



# *Hui-O-Judo Beltsville*

## **Monthly Newsletter for November 2005**

### **Upcoming events:**

November 1	New beginners class starts (8 weeks – Tuesdays)	Beltsville, MD
November 5	Shufu Junior Promotional	Beltsville, MD
November 6	Shufu Senior Promotional	Beltsville, MD
November 18-20	Pan American Masters Championships	Denver, CO
November 19	Maryland State Championships	College Park, MD
November 26	Dallas Invitational	Dallas, TX
December 3	Blue Dragon Team Tournament	Middletown, CT
December 20	Hui-O Christmas Party	Beltsville, MD

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

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

**Respect for Sensei Mark** – Since I have been teaching the last set of beginner classes, I was greatly saddened and disturbed to see the lack of respect that Sensei Mark was being given. I was even more disheartened to see who the primary individuals were who were doing this. It is up to each one of you to not only listen to but to fully support the senseis who are volunteering their time to be in class to teach you. There are only a few individuals who cause the disruptions in class. If you see or know someone is disrupting the class or being disrespectful to the sensei, come see Sensei Kevin. If I see actions like that again, the individuals will be removed from the class and from the club!! I also expect that each of you who have acted inappropriately to apologize to Sensei Mark for your actions in class.

**Welcome new sensei** – The family at Hui-O-Judo would like to welcome a new sensei to the club, Jesus Garrido. He comes to us from Guatemala. He is friends of Sensei Sergio and Sensei Guillermo. We welcome his input and his instruction. We look forward to working with him and learning from him.

**Ken Tamai Memorial Judo Championships** – The Ken Tamai Memorial Judo Championships was held on October 8th at Beltsville Academic Center. Hui-O hosts this event every spring and fall. We attracted over 200 people from Georgia to Rhode Island. I would like to thank everyone who helped to make this event a success. Many of the club members and their families helped with set up of mats, running the scoring tables, running the concession stand, tournament operations, and so much more. Hui-O placed second overall in team standings in the junior divisions and second overall in team standings in the seniors.

**Shufu Katame No Kata clinic** – Hui-O-Judo hosted a Katame No Kata clinic for Shufu Yudanshakai on October 9th at the Beltsville Academic Center. The clinicians were Sensei Karen, Sensei Peggy, Sensei Fran and Sensei Diane. These are all World Class competitors and champions. Some of our senior students, Chris, Bradley and Robert, attended the clinic. There were about 20 participants from Maryland, Virginia and Pennsylvania. The clinic covered all aspects of the Katame No Kata.

**Money donated for Judo Development** – Hui-O-Judo donated \$1250 (one thousand two hundred and fifty dollars) to the Virginia Judo Incorporated of the United States Judo Incorporated and \$1250 (one thousand two hundred and fifty dollars) to the Shufu Yudanshakai of the United States Judo Federation in memory of our head sensei and founder Ken Tamai, for the development of judo and judoka in the Washington area. Hui-O-Judo supports and contributes to all of the judo development in this area. We provide many of the clinics on a variety of topics from refereeing to all forms of kata for Shufu Yudanshakai. We also host many of the tournaments for Shufu Yudanshakai. We provide technical support services to Virginia Judo Inc. Sensei Kevin is the Vice president of Virginia Judo Inc, on the Board of Directors for Shufu Yudanshakai, and the Board of Examiners for Shufu Yudanshakai. Sensei Mark is also on the board of Directors for Shufu Yudanshakai.

**Central Pennsylvania Invitational Judo Tournament** – On Sunday, October 4, 2005, the Dignan Martial Arts School of Roaring Springs, PA (near Altoona) hosted their 2nd Central Pennsylvania Judo Invitational. This was a small local shiai with 2 mats, very much like ours. Hui-O-Judo had 6 people attending. 4 played and did extremely well. Sensei Guillermo, Jorge, and Tyler all won 1st place in their divisions, Sensei Sergio took 2nd in his division. Sensei Mark refereed, and Didi came along to support the club.

