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ALL: SATURDAY 11am-1pm
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Issue 21
March 2016

MARTIN “MOST OUTSTANDING”



Patterson, NJ – December 12, 2015 - Burnt Hills High school graduate, **Hannah Martin** (27) from the Jason Morris Judo Center in Glenville, NY shined at the 17th annual Northeastern Judo Championships over the weekend. Martin, who has been traveling the world on the International Judo Federation tour is back in town prepping for her final Olympic push decided to get some matches in and went 4-0 on the day to claim the women's grand championship along with picking up the \$250 prize. Martin was also named "Most Outstanding Competitor" for the event. Martin's teammate **Zach Judy** (22) continues to improve as he took a silver medal in the 66kg weight class.



Nick Kossor, Brad Bolen, and Ruslan “Zurg” Izerkin spent the day in Albany, NY at the Hannaford KizExpo to showcase Judo and how it can be beneficial and fun for young kids.





MARTIN IN SWEDEN

Robin Pacek (SWE), **Hannah Martin**, 2012 Olympian, **Hilde Drexler** (AUT), 2013 World Bronze Medalist **Myriam Roper** (GER), #9 on the World Ranking List **Martin Pacek** (SWE), 2000 Olympic Champion **Mark Huizinga** (NED)

Hannah Martin was invited to be a guest instructor in Sweden on January 2-3, 2016. Martin worked alongside 2000 Olympic Champion, **Mark Huizinga** (NED), European Champion and Teddy Riner's former coach, **Benoit Campargue** (FRA), **Myriam Roper** (GER) and **Hilde Drexler** (AUT) and the Swedish brothers, **Martin and Robin Pacek** for two days. Sweden holds this World Training Camp in the beginning of every year, and they invite athletes from around the world to share their expertise to young and old. This camp has over 200 participants and keeps growing every single year. "It was an amazing experience, I love giving back to the sport, and I love teaching and inspiring young and old. It's a great feeling to make relationships with people around the world through sport." Martin stated.



Martin was invited to be a guest instructor again next year in January 2017.



Mark Huizinga and Hannah Martin



Hilde Drexler, Myriam Roper, Benoit Campargue.
Hannah Martin

Bolen Clinic in Westchester



Brad Bolen continued to the JMJC outreach as he was invited to the San Yama Bushi dojo in Westchester, NY, February 20, 2016. Bolen showed various JMJC staple techniques including his trademark "Bolen Arrow" series of chokes.

New London County Judo Clinic



Montville, CT -
Brad Bolen (27) and **Zach Judy** (23) put on a clinic at Judy's longtime original club, New London County Judo Club February 27, 2016. Owners, Sharon Hunt and Ron Egnor have been JMJC friends for many years and have raised thousands for Jason Morris himself and his students throughout the years. New London Judo has been around for a remarkable 45 years.



Photo Credit: Stephane Bonnett

Paris Grand Slam (European Tour Update)

Hannah Martin (27) competed at the prestigious Paris Grand Slam on February 7, 2016. This is Martin's 6th time competing at the French Open. Martin ended up going 1-1, beating Helene Wenzel Dombeu of Cameroon first round by a yuko, and then falling to the eventual Gold Medal winner, Clarisse Agbegnenou of France. Martin gained a valuable 60 points that goes towards the Olympic Qualification for Rio. After the competition Martin took part in the 3 day international training camp, and then moved on to Rome, Italy where she went 0-1. She had to cut her European Tour short and fly back to the USA to

get a minor surgery done on her knee- so she was forced to pull out of the Dusseldorf Grand Prix and the training camp. Surgery went well, and Martin should be returning to competition by the end of March. Before Hannah's European tour she was featured on News Channel 6 "Upstate Sports Edge" with newscaster, Kelly O'donnell, where she had the opportunity to sit down and chat about her upcoming European Tour and her 2016 Olympic Run.

