



JASON MORRIS
JUDO
GLENVILLE, NY
ESTABLISHED: 2000
CENTER
NEWSLETTER

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PRACTICE TIMES:
ADULT: MONDAY-FRIDAY 6:30 - 8:30PM
TUESDAY & FRIDAY 10AM - 12PM
KIDS UNDER 13: TUESDAY & THURSDAY 5 - 6PM
ALL STUDENTS: SATURDAY 11AM - 1PM




BOLEN, KEEVE, SILAO WIN NATIONAL TITLES



Round Rock, TX - Athletes from the Glenville, NY based Jason Morris Judo Center performed extremely well at the US Sr. Nationals, May 12, 2018 at the Round Rock Sports Center. Brad Bolen (29) led the way for the JMJC taking gold in 73kg claiming his 6th overall National title and 5th in a row. This ties him with his coach & 4x Olympian, Jason Morris & former coach, Olympian, Irwin Cohen for National crowns as well as passing Carrie Chandler (she had 5) for most National titles for a JMJC member. This was Bolen's 9th overall National medal also passing Chandler for the most for a JMJC member as she had eight total. Nate Keeve (22) won his maiden National title by dominating the 100 kg weight class. Keeve went one step better this year as he took a silver in 2017. Alexa Silao (16) also took her first National championship gold winning the 48kg division. Pete Stanley (34) made in it to the final of the OPEN weight category to take a silver. Stanley also placed 5th in the +100kg division. On top of that Stanley picked up two more medals in the masters categories, a gold in +100kg 30-34 yrs. division and a bronze in the OPEN 30-34 yrs. category. Nicole Stout (21) was impressive at 78kg winning a silver medal. Stout normally fights at 70kg but moved up to get more competition. Burnt Hills High School graduate, Quentin Cook (19) fought well and won a bronze in 66kg losing only to Adonis Diaz (23) in the waning seconds of their quarterfinal battle. Kell Berliner (23) picked up a hard fought bronze medal in 81 kg to close out the medal count for the JMJC. Ari Berliner (19) had an unfortunate 66kg draw and was eliminated first round by JMJC teammate, Quentin Cook. William Van den Broeck (25) was also eliminated in the first round at 90kg in his first trip to Nationals. These results bring the JMJC totals to having a remarkable 39 champions and 122 overall medals at the Nationals in it's 17 year history. Bolen, Cook & Keeve also represent the New York Athletic Club





Brad Bolen wins Gold (73 kg)
 ←
 Kel Berliner wins Bronze (81 kg)
 →



Nate Keeve wins Gold (100 kg)
 ←
 Quentin Cook wins Bronze (66 kg)
 →
 Nicole Stout wins Silver (78 kg)



JMJC SHINE AT NY OPEN

New York, NY - Members of the Jason Morris Judo Center were a big part of this year's NY Open. Quentin Cook (66kg) & Alex Turner (73 kg) competed on the men's team for the USA. Jason Morris served as one of the coaches for the event and his daughters, Randi & Dani did a terrific demo battling against the Sakemen. Nick Kossor provided the live stream commentary and long time JMC photographer, Lou DiGesare was also on hand taking photos.



Dani throwing Sakeman red with seio

Alex Turner scores Ippon!



Randi throwing Sakeman Red!



JMJC AWARDS GENE SIMMONS AN HONORARY BLACK BELT

New York, NY - While attending the Gene Simmons New York Vault Experience March 25, 2018, The Internationally renowned, Jason Morris Judo Center owners, Teri Takemori (IJF "A" Ref) & 4x Olympian, Jason Morris presented Gene Simmons of the rock band, Kiss with an honorary Black Belt. Simmons is touring many cities and a few international spots with his Vault Experience and came to New York the same weekend as the NY Open where Jason was coaching at the New York Athletic Club making it perfect timing for the two legends to meet. Simmons was a gracious host to his New York fans by greeting them in the line outside the venue and making a special note to say hello to the Morris twins, Dani & Randi who Gene was nice enough to allow in as they were the only children in attendance. Gene treated all to a combination, story time and questions and answer session as well as some songs. During the meet and greet, Gene showed Jason some Judo performing Ippon seoi nage and Osoto Gari on him. Jason then presented Gene with the promotion and the duo had some laughs while Jason put the belt on Gene. Gene also impressively spoke a little Japanese to Teri, who hasn't spoke it in quite a while so she responded in english. Along with the promotion which included an embroidered Black Belt and personalized certificate, Jason gave Gene personalized JMJC sweat tops for him and his wife Shannon Tweed.



