



MAT BURN



彼女のゲームに恥はない!
彼女は今のところシルバーで満足
しています。

Kanojo no gēmu ni haji wanai!
Kanojo wa imanotokoro shirubā
de manzoku shite imasu.

No Shame in Her Game!
She's SATISFIED WITH SILVER,
for now.

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**Kanojo no gēmu ni haji wanai!
Kanojo wa imanotokoro shirubā
de manzoku shite imasu.**

**No Shame in Her Game!
She's SATISFIED WITH SILVER,
for now.**

"I was super happy and proud of my team because I couldn't have done it without them."



“She’s satisfied with silver! How can that be? Who’s ever satisfied with silver?”
Maddie Solis is, that’s who. Commonly, silver medalists are the least happiest of the medalists on the podium. This is what psychologists call "counterfactual thinking".
In other words, “what if” thinking?

ABOVE & BEYOND

Maddie did not have to play this game in her mind because she had already gone above and beyond:

- Her initial goal was a bronze medal.
- This was the highest finish for Eastside Dojo at a USA Judo Senior National Championship Tournament in the Elite Division
- This was her 1st tournament since the Dallas Open in November.



THE FUTURE

That doesn't mean that Maddie does not have aspirations to earn gold at the Senior National Championships and the World Championships, but presently she is basking in the light of her silver medal in the women's 78kg division. **Well done Maddie!**



小さいけど強力
CHĪSAIKEDO
KYŌRYOKU

20-21 MAY
2023

SPOKANE,
WASHINGTON



Small but Mighty!

“Who’s small but mighty? The eight player team from Eastside Dojo that rolled into the 2023 USA Judo Senior National Championships. That’s who! The team led by Head Coach Russ Hogan brought home plenty of hardware to prove it.

The tournament was held on the weekend of May 20-21, at The Podium in Spokane, Washington.

From traditional judo elimination competition to goshin jutsu kata (a form of self defense)demonstrations with judoku traveling from as far away as Hawaii, the Eastsiders had an excellent showing. In other words, they showed up and showed out! So much so, that this small team was able to secure the Bronze trophy in the overall team awards.Way to go!

By RP Taylor

GOLD MEDALISTS



KAYLEIGH ESCUERDO
RUSSELL HOGAN
SEAN MURIITHI
MADELINE SOLIS
AARON VILLARREAL

SILVER MEDALISTS

WADE ALLISON
KAYLEIGH ESCUERDO
SEAN MURIITHI
MADELINE SOLIS



BRONZE MEDALIST



ANTONIO PAES

2023 USA JUDO
SENIOR NATIONALS
PICTURES



2023 NAGASE CUP

1ST PLACE

Overall Team Award

NAGASE CUP



EASTSIDE
DOJO

CONGRATULATIONS!

おめでとう

"BEST RUN TOURNAMENT"

On the weekend of May 27th, Eastside Dojo hosted Ft. Worth Judo Club's Nagase Cup at NTX (North Texas Training Center). It was a great turnout and a very efficiently run tournament. One grandmother of a judoka said "this is the best tournament i've been to because it is so well run." To her we say, thank you but this is not our first rodeo. Thank you FWJC for coming to the Eastside!

EASTSIDE RESULTS



FIRST



SECOND



THIRD



**NAGASE CUP
IN PICS**

**COACH RUSS &
HIS KIDS!**





2023 NAGASE CUP IN PICS!

Apply just the right
amount of force – never
too much, never too little.

Hama Jigoro



2023 NAGASE CUP



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

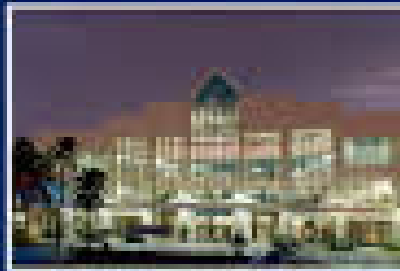
LOCAL, NATIONAL & INTERNATIONAL EVENTS



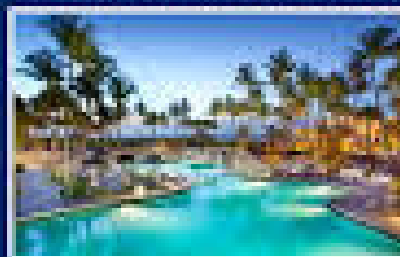
USA Judo Junior Olympic National Championships
Shreveport, Louisiana
JUNE 16 - 18, 2023

U.S. OPEN
JUNIOR SENIOR VETERAN
JUDO CHAMPIONSHIPS
ON BEACHES AND BOARDS, FS 1P
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