Check it out: <http://cbs6albany.com/beyond-the-games-hannah-martin>



Michaelson Shines



Wakefield, MA - Burnt Hills High School Freshman, **Tyler Michaelson** (14) led the way for the Jason Morris Judo Center on February 13, 2016 taking 2 medals at the 11th Annual Pedro's Judo Challenge in Wakefield, MA. Michaelson went 6-0 to capture a gold in the 13-14yr. 58kg division along with going 4-2 to claim a silver in the 13-14yrs. 65kg category. Burnt Hills graduate, **Eric Skylar** (19) turned in a very good performance winning a gold in the 90kg under21 division then placed fifth in the men's elite 90kg weigh class. Burnt Hills Junior, **Ruslan "Zurg" Izerkin** (16) continues to improve picking up a silver in the 15-16yrs. 66kg division. Burnt Hills Junior, **Quentin Cook** (17) also won a silver, but in the 66kg under21 category. Burnt Hills Junior, **Mitch Paltiel** (16) joined his classmates on the podium taking a bronze medal in the 15-16yrs. 81kg weight class to close out the JMJC medal count. While his teammates were in Wakefield, JMJC's **Kiernan Shanahan** (14) won the 126lbs. section 2 wrestling title at the Glens Falls civic center becoming the fourth JMJC athlete to accomplish that, Joining Nick Kelly, Jack Hatton and Kiernan's coach Jason Morris.



Top L to R: Pete Stanley, Quentin Cook, Alex Turner, Eric Skylar, Kell Berliner
Bottom L to R: Ruslan "Zurg" Izerkin, Tyler Michaelson, Mitch Paltial, Zach Judy, Brad Bolen, Paul Martin, Amanda Barone, Alexa Michaelson.



Jason in Gainesville

Gainesville club as Hannah Martin was the first to run a clinic for them on September 18, 2015. "It was an absolute honor and pleasure to be hosted by sensei, Chapman and his club" 4x Olympian, Morris commented.

Gainesville, FL - Jason Morris was invited to do a seminar at the USJA Club, Chikarakogeki, run by Ron Chapman February 20, 2016. This was the second JMJC member to to be hosted at the



Rivers in New Zealand

Continent. While Rivers was in Christchurch, New Zealand he looked in the local phone book for a Judo club and called the Christchurch Judo Club. Rivers ended up speaking to the head coach there, Graeme Spinks who had competed against JMJC's Jason Morris many years ago. Rivers ended up being able to train at the NZL club a couple times during his stay. That is a great example of how cool Judo is in the fact you can go anywhere in the world and get a workout and meet new people and in River's case train with an old competitor of his home coach.

JMJC's **Mike Rivers** is a Staff Sergeant with Scotia's 109th Airlift Wing. He went to Antarctica in support Operation Deep Freeze. The 109th's mission in Antarctica is to support The National Science Foundation by flying Cargo and Personnel throughout the continent. The South Pole Station relies on the 109th's Ski Equipped C-130's to fly in enough fuel for the long winter that is coming. The 109th also provides emergency medical evacuation through the Antarctic

Skylar Qualifies for Jr. Pan Ams



Irving, TX - March 5-6, 2016 - Burnt Hills High School graduate, **Eric Skylar** (19) from the Glenville based Jason Morris Judo Center (JMJC) captured a Gold medal at the Scholastic National Judo Championships at the Irving Convention Center posting a 4-0 record on in the 90kg under21 category. This event also served as the trials for the Jr. Pan Am Championships in Buenos Aires, Argentina July 1-4, 2016. This was Skylar's first trip to the podium here, as well as qualifying for the Jr. Pan Ams for the first time. Skylar's gold gives the JMJC its 30th Scholastic Nationals medalist and its 11th Jr. Pan Am team member in its 15 year history. **Mitch Paltiel** went 1-2 in the 81kg under18 division and **Will Chery** was 0-2 in the 90kg

under21 weight class to close out the JMJC participation at the Scholastics. "Eric has come a very long way in the 3 years he has been with us" commented his coach and 4x Olympian, Jason Morris. "He has improved consistently over that period of time and can go much further if he stays the course" Morris added.



