



JASON MORRIS
JUDO
CENTER

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

Issue 17
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PRACTICE TIMES:
ADULT: MONDAY-FRIDAY 6:30-8:30pm
KIDS UNDER13: TUESDAY & THURSDAY 5-6pm
ALL: SATURDAY 11am-1pm
WWW.REALJUDO.NET • JASONMORRIS210@YAHOO.COM

Martin Places 7th



Tunis, Tunisia - Athletes from the Jason Morris Judo Center started out 2015 at the Tunisia World Cup. Burnt Hills High School graduate, **Hannah Martin** (26) was back after a 4 month layoff due to a knee injury placed 7th in 63kg losing only to the eventual Silver and Bronze medalists. Martin also represents the New York Athletic Club (NYAC). **Brad Bolen** (26) started with a tough draw as he was defeated in his first round by eventual 66kg champ, Kilian Le Blouch (France). Bolen is also a member of the NYAC. **Ashley Hejlik** (28) suffered the same fate as Bolen as she lost her opening match to eventual 48kg bronze medalist, Reka Pupp (Hungary). "Some difficult draws for the kids, but a

tremendous learning experience for them" Coach and 4x Olympian, Jason Morris said. "They picked up some important info as to where they are and what they need to improve upon" Morris added.



ERIC SKYLAR FEATURED IN *GROWING JUDO*

JMJC's Eric Skylar featured in the Dec/Jan Issue of USJA's *Growing Judo*

[Download it now!](#)



JMJC OUTREACH

Glens Falls, NY - The Jason Morris Judo Center continued its outreach to the local community as we set up a booth at the Section 2 wrestling championships at the Glens Falls Civic center February 14, 2015. JMJC supporters and Jason himself spent the day greeting the area's best wrestlers and letting them know about Judo and how beneficial it can be for wrestling. Morris enjoyed quite a bit of success in High School wrestling as he posted a 98-4 overall record for his 3 years on the the Burnt Hills High Wrestling team which included 2 State titles, 2 Section II titles and 3 Class A championships. Morris earned a full scholarship to Syracuse University where he earned All-American status taking 5th at the NCAA Division 1 Nationals





Congratulations to athletes who train at the Jason Morris Judo Center, Kiernan Shanahan and Trent Svingala for their success in the Section 2 High School Wrestling Championships over the weekend. Trent Svingala who wrestles for Columbia High School took 5th in the 106lbs. weight class as an 8th grader. Trent's record to finish the season was an impressive 33-5. Shanahan, also an 8th grader who wrestles for Shenendehowa took a silver making it all the way to the final losing 5-0 coincidentally to Trent's Columbia High teammate, John Devine. Shanahan posted a 16-5 record on the season. The winner of each weight class at the section 2 event gets an automatic bid to the State Championships Albany, NY.



JMJC demonstrate Judo at local School

Voorheesville, NY - February 18, 2015, various grade school students in the capital region were given a break from their educational responsibilities. The Voorheesville Public Library decided to make use of the

“February Recess Week” in an effort to keep the young minds of tomorrow engaged and excited about learning. Gail Brown and the rest of the Voorheesville Public Library staff decided to invite the Jason Morris Judo Center to their facility for a special judo demonstration and motivational talk. Representing the JMJC were 4x World team member, **Nick Kossor** (NYAC) & **Amanda Barone**.

The presentation was for grades 2 and up and a wide age range of students were in attendance, in addition to parents from around the community. The Kossor & Barone duo are seasoned veterans to jobs like this. Most recently they (along with other JMJC athletes) did a judo demo during the Mohonasen High School Pep Rally.

As usual, Kossor and Barone put on a terrific show. With the time they were given they demonstrated various judo techniques in both standing and on the ground, discussed the importance of healthy

living and hard work, and the importance of always putting your best foot forward to represent yourself in a positive image. Their message was well received and sparked applause and cheers throughout the crowd. As a reward for being such a good audience, Kossor and Barone let the attending children throw them once each with ouchi-



gari. In a truly heartwarming display, many of the children came up to Kossor & Barone after the presentation for hugs and autographs. Job well done.

The JMJC is always available and happy to participate in events like this. We are always putting our best foot forward to show the sport and benefits of judo to new audiences.



