



JASON MORRIS
JUDO
CENTER

584 SARATOGA RD. GLENVILLE, NY 12302. USA
FOUNDED: 2000

PRACTICE TIMES:
ADULT: MONDAY-FRIDAY 6:30-8:30pm
KIDS UNDER13: TUESDAY & THURSDAY 5-6pm
ALL: SATURDAY 11am-1pm

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Issue 15
November 5, 2014

Skylar Shines at Hudson Cup

North Bergen, NJ - Three Jason Morris Judo Center athletes took home medals from the 3rd Hudson Cup Judo Championships over the weekend. 2014 Burnt Hills High School grad and SCCC student, **Eric Skylar** (17) captured a gold in the 90kg Brown Belt division going 3-0 on the day. Former Burnt Hills wrestling standout, **Zeal McGrew** (22) picked up a gold in the +100kg novice category. ZcGrew placed in the wrestling states twice while at Burnt Hills. Burnt Hills 8th grader, **Tyler Michaelson** (13) closed out the JMJC medal count taking a silver in the 13-14yrs. 50kg weight class.



Aaron Cohen Gets Married!

Buffalo Grove, IL - JMJC alumni and longtime friend, Aaron Cohen married Rebecca Marton, September 20, 2014 in a beautiful ceremony at the Astoria Banquet Hall.



1988 Olympian & 2000 Olympic Coach, Steve Cohen (left), Aaron & Jason



Jason (left), Aaron & 1984 Olympic Silver Medalist & 1988 Olympian, Bob Berland



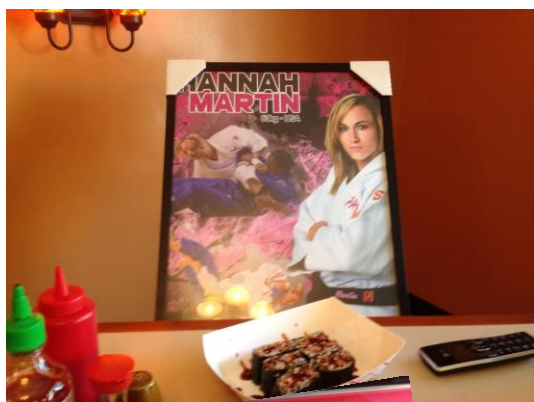
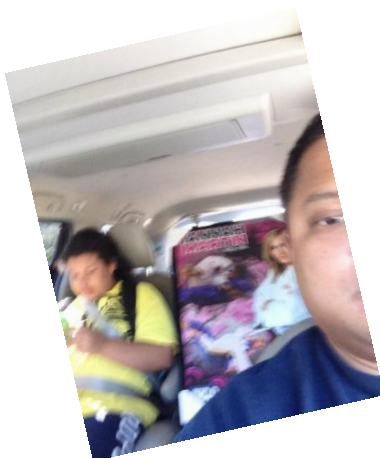
2008 Olympian, Sayaka Torra & Jason. Sayaka is married to JMJC alumni, Nat Torra



2014 US National Silver Medalist, Scott Rice (left) & Jason

Hannah on Tour!

Busy day for Hannah as she tours around Baltimore with Stu Ramos



JMJC OUTREACH



Schenectady, NY - On Friday, October 10 the Mohonasen High School hosted JMJC's **Nick Kossor** and company at their annual Homecoming Pep Rally. Kossor and JMJC teammate, **Joe Martinez** gave a 45 minutes intimate presentation to Mohonasen's "Advanced PE Class". During the presentation, the JMJC duo highlighted the importance of healthy living, exercise, and proper sports dieting as well as what it is like to be training for the Olympics and other high level competitions. Martinez and Kossor's message was well received by both

students and faculty.

Later on in the afternoon, Kossor & Martinez were joined by JMJC teammates, **Haley Meara**, **Brad Bolen**, and **Amanda Barone** for the school's pep rally. During act one of the pep rally the JMJC athletes demonstrated various judo techniques in an effort to educate the school to what judo is and bring the beauty of the sport to new audiences. Naturally, the entire school was wowed and impressed with the flashiness and excitement of judo's standing and ground techniques. After a short intermission, the JMJC was called back in front of the high school for act two. Act two of the pep rally showcased a "mock match" between Martinez and Bolen which drew cheers and praise from the crowd and sent the entire school into a craze drawing cheers of "USA! USA!" from both faculty and students. At the conclusion of the mock match, 3 members of the school's faculty were called out to learn technique and throw some of the JMJC athletes in front of the audience. The efforts of both the Mohonasen High School and the



JMJC athletes landed them a spot on the Channel 6 News that same night.



