



JASON MORRIS
JUDO
CENTER
GLENVILLE • NY

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Irabli, Shanahan & Valentin Win Gold

Paterson, NJ - Athletes from the Glenville, NY based Jason Morris Judo Center won 10 total medals at the 15th annual Northeastern Judo Championships December 8, 2013. Kiernan Shanahan (13) led the

way winning gold's in the 13-14yrs. 90lbs weight class and the 13-14yrs. 105lbs division. Jimmy Valentin (21) continued to pile up the hardware in his first year winning a gold medal in the 73kg novice division and also picked up a silver in the 73kg brown belt category. Nick Irabli (17) was a double medalist as well winning a gold in the +100kg brown belt division and a bronze in the men's elite +100kg weight class. Pete Stanley (29) won a silver in the +100kg division and Chris Alaynick (18) captured a silver in the 81kg brown belt category. Haley Meara (17) won a bronze medal in the women's lightweight category and Tyler Michaelson (12) picked up a bronze in the 11-12yrs. middleweight division to close out the JMJC medal count.



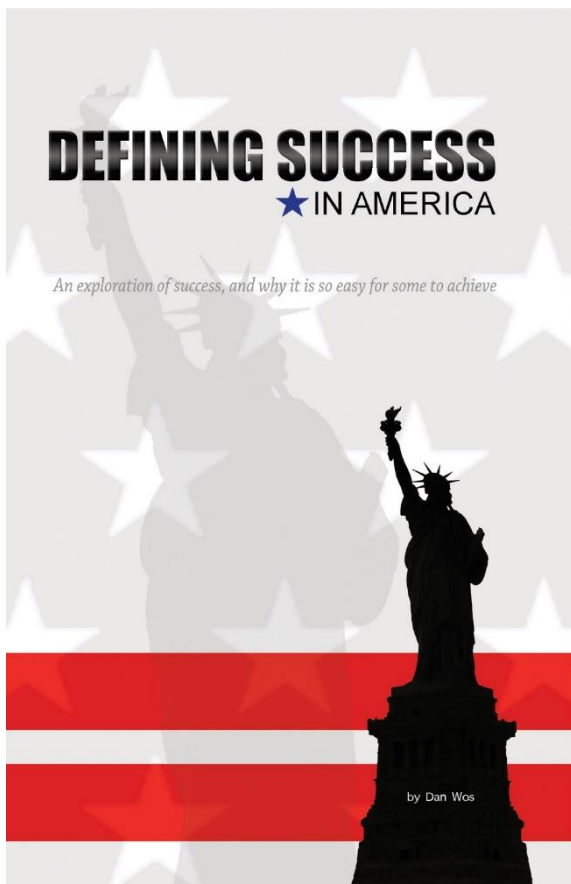
Photo from L to R: Joe Martinez, Dave Harris, Nick Irabli, Pete Stanley, Jimmy Valentin, Haley Meara & Chris Alaynick

The JMJC welcomed athletes from Judo Quebec led by coach, Roger Tremblay (*far right in white gi*) as they stopped off for a couple days of training on their way to the Northeast Championships.



WOMEN'S SPORTS FOUNDATION

Congratulations to **Hannah Martin**, On behalf of the Women's Sports Foundation, Hannah was selected to receive a \$3,000 grant to cover the travel and training costs necessary for her continued competition journeys from the Rusty Kanokogi Fund for the Advancement of U.S. Judo. This grant is made possible by the generosity of the Richard and Pamela Ader Foundation.



Long time JMJC friend and supporter, Dan Vos has written a book called **Success in America** and it is forwarded by JMJC's own Jason Morris. Vos is also a local recording artist with his band, the **Dan Vos Project**. Vos and his band has played at 11 of the previous 12 JMJC hosted Morris Cup's held at the Burnt Hills High School of which Morris & Vos attended.

