



# *Hui-O-Judo Beltsville*

## Monthly Newsletter for May 2006

### Upcoming events:

May 2	Tuesday – New Beginner class starts (8 weeks)	Beltsville, MD
May 5	Villa Nova Invitational Tournament	Villanova, PA
May 13	Pottstown Invitational Judo Tournament	Pottstown, PA
May 20	Beginner Referee Clinic	Glenn Dale, MD
May 28-29	AM CAN International Challenge	Amherst, NY
June 3	Maryland Judo Inc Interm Promotions	Glenn Dale, MD
June 10	Shufu Junior Open	College Park, MD

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

**Welcome new beginners** – We would like to welcome the new students who are just starting in the beginners judo program. We hope that you will enjoy the eight week introductory class. Judo is a wonderful sport to study and to learn. If you have any questions or concerns, please feel free to see one of the senseis (teachers).

**Congratulations to our new judoka** – We would like to congratulate our new judoka: Margarita Contreras, Marion Freeman, Walter Quintanilla, Jodi Callwood, Julian Callwood, Anthony Mayo, Alberto S Vasquez and Brandon Nelson, who have just completed the eight week beginners judo program, “An introduction to judo”. We hope that you will consider joining our judo club now and practice with us on Tuesdays and Thursdays from 7-9pm. To join the club, please sign up at the front desk, then see one of the senseis to purchase a judo gi (uniform) and to get signed up with the United States Judo Federation. If you have any questions, please see one of the senseis.

**Sensei Diane at that the Nationals** - At the USJI Senior Nationals Kata and Judo Tournament, held in Houston Texas April 21-22, Karen Whilden and Diane Jackson continued to show the grace and excellence that has brought them top honors in many Kata competitions. In Nage No Kata/Women, they took 1<sup>st</sup> Place, in Kodokan Goshin Jutsu/Women they took 1<sup>st</sup> Place, in Katame No Kata/Women they took 1<sup>st</sup> Place, in Ju No Kata/Women they took 2<sup>nd</sup> Place and in All Around/Women they took 1<sup>st</sup> Place. Competitors familiar to us from Ohio did very well in several mixed categories. Frances Glaze and her partner Ryan O'Conner placed in four divisions. Kodokan Goshin Jutsu/Mixed, 1st Place; Katame No Kata/Mixed, 1st Place; Ju No Kata/Mixed, 1st Place; All Around/Mixed, 1st Place. A team from Pennsylvania has moved into the spotlight. Alma Qualli and William Dampier had strong performances in mixed categories. In Nage No Kata/Mixed they took 3rd Place, in Kodokan Goshin Jutsu/Mixed they took 2nd Place, in Katame No Kata/Mixed they took 4th Place, in Ju No Kata/Mixed they took 4th Place and in All Around/Mixed they took 2nd Place. Other local Kata teams competed and also did very well. In the Katame No Kata/Mixed division, Fran Vall and Karl Tamai took 2nd place while Rathild Freidrich and Peter Pollock took 3rd. It is a real pleasure to see growth and improvement in Kata competitors in this region. Congratulations to everyone!

**Promotions** – Congratulations to John Byrley and Robert Kirk who both got promoted to their Sankyu. They will be wearing their new BROWN belts now. Both of them did very well on their skills demonstrations and have both stepped up to help out the club and to support regional events. Please congratulate them on their accomplishments.

**Drinks in the dojo** As a reminder, there is no food or drinks allowed in the gym. You can have water but NO sports drinks, sodas or other colored drinks are allowed in the gym. There should also NOT be any food in the gym.

**Sunday Judo practices** – At the lead of our fellow judoka, Chris Howell, there is an additional opportunity to practice judo. Chris has open mat at the New Hope Seventh-day Adventist Church, 15121 McKnew Rd., Burtonsville, Maryland 20866. Practices are scheduled for Sunday afternoon from 3-5pm. This is a wonderful opportunity to add a weekend practice to your judo schedule. Please call Chris directly to verify class will be held.

