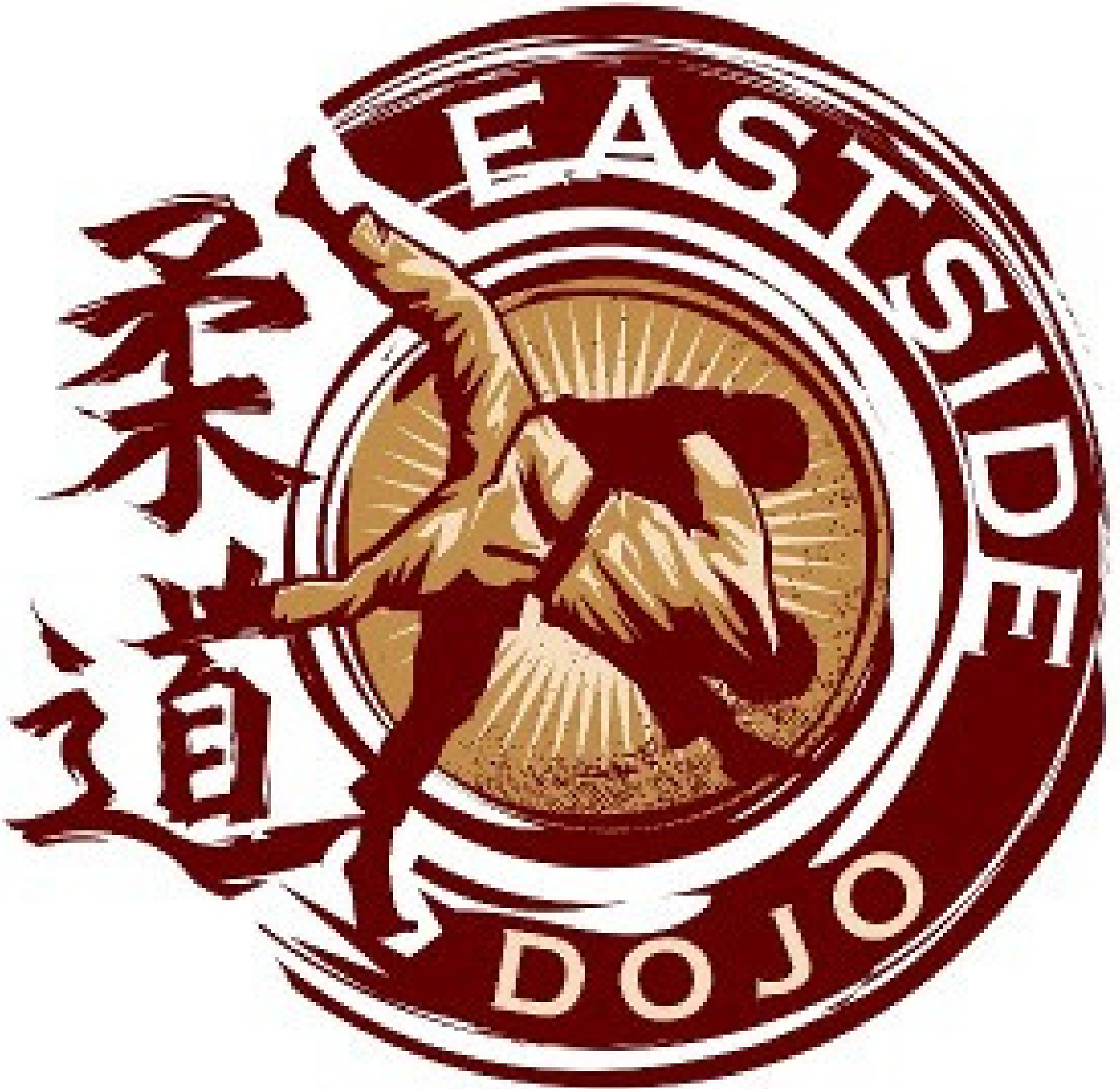




MAT BURN



THE NEWSLETTER



PLANO, TEXAS

VOLUME XXV - SEPTEMBER 2023



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HAPPY
10TH
BIRTHDAY
EASTSIDE
DOJO

CONGRATULATIONS

KEN P KEN S COACH RUSS

PAN AMERICAN JUDO VETERANS CHAMPIONSHIP 2023

GUADALAJARA, MEXICO



**YOU GET A MEDAL AND
YOU GET A MEDAL AND
YOU GET A MEDAL!
EVERYONE GETS A MEDAL!**

COUNT THEM!

