Judo  
Eastside Dojo  
VIX Training Center  
Dollanur Sports Mats  
Hatashita Sports

**Camp Directors:**  
Bert Becerra 214.906.0726  
bertbecerra@txr.com  
Ken Scialo 214.762.2222  
kscialo@eastsidedojo.com

**INSTRUCTION IN** • Gripping • Tachi Waza • Submissions  
Osakaomi Waza • No Waza Transitions • Speed Training  
Randori rounds during every session

**ONLINE REG: WWW.JUDOCOMP.COM**



## 31<sup>st</sup> Annual LONE STAR CLASSIC February 19, 2022

Sanctioned by USA JUDO and Hosted by  
Okuri Judo Club

## NATIONAL EVENTS



USA JUDO SENIOR NATIONAL  
CHAMPIONSHIPS

DAYTONA BEACH, FLORIDA

MAY 21 - 22, 2022

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