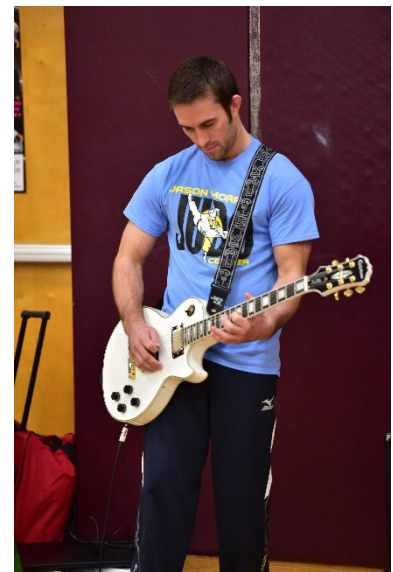
JMJC Win 32 Medals at Morris Cup



Burnt Hills, NY - The Glenville based Jason Morris Judo Center (JMJC) won 32 total medals including 17 Gold at 13th annual Morris Cup Judo Championships to win the overall team title for the sixth consecutive time and eighth overall. This was the first year for the event to be held over two days with the elite going on Saturday October 11 and the juniors competing on Sunday the 12th. The JMJC has also won titles in 2002, 2007, 2009, 2010, 2011, 2012 & 2013. The Morris Cup is an "E" level event for USA Judo as athletes can earn valuable points on the USA Judo rankings. The JMJC athletes won 7 titles in the Elite divisions starting with **Alex Turner** (21) who impressively won the 73kg title and the \$300 first prize award for winning. Also among the JMJC Elite gold medal performances where BHBL graduate, **Nick Kossor** (28) who easily won 60kg, **Brad Bolen** (25) cruised to the 66kg title, **Ashley Hejlik** (28) picked up the title at 48kg, **Maria Dhami** (19) performed well winning 52kg and this served as a great warm up for her before the Jr. Worlds in 2 weeks, **Leah Fisher** (31) captured the 70kg weight class and **Tony Sangimino** (23) dominated the 81kg division to claim his third Morris Cup title. Burnt Hills graduate, **Eric Skylar** (17) turned heads with his showing winning a staggering 6 gold medals going 20-6 over the 2 day event earning him the Rene Capo Trophy for "Most Inspirational" athlete. Skylar competed in 7 total divisions in which the only one he didn't win a medal was the 81kg Elite which JMJC teammate, Sangimino won. Burnt Hills graduate, **Paul Martin** snagged a gold in the 73kg novice division and former NFL player, **Chad Dukes** added two more gold's winning the +100kg novice and +100 masters (over 30)

divisions to add to the total gold medal count for the JMJC.

The Morris Cup, which was founded by 4x Olympian & 2008 Olympic Coach, Jason Morris and named after his father (Bernie) is hosted by Glenville's own Jason Morris Judo Center and is held at the Burnt Hills High School in Burnt Hills, NY. There were 546 total competitors from 15 states, CA, CT, GA, IL, IN, MA, MD, NH, NJ, NY, PA, RI, VA, VT, WI along with Nova Scotia, Ontario, Prince Edward Island, Quebec & Georgia. "This was overall the most successful Morris Cup in its history" Olympic Silver Medalist, Jason Morris said. "We are grateful for all our athletes, parents & volunteers as well as everyone who came this year to make it such a terrific event" Morris added.



