



Hui-O-Judo Beltsville

February 2005 Newsletter

Upcoming Events

February

5	Shufu Open Championships	College Park, Md.
12	Waka Mu Sha Judo	Atlanta, GA
20	Pedro Challenge	Wakefield, MA
26	Kime No Kata Clinic (John Anderson)	Baltimore, MD

March

5	Ken Tamai Memorial Judo Championships (Beltsville Open)	Beltsville, MD
12	Virginia Sate Open Championships	Charlottesville, VA
19-20	High School and Colligate Nationals	San Jose, CA

Shufu Open The Shufu Yudanshakai Open Tournament will be held in College Park on February 5. It is the first tournament of the year. Please try to attend. Entry forms are available on the website or on the information table at class. Please see Sensei Kevin or Sensei Mark if you plan to compete.

Beltsville Spring Open– Hui-O will once again host the Beltsville Open on Saturday, March 5th at the Beltsville Academic Center. We are renaming the tournament in honor of our Sensei. It will be called the Ken Tamai Memorial Judo Championships. All judoka are encouraged to participate. We need EVERYONE's assistance with the tournament. The tournament setup is Friday night from 7-9pm. We have to move all of mats up from the dojo to the school and return them on Saturday night. Saturday we need help with registration beginning at 815am!! We also need help with the referee food area, concession stand, mat tables, raffle ticket sales, t-shirt sales and general tournament operations. Please enlist the assistance of your family. We look forward to seeing you at the tournament.

Nage No Kata Clinic – Sensei Karen and Sensei Diane will be teaching a Nage No kata clinic on Sunday, March 6 at the Beltsville Academic Center. I encourage all of our senior judoka to attend. Prior to going to the clinic, which is still a month out, I recommend that each of you use the last 30 minutes of class to at least walk thru the kata and learn the basics. We have videos you can borrow and some literature on the kata as well. As you progress through judo and earn your brown belt and higher ranks you will be required to demonstrate this kata.

NBC 4 Health and Fitness Expo – Sensei Kevin, Jack Kettl, Matt Dion, Chris Howell and Jasmine Howell joined with members of the Maryland Judo Inc to perform a judo demonstration at the NBC4 Health and Fitness expo held at the Washington Convention Center on January 29 and 30. The demonstration was to help promote physical fitness and a healthy lifestyle. The jduo demonstration was

targeted at keeping kids physically active while promoting all of the other benefits of the sport of judo. Thank you to all the above people for helping to share judo with others in the Washington DC area.

Senior National Championships - For all those that would like to assist in making the 2005 USA Judo Senior National Championships, to be held in Virginia Beach in April, a success. You can still help. The core team will be there all week. Hui-O will NOT have judo practice that week since all three of the Senseis will be down in Virginia Beach all week. If you are free and can come down for any part of the week, there is always lots of work to be done especially towards the weekend. There will be six mat areas that will come in on Wednesday. Assistance is needed at all levels of the tournament operation. There are many positions and areas of need that have to be filled at a tournament of this magnitude. You not have to be a prominent person in Judo to help out! The only requirement is to be diligent, reliable and positive. All you need to do is get in touch with Michael Landstreet and let him know what skills you have and what days you will be available. For more information contact Sensei Kevin at class or on his cell (703-622-6861) or [Michael W. Landstreet](#), Co-Tournament Director on Cell Phone: 571-216-8992

Colder weather: With the colder weather now here, please bring a jacket to class to wear home. Getting hot and sweaty in class then going outside in the cooler weather will bring on a cold. We want everyone in the club to be healthy and happy. If you are sick, please do not come to class, since we do not want to get the rest of the class sick too.

Winter Weather policy The Community Center does NOT necessarily follow policy. Please use common sense in the winter months. If government and schools are closed, there is a good chance that the Community Center may also be closing. If you are uncertain, call the Center at 301-937-6613. If you are uncomfortable driving in winter conditions, especially if the roads are icy, we do not want anyone to take an unnecessary risk coming to practice. Please do not come to class if the weather is challenging for you. The general rule for the center is as follows:

PG government is closed - Community Center is closed

PG Schools are closed - Community Center is OPEN

Delayed PG schools opening - Community Center is OPEN

Early dismissal at PG Schools - Community Center is OPEN

Please listen to radio and television stations concerning the status of schools and government. You can ALWAYS call the community center at 301-937-6613

Club Shirts – Take pride in the judo club while helping promote and advertise it. We have a variety of club shirts available. Club logo t shirts are offered in two styles. One has the traditional club logo just like our patch in Red, White and Blue on a white t-shirt. The other shirt is blue and has the other logo. They are offered in sizes S to XXXL. The price for club members is just \$10 per shirt. There are also a limited number of navy blue golf style collared shirts available with one of the two club logos. These shirts are \$20 each. Also there are a limited number of grey fleece pullovers, sweatshirts and backpacks. We encourage all club members, family members and club supporters to have and to proudly wear the club t-shirts.

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