### **Promotions:**

The Shufu Promotionals are the first weekend in November. Everyone should attend these. Remember – you **MUST** be a member of our national governing body, the United States Judo Federation, to be considered for promotion. If you have not yet registered or have not received your card, please see Sensei Kevin.

**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 promotional in the spring we have given 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 his or her promotional information. Everyone should be reviewing his or her 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 great deal of material to cover. Everyone should have all of the basic information in his or her 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 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.

**Hui-O website** - Have you seen our website at <http://connect.to/huiojudo> ?? Several updates have happened on the website. 1st, the home-page picture has been updated! Are you in the picture? If not, perhaps you should attend class more often! We generally try to update the home-page pic whenever we have a larger group present, along with a camera, so come to class as often as possible to get in the next one. 2nd, several new downloads are now available!! On the bottom of the home-page, there are several Hui-O-Judo Buddy Icons for AIM (a popular program for [instant messaging](#) that some of our judoka use, free from AOL to non-subscribers). Also, on the bottom of our history page, these newsletters can now be downloaded in PDF format. The events page is continually updated with new and interesting things to do, including shiai (tournaments), clinics, demos, beginner classes, & believe it or not, parties! Take a peek & let us know if there's something more you would like to see.

**Reigisaho (Etiquette)** - We all need to practice and pay closer attention to good judo etiquette. It is the foundation of the sport. It covers everything from proper posture, bowing, salutations and general movements. When you come to class you and your judo gi should be clean. You must take proper care of your judo uniform. It should be properly folded after each practice, and then hung up at home. Your judo gi should always be in order before your bow. Please remember to bow upon entering/exiting the dojo, ALWAYS use your zoris and keep them at the edge of the mat, bow on/off of the mat and to your partners, be mindful of the way that you enter your bow and exit it. When we line up, no one should be talking or playing. After we bow, no one stands up until the senseis have all stood up. Reigisaho starts with respect for oneself and the others around you. Always present yourself in the proper manner. We have traditions that must be followed. Use proper etiquette.

**Cooler weather** – Summer has ended and cooler weather is here. All judoka must wear a shirt (and a jacket or sweat shirt) when leaving the dojo. Although you are hot and hopefully sweaty when you leave, it is important to gradually cool down rather than having your body go through rapid temperature changes. Bring a towel to wipe off after practice. Please bring a light jacket to wear home. FOLD your gi properly and neatly into a bag to carry it home. Hang your gi up to dry when you get home.

**Club dues** – Many of you have not been keeping up with your monthly club dues. Please stop by the front desk to verify when your payment is due. We do not have the time or resources to track you down. If we have to stop class each night to see who has not paid it will cost everyone in the class valuable instruction and practice time.

**Jita Kyoei Judo Club** – One of our fellow club members, Chris Howell, has another judo club in the area. It is called Jita Kyoei Judo Club, which means “Club of Mutual welfare and benefit”. 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 afternoon from 3-5 pm. This is a wonderful opportunity to add a weekend practice to your judo development. See Chris, Sensei Kevin or Sensei Mark for more information.

**Yudanshakai Forms** – Sensei gets preprinted forms for each of you to renew on each year. They are handed out one month prior to expiration. 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 an optional \$15 for additional membership in USJI. 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. If you are not a member, you will not be allowed to be on the mat for practice.

**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.

**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.

**Helping with mats** – EVERYONE is suppose to help put down the mats and pick up the mats. It is part of practice. Many of you are showing up late and not helping to get the dojo set up for practice. We get the dojo at 7pm. It takes 15 minutes to get the mats out and set up. Everyone should be there by 7 to help. Typically there are only a few people who do all of the work. After class, everyone should be picking up the mats. It si the same few people doing all the work who set up for class. Classes will become shorter and shorter if everyone does not help. YOU are hurting the entire class by not helping.

Please remember this is a club. 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 club, 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.

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