JMJC's Jason Morris Co-Hosts Rock Podcast

Jason Morris and Rocker, Johnny Gioeli join hosts, Bill Algee, Allen Tate & Dennis Talbott and share how Johnny came to sing at the Jason Morris street sign ceremony last summer in Glenville, NY to celebrate the 25th anniversary of Jason's Silver medal at the Olympics. Gioeli is the lead singer of the rock band Hardline & Axel Rudi Pell and has been a favorite of Jason and his wife Teri Takemori since 1992 when Hardline put out their debut album, Double Eclipse. Gioeli closed the ceremony performing a couple Hardline songs with local recording artist, Dan Wos and the Dan Wos Project. USA Judo athletes rep, Nick Kossor also was on stage playing guitar with the band. Anyone who has ever traveled with Jason knows he is an avid fan of rock and roll having driven plenty crazy with his speakers on the road! All recent podcasts can be found on www.agesofrock.com



Tony Harnell from the Hard Rock Bands, TNT, Westworld & Starbreaker gives the Jason Morris Judo Center a shout out! Tony signed 3 great photos for the dojo.





Glenville, NY - Thank you all for coming to the 24th JMJC Open, March 10, 2018! Congratulations to all the Jason Morris Judo Center Athletes and coaches who got promoted. Promotions were awarded to Stuart Ramos (Godan), Kell Berliner (Nidan), Quentin Cook (Nidan), Zachary Judy (Nidan), Peter Stanley (Nidan), Alexa Michaelson (Brown), Joe Dearborn (Green), Serenity Luciano (Green), Titus Carignan (Orange), Dani Morris (Orange), Randi Morris (Orange), James Masucci (Orange), Logan Michaelson (Orange), Nate DeWitt (Yellow/Orange), John Bond (Yellow), Catey Dickert (Yellow), Elli Snyder (White/Yellow), Max DeWitt (White/Yellow)



Morris & Stout Honored

JMJC's Jason Morris & Nicole Stout received the United States Judo Associations highest honors respectively. Morris was given the 2017 "Coach of the Year" award and Stout was named the 2017 "Player of the Year".



JASON MORRIS CLINIC IN SCRANTON

Coach and Olympic Silver Medalist Jason Morris will be conducting a clinic in Scranton PA on July 13th at the Scranton MMA dojo. Cost will be \$40 per person. This clinic will help Judo, Jiu Jitsu players and Wrestlers improve their game. Contact Jason at Jasonmorris210@yahoo.com or (518)399-3936 for more information.



Jason Morris the Coaches' Coach

An article by Joshua Hagen

In case you're unaware of who Jason Morris is, he is a four-time Olympian who took a silver medal in the '92 Olympic Games, and a bronze medal at the '93 World Championships. He was the head coach of team USA at the 2008 Beijing Olympic Games, and still coaches to this day at his eponymous training centre, the JMJC.

When I was around 20 years of age, I moved to Montreal to train at the National Training Centre, which was then based out of the Shidokan. At that time, Jason used to bring his students to train with us on a pretty regular basis. He counted among his students Nick Delpopolo, Nick Kossor, Hannah Martin, Kyle Vashkulat, Jeremy Liggett, Carrie Chandler, and Liz Burns, among other well-known American judoka. All of his athletes had one thing in common: incredible technical skill. I would of course do rounds with them, and I would regularly ask Jason to do rounds with me as well.