Website:

www.definingsuccessinamerica.com

Link to order from Amazon:

<http://www.amazon.com/Defining-Success-America-exploration->

[success/dp/0615913245/ref=sr_1_1?s=books&ie=UTF8&qid=1386099188&sr=1-1&keywords=defining+success](http://www.amazon.com/Defining-Success-America-exploration-success/dp/0615913245/ref=sr_1_1?s=books&ie=UTF8&qid=1386099188&sr=1-1&keywords=defining+success)

Defining Success on Facebook:

<https://www.facebook.com/definingsuccessinamericabook>

JMJC's Celebrity Wall

Gene Simmons of Rock Group, Kiss fame sends his best to the Jason Morris Judo Center along with his family who participated in the reality TV program, *Gene Simmons Family Jewels* that ran for 7 seasons from 2006-2012. The Simmons family includes actress, Shannon Tweed, Rocker Gene Simmons and their two kids Nick and Sophie.



Martin Moves Up

Hannah Martin, from the Jason Morris Judo Center (JMJC) in Glenville, NY which is owned and operated by 4x Olympian, Jason Morris and his wife Teri Takemori has enjoyed a remarkable run since failing to qualify for the 2012 Olympics. Martin who was a 2008 Olympic Alternate in the under 57kg (125.5bs) division and US Open Champion then needed to move up to the under 63kg division (138.8lbs) in 2011.

After moving up to her new weight class, Martin had limited success, going 0-1 at almost every event in the 2011 competition season. Martin traveled to El Salvador, Venezuela, Uzbekistan, Kazakhstan, and Samoa only picking up two wins and no medals. Her only medal victory was claiming the 2011 US Open title. Martin soon realized her journey to the 2012 Olympic Games in London was coming to an end when she lost first round in Paris and Hungary, and did not qualify for the 2012 Pan American Championship Team. Martin was ranked No.110 in the world at this time. To qualify for the Olympics athletes need to be ranked in the top 14 for women and top 22 for men. It was then that she decided to step her focus on training and improving to move toward 2016. After a few months of re-focus and lots of judo, Hannah won her first US National Championships in the spring of 2012.

Martin started rising on the international scene in her new weight class in May 2012 at the Miami World Cup where she earned her first international bronze medal at -63kg. From there she would move on to El Salvador to win her first World Cup title and claim the No.1 spot on the USA Rankings Roster. Later that summer she was the only American to travel to Argentina, where she made it the Final, barely losing to the No.1 ranked Brazilian, Katherine Campos. Martin continued to stay persistent and climb the world rankings, at the end of the 2012 competition season, she traveled to Apia, Samoa and picked up another Silver medal. In one year she went from being No.110 in the word to No.28.



2013 started off in Paris, France where Martin went head to head with 2010 World Champion Morgane Ribout from France. The scores were tied, and in the last 30 seconds Martin was penalized for a leg grab. A new rule that was just introduced into the sport that year. "This

match helped set the pace for the 2013 competition season," Martin reflected "It made me think, *hey maybe I can hang with the best of the best.*"

After the European tour, Martin traveled down to South America and picked up a Bronze Medal in Uruguay, then won a Silver medal in Argentina, after her two wins she was now at a career-high of No.24 in the world. A few weeks later Martin competed in the US Nationals and won the 63kg title for a second straight year and once again solidifying her No.1 spot in the USA. A week after Nationals, Martin and her NYAC/JMJC teammates Nick Kossor (-60k) and Brad Bolen (-66kg) and NYAC Hall of Famer Jason Morris traveled down to Costa Rica for the Pan American Championships.

This was the first time that Martin qualified for the Pan American Championships, and posted a 3-1 record to take home the bronze medal. This result moved Martin up 5 slots on the world ranking list, putting her at No. 19 in the world. Martin also helped the USA women team capture their first ever team Gold at the Pan American Team Championships winning a tight battle against Brazilian rival Katherine Campos in the semi-finals and then defeating Andrea Gutierrez (Mexico) in the final in under 30 seconds via arm-bar submission.



After returning home from a successful Pan American Championships, Martin received an invite from the International Judo Federation (IJF) to compete at the World Masters in Tyumen, Russia. This event is one of the most prestigious tournaments on the judo world circuit. The top 16 players in each weight category are invited to compete at this event. Martin's consistency in her training regimen on and off the mat led her up to this point, "This was a goal that I set for myself, next year. (2014)." Martin mentioned.

"She's here every day," Coach Morris added, "Seven years, every day equals World Masters." A day before leaving for the World Masters, Martin decided to travel to Ontario to compete at the Ontario Open as a warm up, for the World Masters. Martin went 4-0 to capture the Gold Medal, throwing her opponent with an uchi-mata in the final.