- 1 (一) , *ichi*;**
- 2 (二) , *ni*;**
- 3 (三) , *san*,**
- 4 (四) , *yon*,**
- 5 (五) , *go*,**
- 6 (六) , *roku*!**

SIX! 6 = 6! *“What does that mean?”* Let me tell you! That’s the number of medals Eastsiders brought back from the Veteran Pan Am Championships. It’s also the number of judokas competing in the tournament. Yes, that’s right! Every competitor earned a medal. That’s fantastic!

This year the tournament was held on the west coast of Mexico, in the country’s second largest city, Guadalajara. Commonly referred to as the “Pearl of the West” or “City of Roses” because of the it’s beauty and the abundance of flowers that can be found throughout. Guadalajara is known for its beautiful architecture, delicious cuisine, and warm-hearted people.

This city is an amalgamation of old-world charm and modern innovation, presenting visitors with a unique blend of preservation and progress. Whether you’re strolling through the historic center with its grand cathedrals and plazas, or exploring the trendy neighborhoods filled with hip cafes and art galleries, Guadalajara offers something for everyone.

It sure does not owe the Eastsiders anything. It indeed proved to be a beautiful and bountiful place for coach Russ Hogan and the Eastside Dojo veterans who traveled there with him.



6
JUDOKAS



6
MEDALS



PAN AMERICAN JUDO VETERANS
CHAMPIONSHIP 2023

BECERRA JUDO CHALLENGE 2023
EASTSIDER RESULTS & PICTURES

EASTSIDE
DOJO WINS
1ST PLACE
TEAM
AWARD

*Congrats
Eastiders!*



BECERRA JUDO CHALLENGE 2023

EASTSIDER RESULTS & PICTURES



BECERRA JUDO CHALLENGE 2023

EASTSIDER RESULTS & PICTURES

YAHIA ABDELHAKHEEM
ABDYKERIM ATABAYEV
MACKENZEE BUNTON (3)

JAMES CAMPBELL
CAROLINE CONTRERAS

ALAIN DEVILLA
RAYYAN GALAL

YAMIN GALAL
VEDA NAIR

OLIVIA HSU
JOHN KOLINOFSKY

TAHYR KULIYEV
JUDE MURICKANANICKAL (2)

LUCIA DE LA PARRA

DANIEL TONG
HANNAH TONG

JULIO G. VELO
SHAUN ZINCK



BECERRA JUDO CHALLENGE 2023

EASTSIDER RESULTS & PICTURES



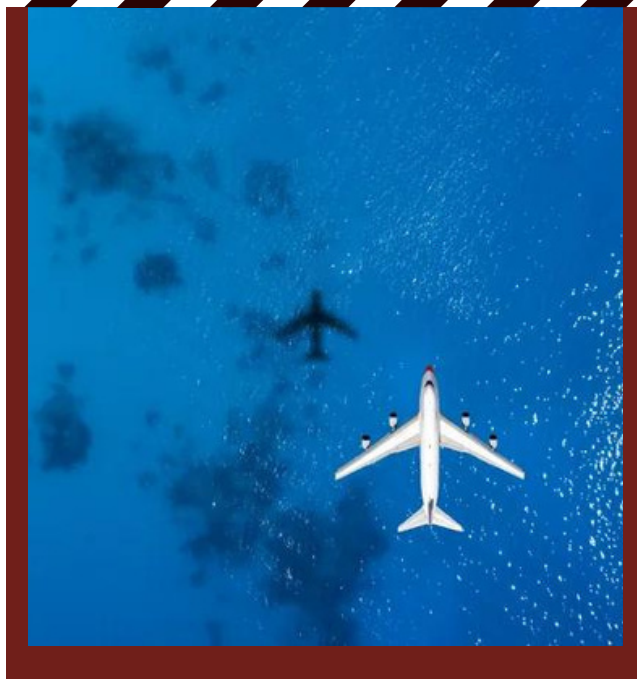
TAIHEIYŌ NO IKE O WATARU: ONKEI O UKERU YŪJIN-TACHI

CROSSING THE PACIFIC POND: FRIENDS WITH BENEFITS

BY RP TAYLOR

“Hmmm...what?” Yes, friends with benefits! Actually, when Japanese judoka visit and train in the USA, it can offer several benefits to American judo. Here are some of the advantages:

- **Exposure to High-Level Technique:** Japanese judo is renowned for its technical excellence and deep-rooted traditions. When American judoka train with Japanese counterparts, they have the opportunity to learn and refine their techniques from some of the best practitioners in the world. This exposure can elevate the overall skill level of American judo athletes.
- **Cultural Exchange:** Judo is not just a sport; it's also a martial art with a rich cultural history. Hosting Japanese judoka provides an opportunity for cultural exchange. American judo athletes can learn about the etiquette, philosophy, and values associated with judo, which can deepen their understanding and respect for the sport.
- **Competition and Sparring Partners:** Training with international-level judo athletes, such as those from Japan, provides American judoka with access to top-level sparring partners. This exposure to different styles and strategies can help them adapt to a wider range of opponents and improve their competitive performance.