JMJC Shine in Durham



Durham, NH - Glenville, NY based Jason Morris Judo Center members all took gold medals at the Wildcat Open, March 5, 2016 in New Hampshire. **Kell Berliner** (22) was a double gold winner picking up titles in the 81kg weight class as well as the 81kg newaza (mat work only) division going 9-1 on the day. **Zach Judy** (23) captured a gold in the 66kg category posting a 4-0 record while Burnt Hills High School freshman, **Tyler Michaelson** (14) won a gold in the 13-14yrs. 60kg division. Burnt Hills 8th grader, **Alexa Michaelson** (13) claimed a gold in the 13-16yrs. 48kg weight class to close out the JMJC medal count.

Cook & George Ousted

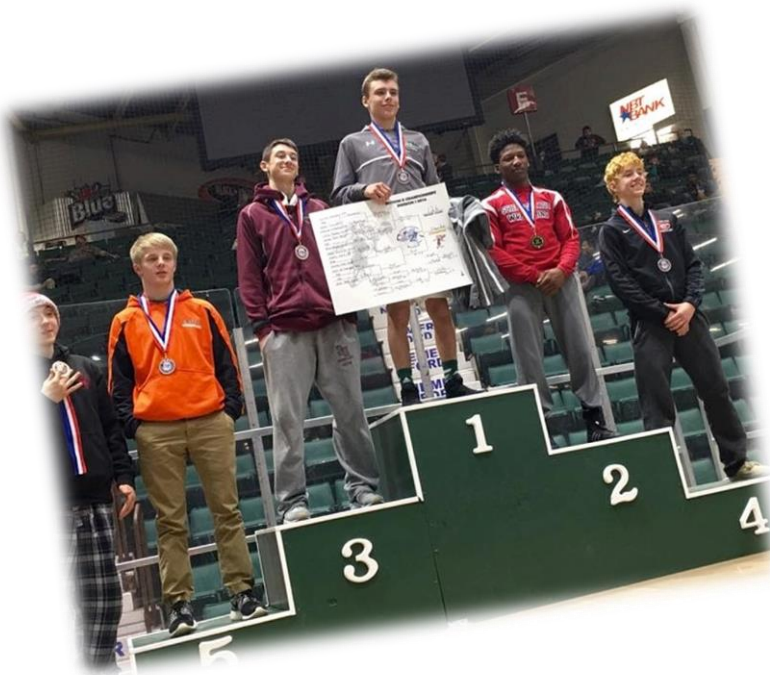


Lima, Peru - Burnt Hills High School Junior, **Quentin Cook** (17) and **Chris George** (32) from the Jason Morris Judo Center both lost their opening round matches March 5-6, 2016 at the International Judo Federations World Cup in Peru. Cook was competing in his third ever world cup in 66kg, lost to tour veteran, Ken Van Gansbeke (Belgium) and was eliminated from contention. George who is from Trinidad & Tobago got tripped up by American #1, Ajax Tadehara. Cook and George will stay on for the week at the training camp in Lima then

move on to Buenos Aires, Argentina for the World Cup there.

SUCCESSFUL SEASON FOR SHANAHAN

Jason Morris Judo Center's **Kiernan Shanahan** (15) turned in another terrific wrestling season for the Shenendehowa Plainsmen. Shanahan posted a 43-8 record on the year including winning the 126lbs. Section 2 title at the Glens Falls civic center. Shanahan qualified for the state tournament held at the Times Union Center in Albany and went 1-2 as a 9th grader. Kiernan's record last year was 16-5 making his career totals 59-13. The JMJC has now had 11 section 2 wrestling champs



Judo Program at Mohonasen High School Excels

It has been 3 months since the turn of the New Year, and the JMJC has been busier than ever. Our competitors are winning medals all over the country and all over the world. Classes are growing with new students while current students continue their judo education. Community outreach efforts are constantly exposing judo to new audiences as well. For two and a half weeks in January, the JMJC broke ground in a demographic that has been explored by only a few others nationwide... the high school curriculum.