The more they visited, the more Jason would spend time helping me with my judo. The fact was, there were a number of athletes at the National Training Centre, and only a couple of coaches. As a student, I was closer to the bottom of the totem pole than the top, so their attention was directed elsewhere. The result was that Jason gave me a level of attention that I just wasn't getting from the coaches in Montreal, and was never likely to get from them, either.

At the age of 22, still in Montreal, I felt I had severely plateaued. I decided that my journey as a judo athlete had ended, and that it was time to leave the National Training Centre. Jason was adamantly against my quitting. He gave me a very honest assessment of my judo, and told me he believed he could make me better. I had never before felt this kind of support for my judo career from anyone outside of my immediate family. In the end, he offered, "if you're going to quit anyway, why not come down to my place for a month? If you feel the same way after a month, you aren't out anything because you were already going to quit."

The following season, I trained under Jason full-time, living in his home near Albany, New York. His technical understanding and mastery of judo, as well as his ability to convey what he wanted from me was unparalleled. The process was difficult for me as a lifetime judoka. At times, I felt like I was starting over from scratch. Halfway through the season, I suffered the second significant injury of my career: multiple fractured bones in my right foot. Not only did Jason ensure that my injury was promptly looked after, he paid my medical bills, knowing that I was totally without means to pay them myself.

The way I trained under Jason was far different from how I had ever trained in my life before. Gone were the endless hours of uchikomi, and in their place was learning based on throwing. A lot of throwing. We would do one hundred nage komi an evening, with a list of five throws to work on. During the throwing process, I was always given near-constant feedback for slight improvements to be made on each throw. If we trained twice on the tatami that day, we would do two hundred nagekomi. This made for a rapid pace of learning, but more importantly, it greatly impacted how I myself would coach in the future.

Judo, as we all know, is a difficult sport to learn, and its mastery is never complete. The skills, conditioning, strategy, and decision-making required to produce a competitive judoka are of an extremely high level. Leaving too much of the development process in the hands of the student themselves is most often going to be too much to ask of them. Being truly coached by an inspired and invested coach with no small measure of genius at his disposal was something I hadn't ever experienced before. I finally understood the meaning of the word *ikigai*, not to mention why Jason Morris was able to produce such great fighters, at such an accelerated pace.

As a Canadian, I was unable to work to earn any money in the USA, and my lack of means began to wear on me. That June, I packed my bags and resolved to retire from judo, because I just couldn't see the light at the end of the tunnel for myself as an athlete. My road as a competitive athlete ended there, though my love for judo hadn't dwindled. Jason was still against my decision to quit.

Given the progress I had made that year, Jason thought quitting then was a terrible choice, and told me as much. In that one year at the JMJC, my understanding and love of judo grew to magnificent proportions, all thanks to my inspired sensei. I left the life of the student with only gratitude to Jason and all he had managed to teach me in such a relatively short amount of time, to pursue what I realized was my own vocation, as a judo coach.

At this point, Jason went from being my coach to being my friend and my mentor. We have stayed in steady contact ever since, and he has been an indispensable resource to me always, with most of our conversations revolving around technique and training methodology. To say that I am incredibly fortunate to have such an excellent judoka and teacher to bounce ideas off of would be the understatement of a lifetime.

Our passion to constantly improve as coaches is what bonds us (much more than our very disparate musical tastes, rest assured). His enthusiasm to develop judoka after all these years is a bright spot in the sport of judo, and the success he's enjoyed over all these years is impressive by anyone's standards.

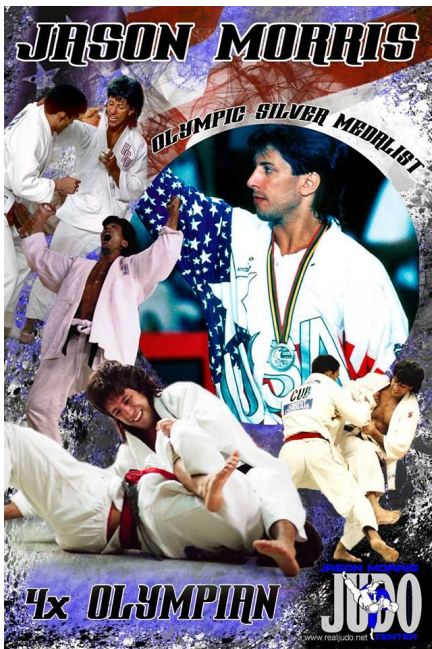




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Contact Jason Morris at
jasonmorris210@yahoo.com
for prices and purchases!