JMJC Athletes **Shine**

Glenville, NY - Over 75 athletes from all over the Northeast attended the 17th JMJC Open developmental event hosted by the Jason Morris Judo Center over the weekend



(Saturday, Feb. 28). The event is geared toward developing athletes by getting them more matches in a relaxed fun environment to feel comfortable competing. This addition featured some of JMJC's top local athletes including, Brad Bolen (NYAC), Chad Dukes, Ashley Hejlik, Tony Sangimino, Burnt Hills High School students, Quentin Cook (sophomore), Nick Irabli (Senior) & Mitch Paltiel (sophomore), Burnt Hills High graduates, Chris Alaynick, Hannah Martin (NYAC) & Eric Skylar, Schuylerville High's, Aiden Cocozzo (freshman) and Shenendehowa 8th grader, Kiernan Shanahan. The event included competition for kids as young as 4 years old to those in their 40's. The JMJC Opens are the brainchild of USA Judo legends, Teri Takemori and 4x Olympian & NYAC Hall of Famer, Jason Morris.



Photos: Lou DiGesare/realjudo.net

JMJC's **Tony Sangimino** (white) gets his move called "rock bottom"



Kiernan Shanahan executing a nice harai



Alexa Michaelson (white) battles **Tony Leggiero**



1980 World Bronze Medalist, **Mary Lewis** pays a visit. Mary and Jason were teammates at the Guilderland Judo Club for about 8 years.

JMJC's **Nico Cimmino** attacks with osoto



JMJC's **Chris Alaynick** (white) throws with uchimata





Randi works on the Morris family trademark "sticker" throwing her twin sister **Dani** with the assistance of JMJC's **Hannah Martin**

JMJC's **Eric Skylar** (blue)



JMJC's **Brad Bolen** (blue)

Hannah Martin Clinic

On March 1st – Hannah was invited to the **Niagara Falls Judo Center** in Canada for the second time to put on a clinic! With the help of teammate Quentin Cook the seminar was a huge success!



JMJC Athlete Profile:

CHRIS ALAYNICK

Age: 19

Years in Judo: 12

JMJC member since: 2014



1. Favorite Technique? *One-Handed Taio*

2. What Superhero would you be and why?
"ARROW", because he fights crime with a bow and arrow and it has five stars on Netflix.

3. Favorite Competition moment?
Making it to the semi of the Quebec Open. That was my first international tournament and I fought pretty well that day.

4. Who is your role model and why?
Jason Morris. He always gives me a clear direction of where I need to go.

5. Who is your favorite Judo Player? Male and Female.
Shohei Ono (JPN) and Hannah Martin (USA)

6. What is the "Chris Alaynick" Theme song?
Maybe "The Fighter" by Gym Class Heroes

7. If you were stranded on a desert island what 3 things would you bring?
Reeses, Playboys, Gatorade and some sunglasses
8. What are your 2015 Goals?
Make the Junior World Team and Medal at Senior Nationals
9. If you were jumping out of a plane who would you want to pack your parachute from the JMJC?
Peter Stanley Who wouldn't you? Eric Skylar
10. What is your favorite thing about training at the Jason Morris Judo Center?
The attention to detail to make you a champion

*****NEW*****

JMJC Personalized Jr. Competition team back patches.

1 for \$25

2 for \$40

SAMPLE back patch





**U.S.A. - Memorial Day Weekend
May 23rd & 24th, 2015**

**Visit Niagara Falls!
Only 5 Minutes Away!**

National Referee Certification Testing Site & Rules Clinic

Saturday Evening Parents & Coaches Reception

Participated in 2014:
U.S.A. - 18 States
Canada - 3 Provinces
United Kingdom
Puerto Rico
Nigeria
Russia

**43rd Annual
AM-CAN
INTERNATIONAL JUDO CHALLENGE**

**Free!
Jason Morris
Competitor
Training Clinic
Friday Evening**

Tournament Site:
Niagara University
Gallagher Center
5795 Lewiston Rd,
Niagara Univ, NY 14109

Headquarters Hotel:
Byblos Niagara Resort & Spa
100 Whitehaven Rd.
Grand Island, NY 14072
(716) 773-1111

**Reserve Your
Rooms Early!**

Niagara University, New York ♦ USA

Daniel Sone
Photography

**JUNIOR, SENIOR & MASTERS
WORLD CLASS JUDO COMPETITION**

Entry Fees:

By May 10th, 2015

On-line - \$65 / Mail-in: \$75

After May 10th:

Mail-in/Walk-in: \$85

On-Line thru May 20th - \$75

All Extra Divisions - \$25.00

***On-Line Registration
Begins February 1st!***

For More Information:

www.AMCANjudo.org

info@amcanjudo.org

585-797-5254



A Non-profit Development Tournament



2015 Events

- March 7-8 - Pan American Open - *Santiago, Chile*
- March 8 - Pedro's Challenge - *Wakefield, Massachusetts*
- March 14-15 - Pan American Open - *Montevideo, Uruguay*
- March 20-22 -IJF Grand Prix - *Tbilisi, Georgia*
- March 21-22 - Pan American Open - *Buenos Aires, Argentina*
- March 27-29 - IJF Grand Prix - *Samsun, Turkey*
- March 28 - Liberty Bell Judo Classic - *Philadelphia, PA*
- 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 - IJF Grand Prix - *Zagreb, Croatia*
- May 8-10 - IJF Grand Slam - *Baku, Azerbaijan*
- May 23-24 - Am- Can International - *Grand Island, NY*
- May 23-24 -World Masters -*Morocco*
- May 30- 31 - European Open - *Bucharest, Romania*
- June 6-7- European Open - *Minsk, Belarus*
- June 20 -21 - IJF Grand Prix - *Budapest, Hungary*
- June 26-28 -Jr. Olympic Championships - *Irving, TX*
- June 27- 28 - Pan American Open - *San Salvador, El Salvador*
- July 3-5 - IJF Grand Prix - *Ulaanbaatar, Mongolia*
- July 9-11 -JA/JF Jr. Nationals - *Indianapolis, IN*
- July 11-14 - Pan American Games -*Toronto, Canada*
- July 18 -19 - IJF Grand Slam- *Tyumen, Russia*
- July 19 - Liberty Games - *Scotia, NY*
- July 25-26 - Asian Open - *Taipei, Taiwan*



- Aug 24-30 - World Championships- *Astana, Kazakhstan*
- Oct. 1-3 - IJF Grand Prix - *Tashkent, Uzbekistan*
- Oct. 10-11 - Morris Cup XIV - *Burnt Hills, NY*
- Oct. 10 -11 - Men's European Open - *Glasgow, Great Britain*
- Oct. 10 - 11 - Women's European Open - *Lisbon, Portugal*
- Oct. 17 -18 - IJF Grand Slam - *Paris, France*
- Oct. 23- 27 - Junior World Championships - *Abu Dhabi, UAE*
- Oct. 30 -31 - IJF Grand Slam - *Abu Dhabi, UAE*
- Oct. 31- Nov 1 - Quebec Open - *Montreal, Canada*
- Nov. 7-8 - Ontario Open - *Toronto, Canada*
- Nov. 7-8 -African Open - *Port Louis, MRI*
- Nov. 13-14 - Oceanic Open - *Wollongong, Australia*
- Nov. 15 - 3rd Irwin Cohen Memorial - *Chicago, IL*
- Nov. 20 -22 - IJF Grand Prix - *Quindao, China*
- Nov. 22 -Presidents Cup Championships - *Irving, TX*
- Nov. 26-28 - IJF Grand Prix - *TBA, Korea*
- Dec. 4-6 - IJF Grand Slam -*Tokyo, Japan*



2016 Events

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

Where the JMJC Athletes stand in the Rankings

World Ranking List (WRL)



Ashley Hejlik

- #16 Hannah Martin -63kg
- #37 Brad Bolen -66kg
- #46 Nick Kossor -60kg
- #82 Ashley Hejlik -48kg
- #131 Cammi Kaichi -52kg
- #155 Maria Dhami -52kg
- #165 Kyle Vashkulat -100kg
- #186 Alex Turner -73kg
- #222 Brice Rudat -90kg
- #234 Tony Sangimino -81g



Amanda Barone

Sr. National Roster



Alex Turner

- #1 Brad Bolen -66kg
- #2 Ashley Hejlik -48kg
- #2 Nick Kossor -60kg
- #2 Hannah Martin -63kg
- #3 Maria Dhami -52kg
- #4 Leah Fisher -70kg
- #5 Dave Harris -66kg
- #5 Tony Sangimino -81kg
- #9 Nick Irabli - +100kg
- #12 Haley Meara -48kg
- #13 Amanda Barone -48kg
- #14 Rich Connell - +100kg
- #18 Alex Turner -73kg



Dave Harris



Maria Dhami

Jr. National Roster

- #1 Maria Dhami -52kg
- #2 Nick Irabli - +100kg
- #6 Haley Meara -48kg



Nick Irabli