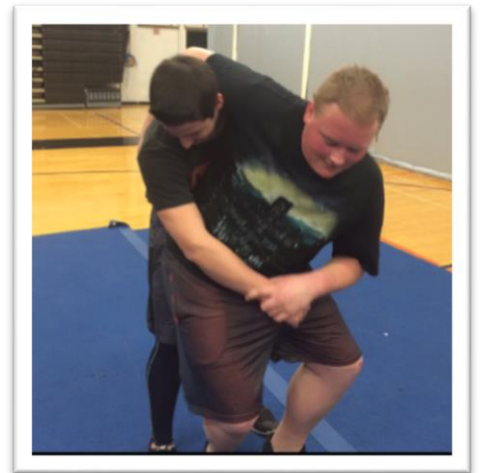


JMJC judoka, **Nick Kossor** taught judo at the Mohonasen High School from Jan 4th - Jan 22nd during the school's regularly scheduled Phys. Ed time. Mohan students were beyond enthusiastic about the experience. The buzz throughout the school was "JUDO" as students, teachers, and administrators all talked about it in the halls, the student council, and professional development meetings. The program was so effective and run so efficiently, that Mohonasen Athletic Director Matt Stein personally endorsed it, and suggested other schools hire Kossor to teach judo at their respective schools.

The program was funded by the "Mohonasen Foundation for Excellence" (a foundation that Kossor's friend Diane Blinn made him aware of). Under the guidance of Blinn, they created a grant proposal that explained how judo is universally beneficial for all participants. Specifically, how judo helps increase body coordination, builds self-confidence, teaches how to fall safely, and is an overall healthy workout.

The efforts of the program even caught the attention of local news station CBS6 Albany. Kelly O'donnell of the "Upstate Sports Edge" filmed one of the classes, interviewed students, and had Kossor on for a one-on-one segment about the program. By the end of the unit at Mohonasen, students had learned newaza, tachiwaza, throws, chokes, pins, ukemi, fun judo games, and were shown how big judo is worldwide. The last day of class, students were able to watch the Cuba Grand Prix LIVE on a projector in the gym while practicing. Feedback from all participants were beyond positive.

The JMJC and Kossor have only just begun to break into the daily high school curriculum. Since January, many other schools have expressed interest in implementing a judo program on their home turf while Mohonasen has started the process necessary to repeat the unit again next year.





Link to the interview:



<http://cbs6albany.com/sports/content/beyond-the-games-nick-kossor>

JMJC OUTREACH at Section II Wrestling



Jason with Section 2 legend, Coach, Joe Bena

Glens Falls, NY - The Jason Morris Judo Center continued its outreach to the local community as we set up a booth for second straight year at the Section 2 wrestling championships at the Glens Falls Civic center February 13, 2016. 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

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. 5x World Team Member, Nick Kossor was on hand to help promote the great sport of Judo.



JMJC in the MEDIA

The Post-Star, Glens Falls, N.Y.
Wednesday, December 9, 2015

LOCAL SPORTS NEWS

La Plant leads way on all-state team

Queensbury's Brittany La Plant was named to the Class A first team for the third straight year this week as the all-state girls soccer team was announced.

The team is presented by the New York State Sports-writers Association and the New York State Sportswriters and Coaches Organization for Girls Sports. Jordyn Haynes of Hoosick Falls was named first team in Class B.

Ya Ya VarnNess of Saratoga was named to the second team in Class AA. Gabrielle Kreppin of South High earned a third-team selection in Class A and Demi Stockman of Fort Ann was named to the third team in Class D.

In Class C, Suzie Frisch of Cambridge named to the third team, Carly Vreugde of Lake George made the fourth team and Abbie Seamans of Bolton-Warrensburg was selected to the fifth team.

