

The Central Coast Yudanshakai
Provided through a Grant by the United States Judo Federation

Presents

THE SHINTARO NAKANO DYNAMIC JUDO CLINIC SERIES

Shintaro Nakano, technical assistant Coach at San Jose State University Judo is a graduate of Chuo University, Japan. He was the 60K and 66K All Japan Industrial Champion and U.S. Open Champion.

Mr. Nakano was introduced in San Jose at the recommendation of Mr. Isao Okano, the 1964 Olympic Light Heavyweight Champion. Mr. Nakano's dynamic, explosive, non-power, relaxed style of Judo drew much attention at the 2009 U.S. Judo Open Training Camp in San Jose.

This Clinic Series will provide an opportunity **for the student, competitor, or instructor**, to learn a step by step breakdown of Mr. Nakano's unique, technical application of Judo waza, and his approach to Competitive Judo. The grass roots development of Judo needs to be reintroduced to this more traditional stand-up style of Judo.



The type of Judo that will be taught will exemplify true Judo technique without the overuse of strength and power. Not a physically intimidating Judoka, Mr. Nakano's has a soft, but explosive style of tachi-waza techniques and combinations, along with his wide knowledge of Newaza techniques. He demonstrates this in Randori practices, as he easily throws his opponents twice his size and weight.

A part of our Clinic goal, is to address the issue of your athlete competing against the power and strength style Judoka. I have been seeing this more frequently in young Judo development: the one dimensional competitor.

The trend towards fighting for the Ippon, along with the New Rules, eliminating the "leg grabbing" and power wrestling type of techniques, this style should benefit all to achieve a better understanding of his approach to Judo and Competition.

In this Development clinic series, he will demonstrate exercise and drills, to increase ones speed, movement, entry, agility, and flexibility as it applies to Mr. Nakano's wide variety of techniques through his style of Judo.

You as an instructor have been teaching and developing your student with your own training, style and application of Judo. We believe this clinic series will enhance and improve the Judo waza you and/or your students have developed.

Judo in my opinion became one dimensional. It transitioned to this state I believe, following the rule changes in 1974; the “Koka” Era in U.S. Judo competition.

Judo strategies in competition had changed, ie. gaining a minimum score of Koka, and then tactically, stalling out the rest of the match, using methods such as incite penalties(shidos) on an opponent ; by playing the 5 second rule in the red, danger zone, or causing an opponent to go out of bounds.

Current rules changes have re-opened an offensive, attacking style fight strategies. For now techniques such as leg picks and Kataguruma are eliminated and penalized in competition. Whereas not all Judo programs and classes are directed towards competition, many aspects of his technique execution can be applied in this softer, non-power Judo.

This will be a progressive clinic series. Each clinic, at various locations throughout the CENCO Club areas, will cover new topics and techniques, with a short review of the previous clinic topics .We will encourage everyone to attend all clinics. This is the first of eight Clinics that will be put on at the various Central Coast Yudanshakai Clubs

Head Clinician: Shintaro Nakano: Chuo University 60K and 66K All Japan Industrial Champion and U.S.Open Champion

Special Assistance and Instructional aide by The San Jose State University Judo Team

***DATE: JANUARY 28, 2012 - SATURDAY**

***San Jose State University Judo National Training Site 2nd Floor YUH 202**

*** 9:00-10:00 Registration**

10:00- 1:30 - Clinic

THIS CLINIC IS RECOMMENDED FOR YELLOW BELT AND HIGHER

Eligibility: All individuals with current USJF, USJI or USJA membership (**must present card at registration**).

Clinic Fees: **No charge for CENCO members**
Non-CENCO members: \$30.00 Clinic Fee

Upcoming scheduled Clinics location: Time and Date TBA

De Leon Judo Club, Petaluma

City College of San Francisco Judo Dojo

Bay Isle Judo Club, Alameda High School

