



Hui-O-Judo Beltsville

Monthly Newsletter for March 2005

Upcoming events:

March

1	Beginner Class starts – 8 weeks	Beltsville MD
5	Ken Tamai Memorial Judo Championships (Beltsville Open)	Beltsville, MD
6	Nage No Kata Clinic	Beltsville, Maryland
12	Virginia Sate Open Championships	Charlottesville, VA
19-20	High School and Colligate Nationals	San Jose, CA

April

2-3	Liberty Bell Championships	Philadelphia PA
14-19	Jason Morris Spring Camp	Glennville NY
19 th	Tuesday - NO JUDO CLASS	Beltsville MD
21	Thursday – NO JUDO CLASS	Beltsville MD
19-23	Senior National Championships	Virginia Beach VA
30	Morris Cup	Scottia NY
30 –May1	Shufu Spring Promotionals	Glenn Dale MD

Flyers on all above events are available at class. For more information – see one of the senseis at class.

Referee Clinic - The January referee clinic presented by Roy Englert was a huge success. We are very fortunate to have Roy give this clinic each year in January to present the latest rule changes, modifications and interpretations. There were forty participants at the event. It was held at the Beltsville Academic Center on January 15th.

Shufu Open – We had Abel and Hugh compete at the Shufu Open for the Juniors. Abel had three matches. He placed second in his division. He fought Adam Robinson, age 8, an orange belts from Washington International school, which he won by an Ippon. He fought Logan Callis, age 8 from Mat Cat Dojo in Lancaster PA, which he won by an Ippon. He lost his match to Noah Shin, an 8 year old orange belt from Charlottesville, VA. He won is last match Against Ben DeAlvarez, an 8 year old yellow belt from Arlington Va. Hugh had two matches and palced third in his divison. He lost his first match to Michael Harrision a 14 year old yellow belt from Phan Univeristy of Marital Arts in Burke VA. He lost his second match to Caleb Egli, a 14 year old Blue belt from College Park Judo. Ben Soto Reiner came to help out as a coach and to help the team. Dominick came to watch his first tournament and is looking forward to the Beltsville Spring tournament which will be his first event. Bradley and John Byrley represented us in the Seniors. Sensei Diane, Sensei Mark and Bradley represented us in the kata competitions. Sensei Mark and Bradley took first place in the Nage No Kata. Sensei Diane and Sensei Mark took first place in the Katame No Kata competition. Congratulations to all of our judoka. Thank you for repreenting the club in this event.

Kime No Kata Clinic – Sensei Kevin and Sensei Mark participated in a clinic at the Baltimore Judo Club on Kime No Kata. Sensei Karen and Sensei Anderson were the head clinicians. The clinic was attended by about 45 people. It was an excellent learning opportunity. See, even senseis are going to classes and constantly learning from others.

Japanese Delegation to visit Washington judo - The Washington Judo Club will be visited by a delegation of high-level Japanese University Judo players at the end of February. The Japanese team will be lead by a four-person management team and include eighteen men and seven women from eleven different Universities. There will be two workouts sessions with the team open to everyone at no cost. The workouts will take place at the Yates Fieldhouse at Georgetown University in Washington DC. Monday, 28 Feb 05, from 7:00pm - 9:30pm
Wednesday, 02 Mar 05, from 7:00 - 9:30pm Delegation of the University Judo Federation of Tokyo, Head of Delegation -Kenjiro UEMURA- Keio Univ. alumnus, Supervisor - Chonosuke TAKAKI -Nihon Univ. alumnus, Coach-Eiji YAMAMOTO, Secretary-Junko Akimori, Players-Male - Ryuichi MURAKAMI 60 kg-Juntendo University, Genki IKENO 60 kg-Nihon University, Shinichi KIUCHI 66 kg-Nihon University, Kentaro DOI 66 kg-Keio University, Yuuhei SHIGETO 66 kg-Tokyo University, Takashi IMAIZUMI 66 kg - Chuo University, Syunsuke TOYOSHIMA 73 kg-Nihon Taiiku University, Takashi WATANABE 73 kg Nihon Taiiku University, Yoshiaki AONOHATA 73 kg-Nihon Taiiku University, Yukihiro YOSHIDA 73 kg-Keio University, Toshihiro HATTA 81 kg-Toyo University, Ryo SUZUKI 81 kg-Takushoku University, Takehiro MIZUOCHI 81 kg -Tokai University, Yasutaka OOKAWA 100 kg--Tokai University, Jin MIZUSHIMA 100 kg--Teikyo University, Makoto AKUTSU 100 kg--Kokugakuin University, Takaya NAYUKI 100 kg--Waseda University, Yasuto OKUNI 100 kg -Toyo University. Players – Female Saori TAMAOKI 52 kg - Teikyo University, Megumi MIYASHITA 57 kg -Nihon Taiiku University, Erika KAWATA 57 kg -Nihon University, Ayaka SUEHIRO 63 kg -Teikyo University, Maiko HATANNO 63 kg-Nihon University, Junko UEKI 70 kg-Teikyo University, Chihiro IKEI 70 kg-Nihon University

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. 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. Please let me know how you can help out.

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, 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.

Virginia State Championships – All judoka are welcome to attend and participate in the Virginia State Judo Championships. The event is held in Charlottesville Virginia. It is about a three hour drive from DC. Flyers are available from Sensei and will be displayed on the sign in table. Please see Sensei Kevin or Sensei Mark if you plan to attend this event.

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

Club logo apparel – 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 two types of backpacks. We encourage all club members, family members and club supporters to have and to proudly wear the club logo items.