Olympic prospect wins judo tourney

GLENNVILLE ♦ A Burnt Hills High School graduate and top Olympic prospect Hannah Martin, 27, from the Jason Morris Judo Center, shined at the 17th annual Northeastern Judo Championships held over the weekend in Paterson, New Jersey.

Martin is ranked No. 1 in the country in her division, 57 kilograms (125 pounds). She has been traveling the world on the International Judo Federation tour and is back in town prepping for her final Olympic push.

She decided to get some matches in and went 4-0 on the day to claim the women's grand championship. Martin was also named "Most Outstanding Competitor" for the event.

Martin's teammate Zach Judy, 22, continues to improve as he took a silver medal in the 66kg (146 pounds) weight class.



JUDO CENTER
AFTER SCHOOL PROGRAM 399-3936
ALSO AVAILABLE www.realjudo.net

PHOTO PROVIDED

Hannah Martin of Burnt Hills, who trains with the Jason Morris Judo Center in Glenville, won her division at the Northeastern Judo Championships this past weekend. Martin is ranked No. 1 in the U.S. at her weight and is a top Olympic prospect.

B8 | SUNDAY, FEBRUARY 7, 2016

SPORTS

HIGH SCHOOL WRESTLING



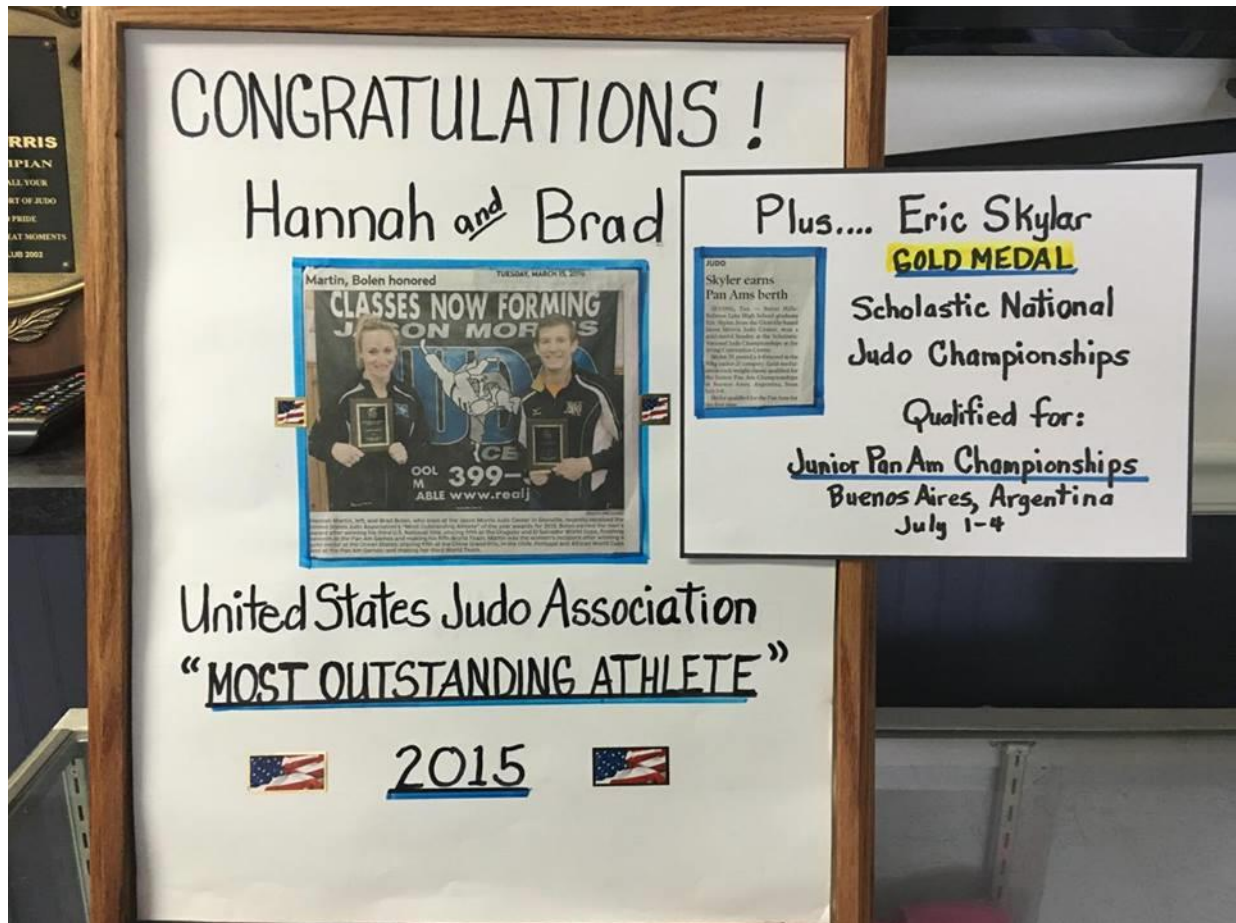
Photos by Eric Jenks / Special to the Times Union