Full results will be posted on www.realjudo.net

Special Awards:

Nicolas Gill Award (Most Outstanding Sr. Male)
Alex Turner (JMJC)

Irwin Cohen Award (Most Outstanding Sr. Female)
Carly Patton (West Point)

Jason Morris Award (Most Outstanding Jr. Male)
Ben Yankilevich (Combat Judo)

Teri Takemori Award (Most Outstanding Jr. Female)
Maria Besson (Albatros)

Dave Grimes Award (Potential & Sportsmanship)
Anatoly Fidelman (Samir Judo)

Rene Capo Trophy (Most Inspirational)
Eric Skylar (JMJC)









**SAVE THE DATE: Morris Cup XIV Judo Championships -
October 10-11, 2015**

Dhami & Hatton Ousted



Ft Lauderdale, FL - SCCC student, Maria Dhami (19) and Burnt Hills High graduate, Jack Hatton (19) developed at the Jason Morris Judo Center in Glenville, NY were eliminated in their second Jr. Worlds, Thursday, October 23 and Friday, October 24 respectively at the Broward County Convention Center in Ft. Lauderdale. Dhami lost her opening bout to Assel Kaisarova (Kazakhstan) while Hatton picked up a win against Tomas Spikermann (Argentina) before losing to Peter Zilka (Slovakia) and being eliminated. Both Dhami and Hatton have one more year of eligibility left for the U21 Jr. Worlds.



Martin 3 weeks abroad

By: Hannah Martin

"Today is a new beginning, a chance to turn your failures into achievements, and your sorrows into good. No room for excuses." – Joel Brown



As an athlete you are always comparing and competing with yourself and others. You base your whole life on your performances because that is what you live for. You wake up to train, to work towards your dreams, your goals. And when you perform horribly and don't succeed that is when the **true tests starts**. It tests your character, and it makes you question yourself and sometimes you need to take a step back and relax. (Which in my case- is the hardest part of all)

I am currently watching the Abu Dhabi Grand Slam, from home. I was supposed to go to Abu Dhabi to compete but sometimes life takes an unexpected turn. Before leaving for the Kazakhstan

Grand Prix, I injured my knee the night before I was going to hop on the plane. Of course I ignored it, I am used to having little nicks and bruises, especially in the knee department. However, the two days of travel to Astana did not help my knee one bit, and I still competed and continued to train on it without giving it any rest. I lost first round in **Astana** to the eventual Silver Medalist, Anna Bernholm from Sweden. I promised myself that I would have a better week, in **Uzbekistan** but I was ousted first round as well by Munkhzaya Tsedevsuren who ended up taking a bronze medal.

Leaving the two tournaments behind me, I continued on to Israel to train at the National Training Center. Four practices in, and I got injured. I am the type of person that always pushes myself to the very end, I am always training and I never stop and now my body is fighting back. Telling me to STOP! I think it's time for you to rest. For example, after every single tournament I literally get off the plane and go to straight to training. I love to train, I love working towards my goals.



But at times I forget that rest and recovery is an important part of training- and I always ignore that part.

I was away from home for three weeks and most of the time I spent it in Israel on the side line, but considering the circumstances I had an amazing time in Israel. I had the chance to watch how hard the men and women train. Everyone has a positive attitude, everyone works hard. The girls show up practice 30-20 minutes before judo starts. Most of their practices starts as early as 8am, and then they have a second practice in the afternoon. They lift weights as a team, eat as a team. Even though I only trained for a few days, I was already used to training two times a day, since at the Jason Morris Judo Center, we usually have **two practices a day**. I was more than able to keep up with girl's practices in Israel, which was refreshing to know that the JMJC is more than capable of getting an athlete ready for International training and international competition.



Israel is a great atmosphere and it was really nice to be part of the team while I was there. I am used to always traveling by myself, or if we do send a team to a tournament it is always small and our team is not that close because we are from all different parts of the country. The girl's took me to see Jerusalem, it was an amazing time and I hope next time when I have a chance to visit again I will be able to visit the Dead Sea!!

To be an elite athlete, it's more than just showing up to practice and going through the motions, listening to what your coach has to say. To be the *best in the world*, it truly takes pure **100% dedication** to your sport. You need a passion, a special drive. It's a unique passion. It's the one that tells you to get back up after you been thrown

down. It's the one that tells you to keep moving forward even though nobody is there to support you. **It's a drive to be more than ordinary** and that is what makes being an Olympic elite athlete special. You are willing to grind it out, and fight through the hard times. Everybody in the world is training, and everyone wants to win. Question Is, who really wants it the most?!