Promotions:

The Shufu Promotionals are the last weekend in April. Everyone should attend these. **Please review your requirements** and look to see if you feel that you have meet all of the “minimum” requirements for promotions. If you feel that you are eligible, please see Sensei Tamai. If you are not yet eligible to be promoted then you should attend for competition only or to support the other club members. If you can not compete then you should come to assist with all of the support staff functions. It is a great learning time. You also never know what may happen. **Even if you think you meet the “minimum requirements” DO NOT expect be promoted.**

Since the last promotionals in the spring we have given 3 written examinations for you to practice. We will give one more before the fall promotional. These happen at the very beginning of class. Be on time if you want to take advantage of this opportunity. Everyone should be studying their promotional information. Everyone should be reviewing their general testing materials and terms. Everyone should be reviewing their terminology, throws, pins, and if applicable, chokes and arm locks. If you are unsure of anything, please ask us to review it in class. There is a lot of material to cover. Everyone should have all of the basic information in their head. I realize the Japanese is difficult for some of you but you must at least be able to associate the techniques with the names.

Everything that you need to know is covered in the study book. The club has some books and video tapes available. Please borrow these and do not keep these. I had multiple copies of all of the tapes but never seem to get any of them back. Now only a few exist. There are also hand outs available. The local book stores also have some books. Another place is your **local library**. If you have other information at home, please copy it and share it with all of us. For anyone who has been away from judo for a period of time or is new to this area. I really need to get any kind of back up information that you can get a hold of to attach to your file. I also need it for promotional record keeping. But anyone who has additional information can pass it along to me also.

Being ready for class - I am asking for everyone to help get ready for class. We get the gym at 7 pm. It takes time to get the mats out and set up for class. the longer this process takes, the short amount of time we have for class. Right now, we get in at 7, it takes between 20-30 minutes to set up mats, that only leaves 1 hour for practice. Of that time, 20 minutes are spent on taiso(warm ups) and zempo kaiten (forward breakfalls). That only leaves 40 minutes for practice if we are lucky. Everytime we have to stop for water breaks or other problems takes away from YOUR practice time. Those of you who arrive late for class often disrupt the class as you enter and break the routine of practice time. Please be prompt - arrive early. HELP to set up the mats - DO NOT stand around and talk to everyone.

Exercise outside the dojo: Since we only practice twice a week, I can not stress the importance of exercise enough. There is a long gap between our Thursday class and the Tuesday class. All of you should be exercising on a daily basis. Each of you need to exercise, both in class and out of class. Proper stretching will reduce the chance of injury and make you more flexible. Most of the warm-up exercises that we do at the beginning of each class can be practiced at home. Although all of us have very busy schedules, I am sure there is a little time for exercise. I am not asking you to go to

a gym and pump iron. I am not even asking you to break a sweat doing push ups and such. Remember, this is a gentle sport. What is our slogan? Maximum efficiency with minimum effort and Mutual welfare and benefit for all. The more relaxed you are the better off you will be. Simple stretches are very good for you. I recommend that you do a few each day. Even if you are watching television in the evening, you can do simple stretching exercises.

One of the best exercises you should practice is the head and feet up exercise. See how long you can hold the position. Also remember to do the open and close, the scissors, knees to chest, bicycle forward, bicycle backwards, small circles forward, small circles backwards, and feet all the way over your head.

Another good exercise is shadow fits. These can be done either up against a wall or out in the middle of the room. Start with the simple taisobaki movements. Then work on lowering your level. Then add in the hand movements. Remember to keep a good balanced position throughout your movement. Keep kuzushi going throughout the throw.

Yudanshakai Forms - Many of you still have not yet returned your Yudanshakai registration forms. There are many benefits to being a member of Shufu Yudanshakai. If you have lost your form, please see one of the Sensei. If you still have it, please return it to us as soon as possible. Membership is good for one year from when you join.

New club forming – At the lead of our fellow judoka, Chris Howell, we will be starting a new judo club in the area. It will be called Hui-O Jita Kyoei Judo Club, which means “Club of mutual welfare and benefit”. Sensei Kevin and Sensei Mark will help teach there. It will be at the New Hope Seventh-day Adventist Church, 15121 McKnew Rd., Burtonsville, Maryland 20866. Practices are being scheduled for Sunday morning from 9-11am and Monday evening from 7-9pm. This is a wonderful opportunity to add a weekend practice to your judo day. We will keep you informed of the status. So far we have met with all approval and are proceeding forward.

Yearly Calendar of events – If you have not yet received a calendar of events for 2005, please pick one up. We keep them on the table next to the sign in sheet. This will help you to plan out events scheduled in the area. Sensei Kevin has also provided calendars for all club members. There was a limited supply of these.

Other notes:

- Please remember to scan your card at the front desk and sign in the registration book BEFORE you get on the mat. We MUST have an accurate attendance record for every class
- Please remember to check with Sensei Tamai for information about upcoming events and tournaments.
- Please remember to pay your dues each month. The Center keeps a running list and will remove people.
- This is a judo club. Hui-O-Judo means Club of Judo. I encourage you to give input into the club. If you have suggestions or comments, share them with me. Help us to continually make the club better. We always are in need of more members. Talk to your friends and coworkers, invite them to come to join judo.

Please remember this is a club. It is not just for me and the people who volunteer their time to teach. It belongs to all of us. It is a part of all of us. Together we all make it up. If you have ideas, comments or suggestion to make this a better place, please let me know. All of you have many talents. I do not know what most of them are. Please let me know what you can do or would like to do to help out.

Please visit our website at <http://www.connect.to/huiojudo>

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