Shenendehowa sophomore Kiernan Shanahan, right, goes against Schenectady's Josh Reed during the 126-pound final at the Class A championships in Ballston Spa on Saturday. Shanahan won by decision, 12-5.

Q&A with Hannah Martin on JudoCrazy.com

<http://www.judocrazy.com/2016/03/q-with-hannah-martin-usa-63kg.html>

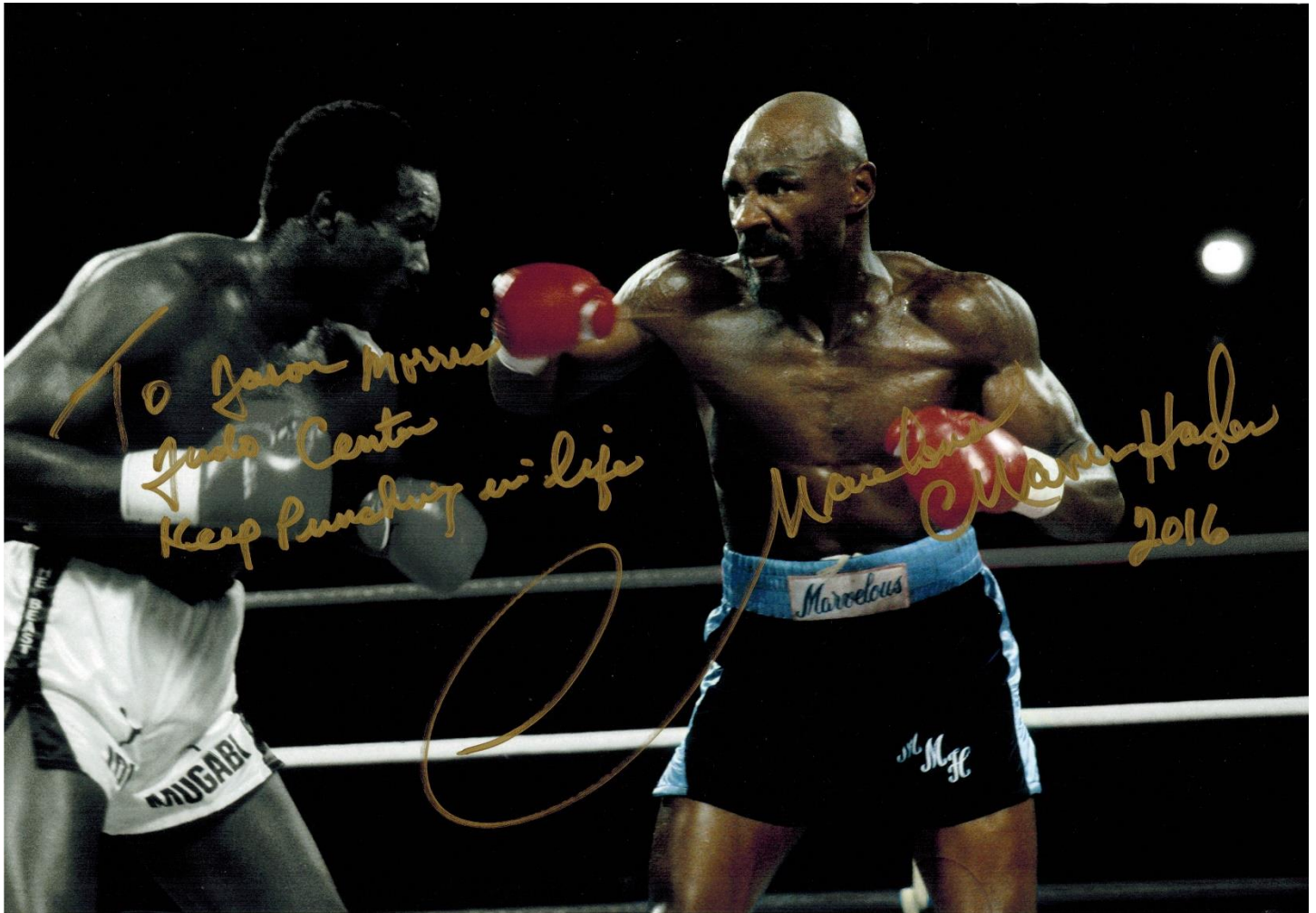




Read about ERIC SKYLAR in the Saratoga Today

<http://saratogatodaynewspaper.com/index.php/today-in-saratoga/sports/item/5165-burnt-hills-grad-qualifies-for-jr-pan-am-s>

JMJC Celebrity Fan Club



Marvin Hagler, Undisputed World Middleweight Champion from 1980 to 1987.

www.marvelousmarvin.com



Hard Rock band, **Black n' Blue** are fans of the JMJC!



Hard Rock Act, **Stryper** is an American band from Orange County, CA. The group's lineup consists of **Michael Sweet** (lead vocals, guitar), **Oz Fox** (guitar), **Tim Gaines** (bass guitar), and **Robert Sweet** (drums) gives the JMJC some Heavy Metal Love.

Rocker, **Robin McAuley**, rocking a JMJC t-shirt at the "RAIDING THE ROCK VAULT" show which is "The Story of Classic Rock," comprised of members from some of the greatest rock bands in history.