**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.

### **1st Annual Villanova Invitational Judo Tournament**

On Saturday May 6th, the Villanova University Judo Club and Main Line Judo will host the 1st Annual Villanova Invitational Judo Tournament at the Jake Nevin Field House, Villanova University, Lancaster Avenue at Ithan Avenue, Villanova, PA 19085. This tournament is for YOUTH competitors ages 6-16, with current USJA, USJF, or USJI membership. USJA membership will be available at the tournament site. Registration for all Kata competitors is from 8:00 am to 9:00 am. Registration and weigh-in for Youth ages 6-12 will be from 8:30 to 9:30am. Registration and weigh-in for Youth ages 13-16 will be from 11:30 to noon. You can download the entry package, in Adobe Acrobat (.pdf) format, at [Villanova Flyer](#). For more information email Main Line Judo at [Main Line Judo](#)

### **IJF Refereeing Rules**

The updated International Judo Federation Refereeing rules are located on the [IJF Web Site](#) on the news page for the [current IJF Referee Rules](#). On this page you will find links for [English](#) or [French](#) or [Spanish](#) versions of an Adobe Acrobat PDF file. When viewing the IJF web site it is best to use either Netscape 6 or Internet Explorer 6 or higher.

**Clinic notice** - The Prince George's Judo Club will hold **Development Clinics for Referees, Junior Competitors, & Technical Officials on Saturday, May 20th** at the Glenn Dale Community Center, 11901 Glenn Dale Blvd., Glenn Dale, Maryland 20768. This event is open to all Junior and Senior Judoka with a current membership in either USJI, USJF or USJA. **Note:** You do not have to be a member of either organization if you are entering the Technical Officials Clinic. Membership in USJF or USJI can be obtained during registration. Registration will be from 8:30 to 9:00 am. The three clinics will run simultaneously from 9:00 am to noon. There will be a mock Shiai, for Junior Competitors, from 1:00 to 3:00pm with Referee Clinic attendees officiating and Technical Official Clinic students keeping score. Then a feedback session from 3:00pm to 4:30. This way, which ever clinic you choose: 1) you will receive instruction, 2) you will have a chance to practice and use the knowledge and techniques and 3) you will get positive feedback to help you to improve you skills.

**Shufu Junior Tournament** –The Shufu Junior Tournament will be held at the College Park Recreation Center on June 10, 2006. Information and registration flyers are available at the dojo. We encourage all junior judoka to attend this event.

**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.

**Shufu News** – Shufu Yudanshakai held it's semi-annual Board of Directors meeting on Sunday, April 30 at the College Park Recreation Center. The board of directors is made up of all of the registered black belts in Shufu Yudanshakai. ALL black belts should have attended this meeting. The USJF has a new president. Mr Noboru Sito is out and Neil Simon is the new president. Shufu Yudanshakai was well represented at the Senior National in Houston. A host of referees and technical officials attended. Sensei Diane and Sensei Karen took three first place awards, a second place and the all around womens champion awards. John Anderson was elected to head the standards and ethic committee. He reminded all blacks belts, teachers, referees, coaches and officials to have their background checks completed. USA Judo presented Tad Nalls of Shufu the Medal of Honor. This is a very prestigious award, which only four have been presented. This is a great honor and we all congratulate Tad. The USJI has changed their bylaws for the board. It formerly consisted of over 100 representatives. Hey are now down to just 12. Their new board will only have one representative from USJF/USJA. This Shufu Yudanshakai is planning two kata clinics in 2007. One will be on Ju No Kata and the other on Kime No Kata. Dates and location are to be determined. Pam Hinkle requested help for the Nutmeg games to be held in Bridgeport Ct at the end of July. More information will follow soon. Shufu Yudanshakai had the election of officers – John Morrisson ran unopposed as President, Roy Englert Jr. Stepped down as the Vice President, Kurt Tamai moved from Treasurer to Vice President, Dave Berry remained in as Secretary, and Michael Landstreet took the position of Treasurer. James Takemori has remained as the Chairman of the Shufu Examiners Board. All judoka were reminded to participate in kata competitions at tournaments. There is a Faye Allen tournament just for kata in Glenn Dale.

June 1 will be the deadline to submit proposals for the 2007 judo events calendar. Shufu has five events up for bid. They are Shufu Open in February, Spring promotionals in April, Junior Open in June, Eastern Open in August, and the fall promotional in November. It was decided that the fall promotions in November of 2006 will be held in Lancaster PA. It is about a 2.5-hour drive from this area. It was decided to give each of the athletes who placed at the nationals in Houston a stipen of \$50. Jason Morris was promoted from Rokudan to Shichidan.

