

NGƯỜI VIỆT

Vietnamese teenagers from all over the world come to Little Saigon Judo Tournament

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Van Lan - [Link to Original Article](#)

WESTMINSTER, California (NV) – The 11th Judo Competition organized by the Taishi Judo Club opened at Westminster High School in the city of Westminster on Sunday, March 13, bringing together many people. Candidates from teenagers to adults from all over the world come to compete.



A fierce phase in the 11th Judo competition in Southern California. (Image: Van Lan)

This is a large-scale judo competition reopened in Southern California after a two-year hiatus due to the COVID-19 pandemic. Because of the crowd, the organizers had to give four competitions at the same time to keep up with the competition, which lasted from 10 a.m. to more than 4 p.m. The inside of the school's gymnasium was mostly full.

Mr. Robert Oishi of Taishi Judo Club also said that Judo's techniques make children enjoy and love to practice, making them feel healthier and more confident.



Gary Goltz Đại diện Ban Tổ Chức

Mr. [Gary Goltz](#), representative of Nanka (the organizing committee) and vice President of Nuzuna, said that there were 52 Judo clubs participating in the contest, with 42 referees and over 600 contestants, each contestant was allowed to compete in two rounds, each round of 2 minutes, and a half, the results are announced and medals are promoted on the spot. [Link to Interview Video](#)

There are many families from far away to bring their children home to participate in the competition, some people have to fly back a day before, people closer to them drive their children home to participate in the competition.

From Oakland, Northern California, Mr. Tam Vuong took his son Ada Vuong to take the exam, saying that he had to take a flight from the previous day to California so that he could rest a day before taking the exam.

Mr. Tam said Ada, 10, studied Judo for about a year at the 510 Judo Dojo in Oakland. "My son loves to learn Judo, which is a very good sport for him to learn how to train himself to help his body develop, especially to control himself, not to fight, because this subject is very peaceful, just for the sake of fun. self-defense," said Mr. Tam.

"Today, I came here mainly for my son to compete with other friends to gain experience while practicing, not thinking about getting a medal or not," Mr. Tam said.

Nguyet Tang and her husband from San Diego early in the morning drove their two sons, Mathew, 10 years old, and Levon, 8 years old, to take part in the competition.

Mr. Tam Vuong and his son Ada Vuong (front) and a group of friends from Oakland returned to the 11th



Ada Vuong (left) returned from Oakland to compete, winning a silver medal in the 11th Judo competition in Westminster, Southern California. (Image: Van Lan)



Mathew, who studies Judo at Kamikaze San Diego, said: "I learn Judo for self-defense, but I don't want to hit anyone. I really enjoy practicing this subject, practice four days a week and today is my first time taking the exam."

Mathew's younger brother Levon said: "I've been studying Judo for more than six months, today I joined you for the exam, because studying Judo is fun and makes me more confident." While waiting, the two brothers studied. Replay the moves off the pitch before the game.

Ms. Nhan Nguyen, a resident of Westminster, accompanied her son Tien Tran and brought her three grandchildren aged 8, 7 and 5 years old to the contest, and her 5-year-old grandson won the third prize.



Judo competition (Image: Van Lan)

Tien Tran, the father of three children, said: "The children learn Judo to have discipline, so there are four brothers in the family but they never argue or fight. Moreover, going to judo together is like having a place to exercise, keep discipline and be humble at home and in school."

Judo's a martial art originating from Japan, founded by Patriarch Kano Jigoro in 1882 on the basis of traditional Jujitsu martial arts. Currently, Judo is loved by people all over the world because of its gentleness, with the spirit of "taking the soft to win the reins," using your opponent's strength to win.



The 11th Judo Competition at Westminster with four courts. (Image: Van Lan)

The main application of Judo is self-defense, health training, ingenuity, and pure spirit. The goal of a Judo practitioner is Nhan-Tri-Dung, who practices Judo who always keeps in mind the things of his heart to cultivate himself, conduct worldly affairs and help society.