



# *Hui-O-Judo Beltsville*

## Monthly Newsletter for June 2005

### Upcoming events:

June 4	Maryland Judo Inc Interm Promotions	Glenn Dale, MD
June 18	Shufu Junior Open	College Park, MD
July 1-2	USJA Junior Nationals	Ohio
July 8-9	USJF Junior Nationals	California
July 22-23	National Junior Olympics	Atlanta, GA

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

**REMINDER – Please scan your membership card at the front desk BEFORE every class!!**

**Beginner Referee, Technical official and Junior Competitor Clinic** – There will be three clinics given on Saturday, May 21 at the Glenn Dale Rec Center. I encourage all judoka and parents to attend these clinics. A beginner referee clinic allows you to better understand the rules and regulations of the sport of judo. It is an excellent opportunity to get a perspective on what referees and judges look for during a match. For people who may not be interested in the refereeing aspect, there will also be a technical official clinic also. Technical officials help run the mat tables, including the electronic scoreboards. There will also be a junior competitor clinic. Forms are available at the dojo.

**Shufu Website** - Shufu has launched a new updated and revised website. ([www.shufujudo.com](http://www.shufujudo.com)) Please check it out. There is a lot of good information there as well as links to other sites.

**Shufu Open Judo Championships** – The next tournament in our area is the Shufu Open Championships. It will be held on June 18<sup>th</sup> in College Park. I encourage everyone to PRE REGISTER by June 11<sup>th</sup>. Forms are available at the dojo or by links on our website calendar.

**Summer Picnic** – Please plan to attend our annual summer picnic at Catoctin Mountain. It is a wonderful day to spend with your entire family and friends. We go hiking up to play in the falls, swim in the lake, canoe, have water gun battles and enjoy LOTS of great food. This is a family event so please plan on attending. (Note – I have not set the date, due to my brother's floating wedding date – I will let you know soon)

**Yudanshakai Forms** - Many of you still have not yet returned your Yudanshakai registration forms. In order to practice at the club you are **REQUIRED** to join USJF, USJI or both. The fee is \$50 for one year and \$15 for additional membership. 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. Please remember, with promotions coming up, you can NOT be advanced in rank if you are not a member of USJF.

**New club formed** – At the lead of our fellow judoka, Chris Howell, we have started a new judo club in the area. It is called Hui-O Jita Kyoei Judo Club, which means “Club of mutual welfare and benefit”. Sensei Kevin and Sensei Mark will help teach there. The club is just 15 minutes north of our dojo. It is 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 development. See Chris, Sensei Kevin or Sensei Mark for more information.

**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. Visit our website to see pictures of these items or see Sensei Kevin.

**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 the mat that only leaves 1 hour for practice. Of that time, 20 minutes are spent on taiso(warm ups) and zempo kaiten (forward break falls). That only leaves 40 minutes for practice if we are lucky. Every time 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.

**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.

**Changes to class schedule** – Beginning on June 1<sup>st</sup>, we will be having judo club from 7-8:30 pm. At 8:30 pm we will bow out the class, mats will all stay down. The time slot from 8:30 to 9:30 pm will be for senior level and advanced students to work on other techniques. Please plan to be picked up from judo at 8:30. You may NOT play basketball or play any games in the gym while we are holding class. Students must be picked up by parents. Please be prompt and responsible for your children.

**Zoris** – Part of every judo uniform is zoris. These are slip on “flip flops” or some type of slipper. You MUST have these at practice. They are part of your judo uniform. You should never leave the mat area without first asking the sensei, then bowing off the mat and putting zoris on at the edge of the mat area. All of the dirt your feet pick up on the floor is brought onto the mat area and gets on our gis and our bodies. Many of the kids have been caught going to the bathroom and out to get drinks of water without putting on zoris. Class is only one hour, you should NOT have to stop for bathroom breaks and water breaks. We are only at class for a very short period of time. Please purchase a pair of zoris, bring them to class and USE THEM.

**Care for judo gis** – Many of you are not taking care of your judo gis. I see very dirty judo gis at class. Your gi must be taken care of. It is your uniform. It should be folded properly after each class and carried in a bag so it does not get dirty. The club has two different judo back packs to carry your gi in, as well as offering larger judo bags for other manufactures. Your gi should always be washed and clean. I recommend NOT putting it in the dryer, instead, hang it up to air dry. The heat of the dryer will reduce the life of your judo gi. When you get home at night after practice, you should hang our gi up to air out. Your gi should NOT be worn when you are eating. There are four parts to your gi. Make certain you have all of them with you for every class. It is your responsibility, not your parents. When you outgrow your gi, consider giving it to another judoka who can use it. Get a friend to join you in judo and offer your old gi to them.

Many of the tournaments are requiring that you provide you own blue or white belts for competition. Please consider purchasing your own belts and putting your name on them. Upper level tournaments require you to have both a blue gi and a white gi to change for every match. National and international tournaments require you to have two of each gi available at site.

### **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://connect.to/huiojudo>**

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