A suggestion was made to encourage new students. Please think about any friends who are being home schooled. They can use judo as their Physical Education credit. Also, any Boy Scouts can use judo for their sports merit badge. The Boy Scouts are also looking at doing a special merit badge just for JUDO

**Please remember to pay your monthly dues at the front desk!!**

**Please visit our website at <http://www.huiojudo.com>**

Sensei Kevin Tamai Phone -703-497-1530 cell - 703-622-6861 e-mail – [kevin@huiojudo.com](mailto:kevin@huiojudo.com)  
Sensei Mark Smith Phone – 301-805-9690 email – [mark@huiojudo.com](mailto:mark@huiojudo.com)



## Hui-O-Judo Beltsville

### Judo items available for order from Pacillo

#### Judo DVD's

29 Ne Waza Techniques of Kodokan Judo	\$40
101 Judo Ippons 1999 to 2002	\$30
Early American Judo	\$30
First 100 Years fo Judo	\$30
Japanese Judo	\$30
Jeon: Korean Judo Master	\$45
Judo: Hayward Nishioka Part 1	\$30
Judo: Hayward Nishioka Part 2	\$30
Judo: Hayward Nishioka Part 3	\$30
The Gokyu	\$45
Koga : New Wind	\$45
Kodokan Judo with Mifune	\$30
Moscow grand Prix 2001	\$36
World Championships 2003(part 1 and 2)	\$90
Xtreme Judo	\$30

#### Judo Books

Ippon Masterclass Technical Series	
Armlocks (Adams)	\$22
Ashiwaza (Sato)	\$22
Ashiwaza II (Swain)	\$22
Grips (Adams Ferrie)	\$22
Harai Goshi	\$22
Oasekomi (Kashiwaza)	\$22
Osoto gari (Yamshaita)	\$22
Pickups (Van De Walle)	\$22
Russian Judo(Latskivich)	\$22
Seoi nage (Nakanishi)	\$22
Shime Waza(Kashiwazaki)	\$22
Tai Otoshi (Adams)	\$22
Tomoe Nage (Kashiwazaki)	\$22
Uchimata (Sugai)	\$22
Ippons special interest series	
Attacking Judo(kashiwazaki)	\$26
A-Z of Judo (Hoare)	\$26
Decisive Judo (Marwood)	\$27
Fighting Spirit of Judo (Yamashita)	\$26

Best of Judo	\$26
The Canon of Judo	\$35
Complete Seven Katas of judo(Kawaish)	\$15

Father of Judo (Watson)	\$28
First action Skills: judo for Kids	\$8
Foot Throws (Nishioka)	\$10
Get to Grips with Judo (Holme)	\$ 9
Ju No Kata	\$22
Judo Strategy	\$22
Judo Basic: Principles, Rules and Ranks	\$35
Gene LaBell's Handbook of Judo	\$13
Judo Formal Techniques	\$25
Judo from a Russian Perspective	\$27
Judo Heart and Soul	\$15
Judo Techniques and tactics (Pedro)	\$17
Judo Textbook in practical application	\$17
Judo through the looking glass	\$22
Judo Training methods	\$25
Judo: Sport and Way of Life	\$15
Judo skills of the game(Inman)	\$18

#### ***Kodokan Judo***

<b><i>Kodokan Judo</i></b>	<b><i>\$24</i></b>
Mastering Judo	\$25
Modern Judo	\$25
Putin's Judo	\$22
Secrets of Judo	\$15
Sport of Judo	\$13
Sports Science of Elite Judo Athletes	\$22
Techniques fo Judo	\$17
Textbook for Judo (Ogasawara)	\$30
Judo for Juniors	\$24

#### Judo Accessories

Judo Duffle Bag (white or blue)	\$16.00
Mini Judo Jacket (white or Blue)	\$6.00
Judo Belt key chain (specify color)	\$3.00
Kano Plaque	\$30.00
Judo Flip Pin	\$2.00
Japan Flag Pin	\$2.00
Kodokan Judo Patch	\$3.00