



MAT BURN



ヘルプ! 私は落ちて、
**Herupu! Watashi wa
ochite...!**

**HELP! I'VE FALLEN
AND...!**

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“And what?” The original commercial slogan ended with *“and I can't get up!”* Which was a funny slogan to most in the early 90's, but not to all. It could be a serious matter. Fast forward 30 years, there have been so many advances in brain health, particularly screenings for concussions. It's not so funny knowing that *“what”* could mean anything from broken bones to not being able to see and walk straight or even not being able to speak coherently, amongst other things.

This past football season, the world got to see first hand the impact that a concussion had on Miami Dolphins quarterback, Tua Tagovailoa, after hitting his head on the unforgiving ground during a tackle. It was a scary thing to watch, because his career and quality of life hung in the balance. Unfortunately, it happened more than once.

For a lot of parents, those incidents confirmed their concern about letting their children play football. Whether you believe that it is a correct parental judgment call or you think it is made in error, football is not the sport with the highest occurrences of concussions. Concussions account for a significant number of injuries in high school sports.



TUA TAGOVAILOA HAS STARTED JUDO TRAINING TO AVOID HEAD INJURIES WHEN FALLING



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In a study, researchers found that concussions account for over 15% of all injuries in some very popular sports:

- Boys' ice hockey: 23%
- Girls' lacrosse: 21%
- Cheerleading: 20%
- Boys' lacrosse: 17%
- Football: 17%
- Girls' soccer: 15%

Concussions are bound to happen in sports, but how we manage these injuries can make a big difference. If you haven't heard, Tua chose to manage his situation through prevention, by learning how to fall appropriately. He sought out one of the best judoka and instructors of the gentleman's sport in America, Jason Morris. In part, the goal is to train Tua how to absorb and instinctively go with a hit without hitting his head.

Jason Morris is a former American Olympian who won a silver medal in the men's 78 kg category at the 1992 Barcelona Olympics. Morris also won multiple medals at the World Judo Championships throughout his career, including a gold medal in the men's 78 kg category in 1991. Morris is also known for his innovative and unorthodox style of judo, which incorporates techniques from other martial arts and wrestling, into his judo repertoire.

It will be interesting to see if he can have an impact on Tua's game and therefore his career.



コースト・トゥ・コースト

KŌSUTO TO~U KŌSUTO

COAST TO COAST

By RP TAYLOR

The USA Judo Senior National Tournament is an annual event organized by USA Judo, the national governing body for judo in the United States. Last year the tournament was held in Daytona, Florida. Eastside won the 2nd place team trophy!

This year it literally is moving across the country to Spokane, Washington. The two day tournament will be on May 20-21. It will feature competitions in various weight categories for both men and women. It is open to judokas who hold a valid USA Judo membership and meet the eligibility requirements.

The Senior National Tournament serves as a platform for American judokas to showcase their skills and compete for national titles. It also serves as a qualifier for international events, such as the World Championships and the Olympic Games. LET'S GO EASTSIDE!



Spokane to Host USA Judo Senior Nationals



2023 WESTLAKE JUDO OPEN

EASTSIDE RESULTS

SILVER

MARYLENA BLEILE

IMRAN BOBOEV

GOLD

MARYLENA BLEILE

MERRYLL DEWABRATA

ANMOL MURICKANANICKAL

SULAIMAN SHAKHZODI

BRONZE

MARIO DIAZ TAMEZ

DAVID TANOOS



**WESTLAKE
JUDO OPEN
IN PICS**

**SMILE!!!
YOU'RE ON
CAMERA!**



4 GOLD

2 SILVER

2 BRONZE



WE HOPE TO SEE YOU THERE, WHENEVER POSSIBLE! THANKS FOR YOUR SUPPORT!

LOCAL, NATIONAL & INTERNATIONAL EVENTS

**7TH ANNUAL
2023
NAGASE CUP
JUDO
CHAMPIONSHIPS**



**ONLINE
REGISTRATION
ONLY!**

CLOSES ON 5/23

2023 USA JUDO SENIOR NATIONAL CHAMPIONSHIPS

MAY 20-21, 2023

SPOKANE, WASHINGTON



U.S. OPEN

**JUNIOR SENIOR VETERAN
JUDO CHAMPIONSHIPS**

JULY 28 - 30

2023

**TRAINING
CAMP**

JULY 31 - AUG 2

Event Venue
Ft Lauderdale
Convention Center



The Official Hotel
Marriott Harbor Beach



usopenjudo.com



#USOpenJudoChampionships

**IJF WORLD
VETERANS
& KATA
JUDO
CHAMPIONSHIPS
ABU DHABI
2023**