Young athletes come to me and tell me, "I want to be good. I want to win." I always ask them the same question, "How?" How are you going to win? What is your plan?! Without a destination, you are training with no purpose. You can't be successful without a plan and going through day to day routines.

Sitting on the sidelines in Israel, watching the former 2013 World Champion, Yarden Gerbi, train, just proves that there is no magic pill to success. It takes time, long hours and lots and lots of preparation

to become a winner. Everyone is trying to get better, which means even the World Champion needs to improve and get better. And that is all that we can do. If you want to win, if you want to succeed you must simply prepare to do it.

As I get ready for the 2015 season, I have control of how I train and prepare for these upcoming events. The better prepared I am for each tournament, the more success!



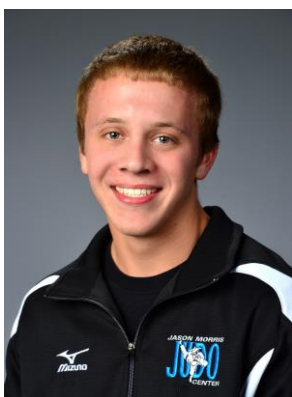
Left to right (Yarden Gerbi, Shira Rishony, Omri Kenyon, Hannah Martin)

Yarden Gerbi is 2013 World Champion, 2014 Silver World Medalist in the 63kg weight category

Alaynick, Hejlik & Meara take Bronze



Montreal, QC - Burnt Hills High graduates, **Chris Alaynick** (19) and **Haley Meara** (18) along with **Ashley Hejlik** (27) led the way for the Glenville, and NY based, Jason Morris Judo Center by all winning bronze medals at the 42nd annual Quebec Open in Montreal over the weekend. Alaynick won a bronze the first day (Saturday) in the 81kg under 21 division going 4-1 then almost reached the podium again the next day in the 81kg seniors taking 5th place losing in the bronze medal match. Meara showed much improvement to place third in the 48kg under 21 category while Ashley Hejlik picked up her first Quebec Open medal taking a bronze in 48kg going 3-1 on the day. The JMJC has now won a total of 85 medals at the Quebec Open over its 13 year history. Burnt Hills graduate **Eric Skylar** (18) who had just been promoted to Black belt turned in a terrific performance as well taking 5th place in the 81kg under 21 division and 7th place in the 81kg seniors.



DECEMBER 14th JMJC Open #16



ALERT! The Jason Morris Judo Center will be hosting its 16th in house tournament (JMJC Open) on Sunday, December 14, 2014. Everyone in the JMJC is encouraged to attend and compete as it's a terrific inexpensive way gain competition experience.

2014 Upcoming Events

- Nov. 8-9 - Ontario Open - *Toronto, Canada*
- Nov. 8-9 - African Open- *Port Louis*
- Nov. 9 - Irwin Cohen Memorial - *Chicago, IL*
- Nov. 14-16 - Oceania Open - *Australia*
- Nov. 19-21 - Qingdao Grand Prix - *Qingdao, China*
- Nov. 22 - Dallas Invitational - *Irving TX*
- Nov. 23 - National President's Cup -*Dallas, TX*
- Nov. 27-29 -Jeju Grand Prix - *Jeju, Korea*
- Dec. 5-7 -Tokyo Grand Slam - *Tokyo, Japan*
- **Dec. 14 -JMC OPEN - *Glenville, NY***

2015 Events

- Jan. 17- 18 - African Open -*Tunis*
- Feb. 7-8 - European Open - *Sofia, Bulgaria*
- Feb. 14-15 - Men's European Open - *Rome, Italy*
- Feb. 14-15 - Women's European Open - *Oberwart. Austria*
- Feb. 20-22 - Dusseldorf Grand Prix - *Dusseldorf, Germany*
- Feb. 28- 1 - Men's European Open - *Warsaw, Poland*
- Feb. 28- 1 - Women's European Open - *Prague, Czech. Republic*
- March 7-8 - Pan American Open - *Santiago de Chile, Chile*
- March 14-15 - Pan American Open - *Montevideo, Uruguay*
- March 14-15 - African Open - *Casablanca, Morocco*
- March 20-22 -Tbilisi Grand Prix - *Tbilisi, Georgia*