Thank you
Jason Morris

You guys
ROCK!!

Robin McAuley

Narrated, sung and acted along with compelling imagery including historical footage, "RAIDING THE ROCK VAULT" transports the audience back to a magical musical journey from 1960 to 1990, with classic anthems from The Rolling Stones, The Who, The Doors, Led Zeppelin, Jimi Hendrix, The Eagles, Queen, AC/DC, Deep Purple, Van Halen, Journey, Heart, Free, Aerosmith and more, truly boasting "The Greatest Set List Ever."

"RAIDING THE ROCK VAULT" features timeless gems translated on stage live and loud by an all-star band comprised of Howard Leese [Guitar] (Heart, Bad Company), Doug Aldrich [Guitar] (Whitesnake), Robin McAuley [Lead Vocals] (MSG, Survivor), Paul Shortino [Vocals] (Rough Cutt, Quiet Riot), Jay Schellen [Drums] (Hurricane, Asia), Andrew Freeman [Lead Vocals and Guitars] (Lynch Mob, The Offspring), Hugh McDonald [Bass] (Bon Jovi, Ringo Starr), Michael T. Ross [Keyboards] (Lita Ford, Hardline, Angel), Mark Boals [Lead Vocals, Bass] (Dokken, Ted Nugent, Yngwie Malmsteen), Stephanie Calvert [Lead Vocals] (Starship), Carolyn Liddle [Lead Vocals] (Masters of Rock).