Martin made the journey to Tyumen, but lost first round to Italy's Edwige Gwend. Martin returned home to continue training for the upcoming summer tour in Miami and El Salvador. Martin, did not medal in Miami but she came back strong, taking home a Bronze Medal from El Salvador. After this event Martin was informed that she had officially qualified for her first World Championships.



The rest of the summer was going to be spent training and prepping for the World Championships. At the last second, Martin and Coach Morris decided that it would be a good opportunity to compete at the Ulaanbaatar Grand Prix in Mongolia. Martin was very hesitant to travel such a long distance, and be the only American competing at this event. However, she listened to her coach's advice and made the 14-hour journey to Mongolia, where she picked up her first Grand Prix Bronze medal.

A month later, Martin made her debut at the 2013 World Championships in Rio de Janeiro placing ninth. Martin dominated in her first two

matches, then moved on to fight Gevise Emene (2011 and 2007 World Champion, 2005 World Silver Medalist, and 2012 Olympic Bronze Medalist) from France. The match was a back and forth affair with the score remaining tied before Martin picked up her third shido (penalty) losing 3-2. Emene moved up to eventually win the bronze medal. After her ninth place finish she was now ranked #14 in the world.

Two weeks after the World Championships, she traveled to Rijeka, Croatia to compete at their first Grand Prix event. Martin had a disappointing 7th place finish at this event and decided to sign up to compete in the Uzbekistan Grand Prix to redeem herself, and she did just that. Martin made it all the way to the finals at the Uzbekistan Grand Prix, losing to Mariana Barros from Brazil who she previously beat in the semi-finals in Argentina earlier this year. The silver medal finish put Martin at another career high of No. 11 in the world.



After Tashkent, Martin won Gold's at the Morris Cup and the Quebec Open. Her final tournament of the year was scheduled to be the Abu Dhabi Grand Prix. A week before the tournament, Martin

injured her lower back during training and was thinking about cancelling her trip. "I already spent the money, and it was my last tournament of the year. Plus I did not want to let myself or my coaches down, so I decided to roll the dice and take a chance." Martin explained.

To her surprise, Martin made it all the way to the semi-finals where she lost to the eventual champion, Kathrin Unterwurzacher of Austria, placing her in the bronze medal match against Mungunchimeg Baldorg of Mongolia who is ranked No. 13 in the world. "I kept in mind what my coach always says, 'Don't hope- make it happen.'" Martin explained, "And then I threw her in the first five seconds for waza-ari (half-point) and then scored on her again for the bronze medal. "

This was her third Grand Prix Medal this year, and it placed Martin No.10 on the World Ranking List. Even though the 2013 season is over, she is still working hard every single day. Martin rose 100 spots on the world rankings going from #110 to #10 in just under two years.

"I would not be where I am today without the help and support from my parents (Rebekah & Rich), the New York Athletic Club, all of my JMJC teammates and the guidance from my coaches Jason Morris & Teri Takemori," Martin reflected, "I have learned a lot over the past few years, and I think one of the most important lessons I have learned is to listen to my coach, stay positive, and to show up to the dojo everyday with one goal in mind, and that is to be the best version of myself."