JMJC Photos!



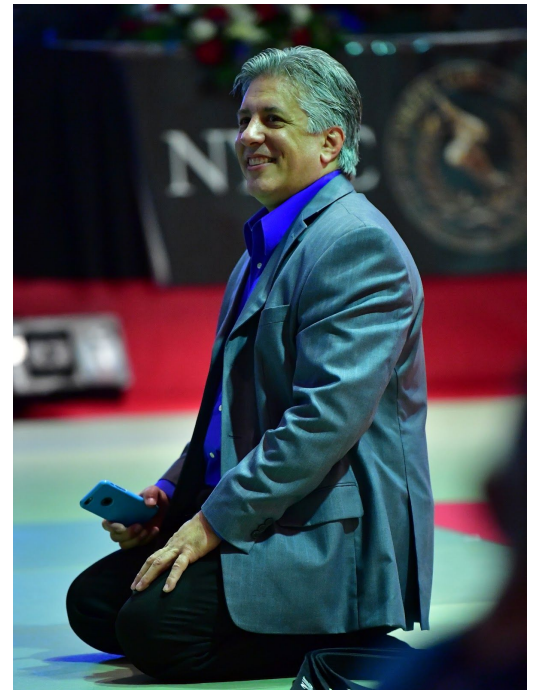
JMJC's Willesa Rivera was given the prestigious "Scott Latimer" award at the 2018 Liberty Bell Classic



JMJC Sporting their medals after the 2018 Pedro's Challenge!



JMJC at the Garden State Classic!



Jason at the NY Open



Randi and Dani receive their orange belts!



JMJC at the Wildcat Open



JMJC at the Liberty Bell Classic



(Teri, Stu, Jason) Stu's promotion to Godan



JMJC posing at the Central Connecticut Open



JMJC's Zach Judy with the signature sticker!



JMJC's Tyler Michaelson throwing with Uchi-Mata!



Eddie Ferrie sporting his new JMJC digs.
Eddie is a photographer who took some fantastic photos of Jason at the 92 Olympics



#TBT JMJC's Lou DiGesare at the 2012 Olympic Judo Venue getting ready to shoot photos at his sixth Olympic Games.



genesimmons

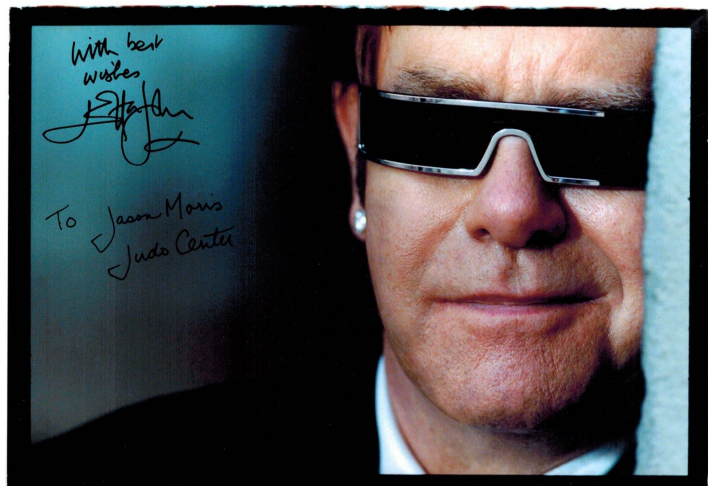
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Liked by thedeadadaisies, bolenarrow and 6,246 others

genesimmons got my honorary black belt from Jason Morris JMJC

Gene Simmons posted on his own instagram about getting his honorary black belt



Legendary Singer, Elton John sends his best wishes to the JMJC

MEN OF THE ISLANDS 2019

Aloha, Im Devin Acton a current full time Judo competitor under Jason Morris Judo Center and Precision Grappling Hawaii. Back home in Hawaii I worked a few jobs like bussing for restaurants, washing dishes, and making smoothies, but my most exciting work had to be modeling.