**Tennis
Star, Ana
Ivanovic
send the
JMJC her
best
wishes.**





Hard Rock Act, *Honeymoon Suite* gives the JMJC a shout out!

Bolen & Martin Named Top Judo Athletes



Merrick, NY - Jason Morris Judo Center athletes **Brad Bolen** (27) and **Hannah Martin** (27) both recently received United States Judo Association's (USJA) "Most Outstanding Athlete" of the year award for 2015. Bolen was named for the men winning his 3rd US National title, taking 5th at the Uruguay and El Salvador World Cups, and taking 7th at the Pan Am Games along with making his 5th World Team. Martin was the best on the women's side taking Gold at the Ocean States, 5th at the China Grand Prix, 5th in the Chile, Portugal and African World Cups, 5th at the Pan Am Games, 7th at the Mongolia Grand Prix and making her third World team. "They have put together pretty remarkable careers here." commented their coach and 4x Olympian, Jason Morris, speaking of Bolen and Martin. Morris who retired after his last Olympic appearance in Sydney has also been a multiple USJA award winner for "Most Outstanding Male Competitor" during his playing days. This serves as the first time Bolen and Martin have received this honor.

Mark Your Calendar!

U.S.A. Memorial Day Weekend
Saturday, May 28th, 2016

**World Class Judo & Kata Competition
Junior, Youth, Senior & Masters**

New this Year!
Kata Competition

Friday, May 27th @ 5pm
Registration 3-4pm

**National
Referee
Certification
Testing Site &
Rules Clinic**

**ON-LINE
REGISTRATION**

www.amcanjudo.org

**Begins:
March 1st,
2016**

Photography by
C.H. Halporn

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A Non-Profit Development Tournament

Design: ROH

2016 Events



- March 26-27 – Tbilisi Grand Prix – *Tbilisi, Georgia*
- April 1-3 – Samsun Grand Prix – *Samsun, Turkey*
- **April 9- 10 – Senior National Championships – *Irving, TX***
- April 29-30 – Pan American Championships – *Havana, Cuba*
- **April 30 – Liberty Bell Judo Classic – *Philadelphia, PA***
- May 6-8 – Baku Grand Slam – *Baku, Azerbaijan*
- May 13-16 – Almaty Grand Prix – *Almaty, Kazakhstan*
- **May 14 – Ocean State International – *Providence, RI***
- **May 28 – Am- Can International Judo Challenge – *Niagara Falls, NY***
- May 28-29- IJF World Masters- *Guadalajara, Mexico*

END OF OLYMPIC QUALIFICATION PERIOD

- June 4-6 – European Open – *Madrid, Spain*
- June 11-12 – European Open – *Talin, Estonia*
- **June 24-26 – Jr. Olympics – *Irving, TX***
- June 25-26 – Budapest Grand Prix – *Budapest, Hungary*
- July 1-3 – Ulaanbaatar Grand Prix – *Ulaanbaatar, Mongolia*
- July 16-17 – Russia Grand Slam- *Tyumen, Russia*
- **August 6-12 – Olympic Games – *Rio de Janeiro, Brazil***
- September 4-5 – Asian Open – *Taipei, Taiwan*
- October 6-8 – Tashkent Grand Prix – *Tashkent, Uzbekistan*
- **October 8-9 – Morris Cup XV – *Burnt Hills, NY***
- October 16-18 – Men's European Open – *Lisbon, Portugal*
- October 16-18 – Women's European Open, *Glasgow, Great Britain*
- November 6-7 – Abu Dhabi Grand Slam – *Abu Dhabi, U.A.E.*
- November 12 -13 – African Open – *Port Louis, Mauritius*
- November 18-20 – Qingdao Grand Prix – *Qingdao, China*
- **November 20 – President's Cup – *Irving, TX***
- November 24-26 – Jeju Grand Prix – *Jeju, Korea*
- December 2-4 – Japan Grand Slam, *Tokyo, Japan*