2013 Record: 41-16



2014 Upcoming Events

- Jan. 6-10 - Training Camp - *Montreal, QC*
- Jan. 25-26 - Moroccan Open - *Casablanca*
- Feb. 1-2 - Bulgarian Open Women - *Sofia*
- Feb. 1-2 - TBA Open Men - *TBA*
- **Feb. 2 – JMJC Open – *Glenville, NY***
- Feb. 8-9 - Paris Grand Slam
- Feb. 15-16 - Italian Open Women - *Rome*
- Feb. 15-16 - Austrian Open Men – *Oberwart*
- Feb. 16 - Tech Open – *North Bergen, NJ*
- Feb. 22-23 - Dusseldorf Grand Prix
- Mar. 1-2 - Polish Open Women - *Warsaw*
- Mar. 1-2 - Czech Open Men – *Prague*
- *Mar. 2 – NY Open -NYC*
- Mar. 8- Pedro's Challenge - *Wakefield, MA*
- Mar. 15-16 - Uruguay Open – *Montevideo*
- Mar. 21-23 – Georgian Grand Prix - *Tbilisi*
- Mar. 22-23 - Argentina Open - *Buenos Aires*
- Mar. 22-23 - Scholastics - *Irving, TX*
- Mar. 29-30 - Turkey Grand Prix
- April 5-6 – Liberty Bell Classic -*Philadelphia, PA*
- April 25-27 - Pan Am Championships – *Ecuador*
- April 26-27 - US Sr. Nationals - *Irving, TX*
- May 2-4 – Azerbaijan Grand Slam- *Baku*
- May 24-25 - Am Can International - *Buffalo, NY*
- May 24-25 - IJF MASTERS - *TBA*
- May 31-June 1 - Spanish Open - *Madrid*
- June 7-8 - Cuba Grand Prix - *Havana*
- June 14-15 - El Salvador Open - *San Salvador*
- June 21-22 - Hungary Grand Prix - *Budapest*
- June 27-29 - Jr. Olympics - *Irving, TX*
- July 4-6 - USJA/USJF Jr. Nationals - *Honolulu, HI*
- July 4-6 Mongolia Grand Prix- *Ulaanbaatar*
- July 12-13 Russia Grand Slam- *Tyumen*
- July 20 - Liberty Games - *Scotia, NY*
- Aug. 2-3- USA Pan American Open- *Miami, FL*
- Aug. 25-31 - World Championships - *Chelyabinsk, Russia*
- Sept. 6-7 - Asian Open – *Taipei*
- Sept. 12-14 - Croatia Grand Prix - *Rijeka*
- Sept. 27-28 – European Open – *Estonia*
- Oct. 4-5- European Open Women- *Great Britain*
- Oct. 4-5 – European Open Men – *Portugal*
- Oct. 10 -12 – Kazakhstan Grand Prix – *Astana*
- **Oct. 12 - Morris Cup XIII - *Burnt Hills, NY***
- Oct. 16-18 Uzbekistan Grand Prix - *Tashkent*
- Oct 22-26 - Jr. World Championships – *Miami, FL*



We Love JUDO

Where JMJC Athletes Stand in the Rankings

World Ranking List (WRL)



Brad Bolen

#11 Hannah Martin -63kg
#26 Nick Kossor -60kg
#27 Brad Bolen -66kg
#95 Kyle Vashkulat -100kg
#115 Cammi Kaichi -52kg
#121 Tony Sangimino -81kg
#199 Brice Rudat -90kg
#218 Alex Turner -73kg



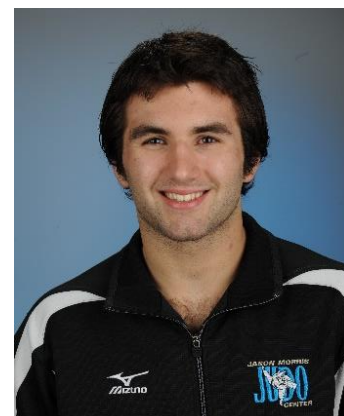
Alex Turner

US Sr. National Ranking Roster:



Cammi Kaichi

#1 Nick Kossor -60kg
#1 Hannah Martin -63kg
#1 Brad Bolen -66kg
#1 Kyle Vashkulat -100kg
#2 Cammi Kaichi -52kg
#3 Maria Dhami -52kg
#3 Leah Fisher -70kg
#4 Tony Sangimino -81kg
#4 Christie Woosley -78kg
#5 Alex Turner -73kg
#5 Jack Hatton -81kg
#8 Dave Harris -66kg
#8 Nick Irabli - +100kg
#9 Ashley Hejlik -52kg
#11 Haley Meara -48kg
#14 Kyle Vashkulat - +100kg
#17 Joe Martinez -60kg
#19 Tony Sangimino -90kg



Tony Sangimino

US Jr. National Ranking Roster:



Eric Skylar

#1 Maria Dhami -52kg
#1 Alex Turner -73kg
#1 Jack Hatton -81kg
#2 Christie Woosley -78kg
#5 Jack Hatton -90kg
#5 Nick Irabli - +100kg
#6 Haley Meara -48kg
#8 Eric Skylar - 81kg



Nick Irabli