



MAT BURN



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HEY LADIES!?!
YEAH!

BY RP TAYLOR

Hey ladies? But, what about the fellas? Hold your horses guys. We can't talk about judo, especially USA judo, without acknowledging the undeniable role the male senseis and judokas have played in the development and longevity of the sport. But, women have also played important roles in the "ahem" gentlemen's sport. With October being Breast Cancer Awareness month, there's no better time to highlight the some of the women in the sport.

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TEXAS WOMEN ARE HOT, HOT, HOT

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“Wow! Excuse me?!? That’s sort of inappropriate for a newsletter about judo.”

That may have been your thought when you read the title, but...sorry, not sorry. In the sport of judo, it’s a fact. Did you know that Texas is a United States hotspot for female Judo Talent?

Well, if you didn’t know, now you do. 4 women residing in Texas, including Eastside’s very own Alexandria LeFort, will soon be heading to the World Junior Championships in Italy. The championship will be hosted in Olbia, Italy from October 6th to the 10th. That is awesome! Wish you could check it out? No sweat, you can because it will be streamed on the ijf.org website. The female judoka include:

- Representing the USA:
Isabella Garriga, Westlake Judo / TAMU Judo - 70KG
Crystal Acton - Universal Judo - 78KG
- Representing Canada:
Alexandria LeFort, Eastside Dojo - 70KG



Alexandria Lefort

Let’s wish our Texas girls a great showing on the world stage!



Isabella Garriga '24
70 kg
USA Judo Junior
World Team
Olbia, Italy
October 6-10, 2021

Isabella Garriga



Crystal Acton

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Hey Ladies!?! Yeah!

In 2021, during the Tokyo Olympic Games, for the first time in history, a mixed team tournament was held. This was the best tribute that we could have paid to the pioneers of world judo, both men and women. Women's judo is the result of a long struggle for equal rights, which was far from obvious at the end of the 19th century, when judo was created. Today, the female medal-winning champions are at exact parity with their male counterparts, even though it wasn't that way from the beginning.

In Japan, where judo was born, the art of combat was then an exclusively male privilege. Nevertheless, as in the West, physical education exercises for women were intended to improve grace and health. Women's judo was then limited to physical and moral education. The practice was reduced to the exercise of kata and randori, while competition was forbidden

So, while the World Judo Championships have been around since 1956, and judo became an Olympic sport in 1964, women were not allowed to compete in either competition until the 1980's. The first women's world championships were held in New York City in 1980, and were held in alternating years as the men's championships until the 1987 World Judo Championships in Essen, where the two competitions were merged into one world championship. Olympic judo competition didn't transition to include women until the 1988 Summer Olympics, when women participated as a demonstration sport. This was a lifelong goal of Rusty Kanakogi, a New York judo pioneer that broke down barriers in the male dominated judo world. Her story can be found below with a double-click or here: <https://www.youtube.com/watch?v=gBikn2FwGtw>

Today, that's not the case. Not quite so sure about girls running the world, but they definitely are rocking the judo world. Eastside Dojo has a hand in that. From training female judoka for international competition to hosting the *All Girl Tournament* at the dojo on October 9th of this year. Way to be on the right side of history Eastside!





SATURDAY, OCTOBER 9TH, 2021
NTX Training Center
2655 Premier Drive, Plano, Texas 75075

HOTEL:

Days Inn by Wyndham •2101 North Central Expressway •Plano, Texas 75075 (walking distance) call 972-633-8200, ask for the (judo tournament rate) of \$60 per night (two beds)

ELIGIBILITY:

USA JUDO, USJF, ATJA, AJJF or USJA membership. USA JUDO applications available on site.

ENTRY FEES:

All divisions \$50

REGISTRATION:

Registration Deadline: Tuesday, 10/5/2021 at 11:59PM

Preliminary Brackets posted: Wednesday, 10/6/2021 at 5:00PM (judocomp.com/girls2021)

Final Brackets posted: Thursday, 10/7/2021 at 5:00PM (judocomp.com/girls2021)

Final deadline for reporting errors: Friday, 10/8/2021 at 12:00 noon

Contact the tournament director with any concerns. Refunds for anyone pre-registered who cannot attend for any reason.

SELF WEIGH IN INSTRUCTIONS:

JUNIORS: When registering online, submit your actual weight in KILOS. You will be given a one kilo allowance when we verify your weight. Weight will be verified at matside just prior to your first match.

VETERANS: When registering online, submit your actual weight in KILOS. You will be given a one kilo allowance when we verify your weight. Weight will be verified at matside just prior to your first match.

SENIORS: Option to weigh in day of tournament, 11-11:30AM, or matside just prior to your first match. When registering online, declare your pre-set IJF weight division. (see below). You will be given a two kilo allowance when we verify your weight.

IF YOU EXCEED THE ALLOWANCE OF YOUR REGISTERED WEIGHT THERE IS NO GUARANTEE FOR A MATCH

RULES:

IJF rules with the following modifications:

Blue gis not required. Wear your rank belt. We will provide blue and white sashes.

Double elimination for divisions of 6 or more competitors, Round robin for 5 or less.

Round robin divisions are awarded first by wins, then by points, then by head to head matchup.

(Exception: when top 2 finishers have equal # of wins, head to head winner is 1st regardless of points)

3 way round robin ties are decided by fastest Ippon.

Senior Elite match times 4 minutes, all others 3 minutes.

Tournament Director: Ken Scialo

214-762-2222 kscialo@east-sidedojo.com

Sponsored by: Ruben Martin Judo and Judocomp.com



55TH ANNUAL
DALLAS

INVITATIONAL JUDO TOURNAMENT

NOVEMBER 20TH, 2021

\$21,000.00 PRIZE FUND FOR OLYMPIC DIVISIONS

\$1000.00 FIRST PLACE

\$300.00 SECOND PLACE

\$200.00 THIRD PLACE

online registration at :

<http://www.judocomp.com>

Competition Site:

Irving Convention Center, 500 W. Las Colinas Blvd, Irving, TX 75039

Host Hotel:

Marriott Dallas Las Colinas, 972-831-0000 223 W. Las Colinas Blvd, Irving, TX 75039.
Book your hotel by October 31st to take advantage of special room rates. 1-800- 264-1178,
ask for the Judo rate of \$112.00.

Tournament Contact Information

Director: Ken Scialo

214-762-2222

kscialo@eastsidedojo.com