



Hui-O-Judo Beltsville

Monthly Newsletter for December 2005

Upcoming events:

December 3	Blue Dragon Team Tournament	Middletown,CT
December 20	Hui-O Christmas Party	Beltsville, MD
Dec 18-Jan 6	Gym closed for resurfacing – no judo classes	Beltsville, MD
Dec 22, 27, 29	NO JUDO CLASSES – Holiday break	Beltsville, MD
January 3	Beginner classes begin (8 weeks)	Beltsville, MD
January 21	Referee Clinic	Beltsville, Md
January 21	Maryland Judo Interim Promotions	Glenn Dale, 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!!

Promotions – Congratulations to the following people on their promotions in rank in November. Sensei Diane Jackson – Yodan, William Bradley Mason to Shodan, Chris Howell to Nikyu, Nick Mooneyham to Yonkyu, Robert Kirk to Yonkyu, Gary Brick to Gokyu. For the junior we had Kiva Brick to Gokyu, Maksym Shevchenko to Gokyu, Dominic Ong to Yonkyu, Andrew Ressalam to Yonkyu, Abel Kwong to Yonkyu plus one mon,

Maryland State Championships –

The Hui-O team did well at the Maryland State Championships hosted by College Park Judo and held at the Prince Georges Sports and Learning Complex next to Fed Ex Field in Landover, Maryland. The senior team took second place in overall standings in the state. Jose Luis was honored with the outstanding technique award for his te-guruma. We congratulate Brain Lopez on his return to competition and on his first Senior competition. He took second place in his senior division. The other members of the senior team were Sensei Guillermo, who took first place in his division, Sensei Sergio who took second place in his division, Sensei Jesus who took second in his division, and Sensei Jose Luis who took second in his division. In the junior divisions, Melvin took third place, Brian took first place and Tyler competed in two divisions, taking first on one division and second in the other. We also would like to thank the support team – Gabriel Lopez, Chris Neven, and Issac Lopez. We would also like to thank Sensei Mark who was a tournament official referee. We need to have more support for all of our events, both participants and support team on both junior and senior levels. We had 4 mats but not enough referees. All of our senior judoka should get qualified for at least a local referee, there are no rank requirements. Please step up to volunteer to help out at as many local events as possible, especially ours!!

Holiday Party: Please mark your calendars for the Annual Hui-O-Judo Christmas party. We will have the party on Tuesday night, December 20th in the multipurpose room at the Beltsville community center during normal practice times (7pm to 9pm). Please bring a side dish and a grab bag item that is less than \$5 and is marked for boy, girl or either. We will all enjoy a variety of great food, visiting with families and friends of the judo club, and lots of music and games. It will be a fun filled evening for everyone. Please bring your entire family. See Sensei Kevin, Mark or Diane for more information.

Mark your calendar now for the Holiday party - Tuesday December 20- 7pm to 9 pm

Gym closing – The gym will be closed from December 18 to January 6 for resurfacing. There will be no judo classes.

Weather Policy for MNCPPC - Beltsville Community Center

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 Logo materials (Holiday hints) – Did you know we have a variety of club logo items available to you?

Take pride in the judo club while helping promote and advertise it. They make great holiday gifts too!! 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 (\$50), sweatshirts (\$50) and backpacks (\$15). These items have a nice embroidered logo on them. There are two styles of backpack available at \$15 each. One is navy blue with a leather bottom and the club logo on the out side. The other backpack is grey and black with the club logo on the outside. These are both good ways to carry your judo gi and zoris to class each week. We encourage all club members, family members and club supporters to have and to proudly wear the club t-shirts. Visit our website at connect.to/huiojudo then go to sensei kevins kewl stuff. There are also a limited number of other items available including judo water bottles, wallets, key chains, pins, posters, and many other items. See Sensei Kevin for these items. There are four other t-shirt styles available, see the website for photos. We can also order books and videos from our supplier. For a list of these, see Sensei Kevin.

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 hosts many of the tournaments for Shufu Yudanshakai. We provide technical support serivces 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.

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.

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.

***Hui-O-Judo Beltsville
Holiday Party
Tuesday, December 20, 2004
7pm to 9pm
Multipurpose Room at BCC
Bring your family!***

***Take time to look at the scrap books from
over 30 years of Hui-O-Judo history***

***Sensei Ken Tamai Spirit Award and James Gosnell Inspirational Award
will be presented, as well as a few special awards.***

Seasons Greetings to all and Happy Holidays to each of you

Important Notice – As of January 1, if your club membership is not paid up to date and/or you do not have a current valid USJF membership, You will NOT BE ALLOWED onto the mat. You will also not be allowed to stay at the dojo if you are not participating in class. You will be asked to have your parent come back to get you.

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