

# Judo Competition

- Why should you compete?
- When should you compete?
- Where should you compete?

## A guide for Venice Dojo judoka ages 8 and under

Even though we tease about it, the reason to compete is not to show up Tracy Kiyohiro's brother at his tournament, or be the number one club in the country or win a junior national championship – although we have done all of those things and enjoyed them.

We *strongly* encourage our Venice players to compete after age six. Our Venice Dojo players come from wonderful homes with parents who love and protect them. As much as we want to give them everything, here are a few truths we have discovered over the years.

- Self-esteem does not come from being told you are special. Self-esteem comes from having achieved a difficult task. For any young child, going out on the mat and facing an opponent is a difficult task. **Reinforce and praise your child for competing.** Whether they win or not, they did something brave and amazing. You're not out there competing, are you? Neither am I. They are doing something difficult, and overcoming their fears in the process.
- Sometimes people will be better than you, bigger than you, stronger than you. Sometimes you will really want to win and you will be disappointed. Disappointment hurts, but it does not kill you. In fact, you learn to overcome it and it makes you a stronger person. Your child usually **will** feel bad after a loss, and so will you and so will the coach. Learning to deal with small losses will strengthen him for the larger losses we all have in life. Learning that she doesn't have to be perfect and always win and you will still love her and we will all still try just as hard to teach her is a good lesson for any child.
- It is too easy to fool ourselves. As Thomas Jefferson said, "I am a great believer in luck and I find that the harder I work the more I have of it. Competition will show you just how hard you have been working. If people your child once beat are now beating him or her, it is very likely that practice has a lot to do with it – as in, coming to practice!"

The schedule and dates of recommended tournaments are on the following page. All have novice divisions, but sometimes these are white and yellow and other times white through orange.

## **TOURNAMENT SCHEDULE – SPRING 2006**

February 19 --- West Covina Tournament, John Glenn H.S., Norwalk

March 5 -- Nanka Novice Tournament

March 19 --- -- Gardena Tournament , Cal State Dominguez Hills

March 25 --- -- Goltz Dojo Tournament, Claremont

April 30 -- Barstow Dojo Tournament, Barstow

May 5 --- Parents Federation Tournament

May 20-21 --- STATE CHAMPIONSHIPS, San Jose

June 24 -- Goltz Tournament, Claremont

### **NOTES**

There will probably be one more tournaments scheduled in Vista and one in the Los Angeles area, sometime in April through June, but we do not have dates as of yet.

It is recommended that your child compete in the five local tournament listed above (underlined). If your child has placed in at least three of the four tournaments prior to the state championships, that event would be recommended as well. There is a novice division.

If possible, I would like to arrange some outing for the kids along with the Vista tournament. It is very close to Legoland and the Wild Animal Park. It is about 25 minutes from Sea World or the San Diego zoo.

I would also like to arrange something after the Goltz tournament as it is the last of the season – something low-key like having lunch together at a pizza place nearby. The kids should all be done by 2 p.m. at the latest.