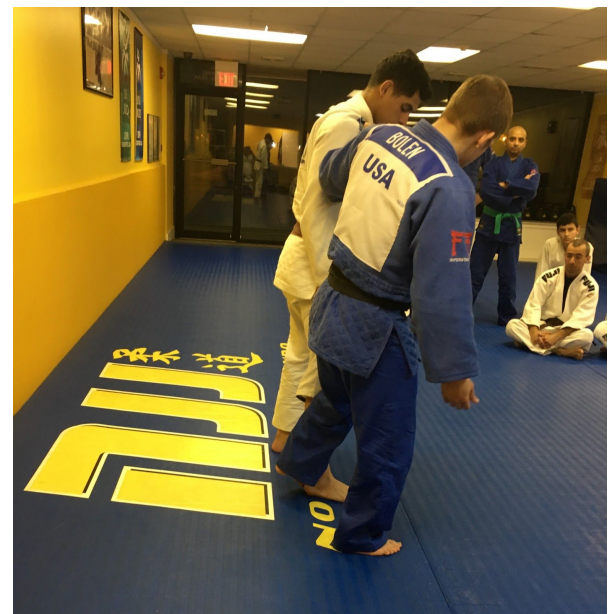
Before I crossed country in 2017 to New York to pursue Judo I was fortunate enough to be able to dip into the field of modeling to make a little money on the side to help my wonderful mother and also my passion. Here is a shot I did for "Men of the Islands" calendar and as you can see I am the month of October. It's funny, my amazing barber and family friend Ryan Sales insisted I modeled and hooked me up with a talented photographer Arnold D. Flores. Arnold was born and raised on the tropical island of The Philippines. Eventually Arnold discovered his passion there surrounded by the beauty of it and since 1997 he has been a Hawaii-based photographer capturing nature, fashion, engagements, weddings and more. You can find him on Instagram @arnolddflores.

Mahalo!



JMJC Outreach

JMJC's Jason Morris, Brad Bolen, Quentin Cook & Nate Torres were hosted by the North Jersey Judo Club, March 23, 2018 for a JMJC style seminar.



Coach Stu Honored.



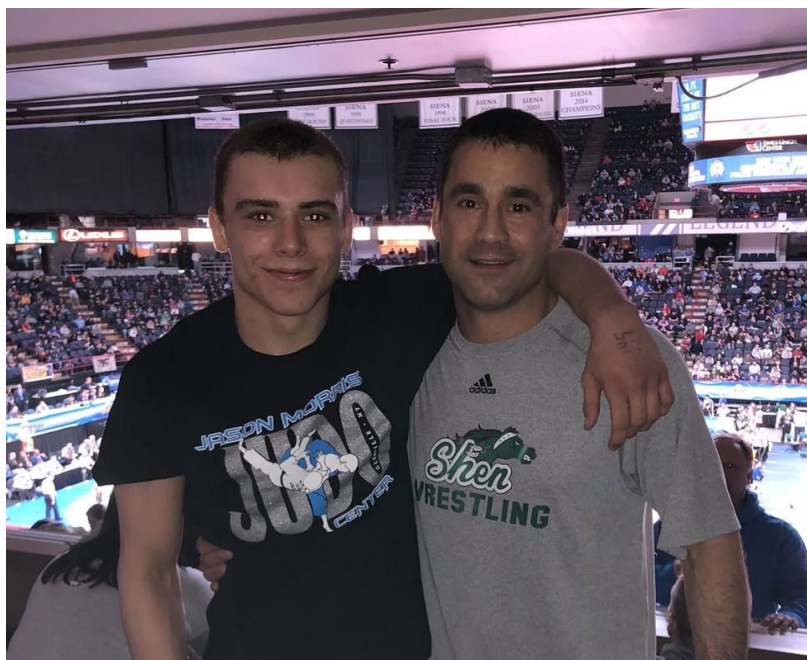
Congratulations to JMJC's Stuart Ramos for receiving the *JAMES GOSNELL* Inspirational Award!