- March 21-22 - Pan American Open - *Buenos Aires- Argentina*
- March 27-29 - Samsun Grand Prix - *Samsun, Turkey*
- March 29 - New York Open - *New York City, NY*
- April 11-12- Scholastic Nationals - *Irving, TX*
- May 2-3 - U.S. Sr. National Championships - *Irving, TX*
- May 1-3 - Croatia Grand Prix - *Zagreb, Croatia*
- May 8-10 -Baku Grand Slam - *Baku, Azerbaijan*
- May 23-24 - Am- Can International - *Grand Island, NY*
- May 23-24 -World Masters -*TBA*
- May 30- 31 - European Open - *Bucharest, Romania*
- June 6-7- European Open - *Minsk, Belarus*
- June 12- 14 - Miami Grand Prix - *Miami, Florida*
- June 20 -21 - Budapest Grand Prix - *Budapest, Hungary*
- June 26-27 - USA Judo Jr. Olympic Championships - *Irving, TX*
- June 27- 28 - Pan American Open - *San Salvador, El Salvador*
- June 28 - USA Judo Jr. Olympic International Championships - *Irving, TX*
- July 3-5 - Ulaanbaatar Grand Prix - *Ulaanbaatar, Mongolia*
- July 9-11 JA/JF Jr. Nationals - *Indianapolis, IN*
- July 18 -19 Russian Grand Slam- *Tyumen, Russia*
- July 19 - Liberty Games - *Scotia, NY*
- July 25-26 - Asian Open - *Taipei, Taiwan*
- Aug 24-30 - World Championships Seniors and Teams - *Astana, Kazakhstan*
- Sept 25-27 - Kazakhstan Grand Prix - *Astana, Kazakhstan*
- Oct. 1-3 - Uzbekistan Grand Prix - *Tashkent, Uzbekistan*
- Oct. 10-11 - Morris Cup XIIII - *Burnt Hills, NY*
- Nov. 22 - National Presidents Cup Championships - *Irving, TX*

2016 Events

- March 5-6 -Scholastic National Championships - *Irving, TX*
- April 9- 10 - Senior National Championships - *Irving, TX*
- June 24-26 -Jr. Olympic National and International Championships -*Irving, TX*
- Nov. 20 - National President's Cup Championships - *Irving, TX*

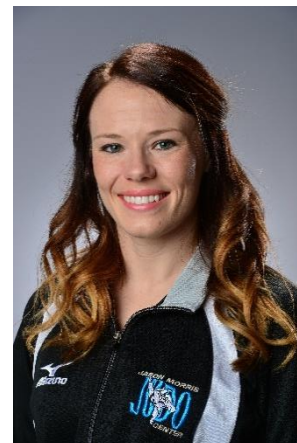
Where JMJC Athletes Stand in the Rankings

World Ranking List (WRL)



Hannah Martin

#16 Hannah Martin -63kg
#31 Brad Bolen -66kg
#38 Nick Kossor -60kg
#131 Cammi Kaichi -52kg
#139 Ashley Hejlik -48kg
#144 Maria Dhami -52kg
#166 Kyle Vashkulat -100kg
#187 Alex Turner -73kg
#226 Tony Sangimino -81g
#226 Brice Rudat -90kg



Ashley Hejlik

Sr. National Roster



Alex Turner

#1 Nick Kossor -60kg
#1 Hannah Martin -63kg
#1 Brad Bolen -66kg
#2 Maria Dhami -52kg
#2 Leah Fisher -70kg
#5 Tony Sangimino -81kg
#6 Nick Irabli - +100kg
#7 Ashley Hejlik -48kg
#8 Dave Harris -66kg
#9 Joe Martinez -60kg
#11 Haley Meara -48kg
#13 Amanda Barone -48kg
#10 Rich Connell - +100kg
#15 Alex Turner -73kg



Joe Martinez



Nick Irabli

Jr. National Roster

#1 Maria Dhami -52kg
#3 Nick Irabli - +100kg
#12 Eric Skylar - 81kg
#9 Haley Meara -48kg



Eric Skylar