- **Networking and Learning Opportunities:** Visits by Japanese judoka often involve seminars, workshops, and coaching sessions. American coaches and athletes can benefit from the knowledge and expertise shared during these events. This can lead to the adoption of new training methods, coaching techniques, and strategies.
- **Motivation and Inspiration:** Seeing and training with world-class Japanese judoka can be highly motivating and inspiring for American athletes. It can instill a sense of aspiration and drive to reach higher levels in the sport.
- **International Relations:** Hosting international athletes and teams, including those from Japan, fosters goodwill and strengthens ties between American and Japanese judo communities. This can lead to future collaborations, exchanges, and partnerships that benefit both countries' judo development.

This summer, Eastside Dojo has had the honor to host two judokas from Japan: Genki Baba and Arata Fukasawa.

continued on next page

Crossing the Pacific Pond: Friends with Benefits

GENKI BABA Japan

(Interview with Genki with a translator)

MB: Do you like America so far?

G: Yes

MB: Have you had a chance to have any judo workouts since you've been here?

G: Yes

MB: The dojo is nice, yes?

G: It is a great training facility. It has a lot of space

MB: Do you lift weights?

G: I've tried it just once.

MB: How will you be in the US?

G: 3 months

MB: Do you like American food?

G: I've only had tacos but they were good. I like noodles.

MB: You should try barbeque. How old are you?

G: 24

MB: You look so young. What is he looking forward to during the trip?

G: To spread the good news of Judo

MB: What do you hope to learn?

G: Language and cultural differences, the language is difficult but I want to give it my all.

MB: Do you want to go to the Olympics?

G: I would like to, but I am not sure.



ARATA FUKASAWA Japan

(Interview with Arata with phone translator)

MB: How long have you been in the USA?

A: I have been here for 3 months as of 9/16 as a judoka and coach.

MB: How old are you?

A: 24

MB: How long have you been doing judo?

A: 16 years, I started at 8.

MB: What do you hope to learn or accomplish at ESD?

A: It is my mission to introduce Japanese judo to ESD

MB: What is the difference between Japanese and American judo?

A: First of all, I felt that some techniques are not well established. Americans are able to throw because they have strong physical strength but Japanese people lack the physical strength so we emphasize technique. I also would like to convey Japanese judo etiquette to ESD.

MB: How long do you wish to stay here?

A: To be honest, depending on my improvement in English, I would like to coach at ESD for a long time.



U.S. OPEN

JUNIOR SENIOR VETERAN
JUDO CHAMPIONSHIPS



Eastsider Results



LINDA DERSISOGLU



**BRUNO GOLETTO
RUSSELL HOGAN**



**GENKI BABA
MADELINE SOLIS**

A big thank you to our other competitors:

Anora Khamraev,
Anmol Muricananikal,
Belen Rios

The US Judo Open Championships is an annual judo tournament that typically attracts a wide range of participants. These include elite athletes from around the world, as well as aspiring judo practitioners of all ages and skill levels.



As we said goodbye to July, seven Eastsiders, along with Head Coach Russell Hogan, traveled to the 2023 US Open Judo Championships. The tournament was held in Ft. Lauderdale, Florida, July 28 - 30. Eight competitors brought back 5 medals. Congratulations!





U.S. OPEN

JUNIOR SENIOR VETERAN
JUDO CHAMPIONSHIPS



Your support means the world so please come out!

EVENTS



27TH ANNUAL
GO SHIBATA MEMORIAL
OCTOBER 21, 2023
COLLEGE STATION, TX



KATA WORLD
CHAMPIONSHIPS
OCT 28, 2023 - OCT 29, 2023 |
ABU DHABI, UNITED ARAB EMIRATES



NOV 18, 2023 - NOV 18, 2023
IRVING, TX, USA
REGISTRATION
30 SEP - 13 NOV
POINTS EVENT



NOV 19, 2023 - NOV 19, 2023
IRVING, TX, USA
POINTS EVENT