James Gosnell wasn't an elite Judo player but he dedicated his life to promoting Judo and inspiring youth. He would drive kids to Judo tournaments no matter how far until the day he died. His last wish was to be buried in his judogi. The Tamai family, in order to preserve his goodwill dedicate this award every year to an individual at the Ken Tamai Open whom in their eyes inspires as Mr. Gosnell once did. On behalf of the Jason Morris Judo Center, Sensei Stuart Ramos is proud to accept this award.

Coach Stu with the Elite JMJC Team.



SHANAHAN TAKES SILVER IN STATES



Albany, New York Congratulations to Jason Morris Judo Center's (JMJC), Kiernan Shanahan (145 lbs.) for taking his second straight silver medal at the NY States at the TU Center on February 24th. Shanahan lost by the slimmest of margins in the final dropping a nail biting 7-6 decision to now 4x State, Frank Gissendanner. Kiernan was able to use his Judo skills often in the final making it very exciting especially near the end. Shanahan finished his season with a 45-3 record and pushed his career mark to an impressive 152-19. Congrats also goes out to Stevo Poulin (99 lbs.) and Trent Svingala (120 lbs.) as they won state titles and also have ties to the JMJC.

JEFF NORRIS VISITS THE DOJO!

Saturday, May 19, 2018 at the Comedy Works in Saratoga. Comedian and Judoka, Jeff Norris was gracious enough to come to the the dojo, and invite us to his show and he was absolutely hilarious. Jeff played Judo at Cranford Judo under Yoshisada (Yone) Yonezuka and now has become a popular comedian.



Coming Events:

USA Events:

July 06 - 08 USJF / USJA Junior National Championships *Grand Rapids, Michigan*

July 15, 2018 Bay State Games Judo Competition *Boston, Massachusetts*

July 26 - 29 2018 US Open; JR - SR - Vet & Team Championship *Ft Lauderdale, Florida*

Oct. 7 Morris Cup *Burnt Hills, New York*

Oct. 14 Irwin Cohen Memorial Judo Tournament *Franklin Park, Illinois*

IJF Events:

June 22 - 24 Pan American Cup *Seniors Lima, Peru*

July 07 - 08 Asian Open Taipei *Chinese Taipei*

July 27 - 29 Grand Prix *Zagreb, Croatia*

Aug. 10 - 12 Grand Prix *Budapest, Hungary*

Aug. 18 - 19 European Open *Minsk, Belarus*

Sept. 01 - 02 Pan American Open *Santo Domingo, Dominican Republic*

Sept. 20 - 27 World Championships & Teams *Baku, Azerbaijan*

Oct. 06 - 07 European Open *Glasgow, Great Britain*

Oct. 12 - 14 Grand Prix *Cancun, Mexico*

Oct. 17 - 21 World Championships Juniors and Teams *Nassau, Bahamas*

Oct. 17 - 20 World Championships Veterans *Cancun, Mexico*

Oct. 25 - 27 Grand Slam *Abu Dhabi, United Arab Emirates*

Nov. 03 - 04 Asian Open *Aktau, Kazakhstan*

Nov. 09 - 11 Grand Prix *Tashkent, Uzbekistan*

Nov. 16 - 18 Grand Prix *The Hague, Netherlands*

Nov. 17 - 18 African Open *Dakar, Senegal*

Nov. 17 - 18 Oceania Open *Perth, Australia*

Nov. 23 - 25 Grand Slam *Osaka, Japan*

Nov. 24 - 25 African Open *Yaounde, Cameroon*



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