



Hui-O-Judo Beltsville

Monthly Newsletter for October 2006

Upcoming events:

October 7	Ken Tamai Memorial Judo Championships	Beltsville, MD
October 7	East Coast Judo Championships	Newark, NJ
October 7	Waynesville Judo tournament	Waynesville, NC
October 8	Shufu Katame No Kata Clinic	Beltsville, MD
November 5	Shufu Junior Promotional	Lancaster, PA
November 6	Shufu Senior Promotional	Lancaster, PA
November 18	Maryland State Championships	Landover, 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!!

Faye Allen Memorial Kata Shiai and Clinic – On September 9th, the Prine Georges Judo Club hosted the Faye Allen Memorial Kata Shiai and Clinic at the Glenn Dale Community Center. The clinic that followed the shiai was on Katame No Kata. Hui-O-Judo had a number of people attend and participate in various roles. Sensei Diane and Sensei Karen served as judges evaluating and scoring all of the contestants. Sensei Mark Smith and Sensei Chris Grimm competed in the Nage No Kata. They finished in second place overall. They also competed in the Katame No Kata and placed third. Robert Kirk competed with a “pick-up partner”, Sensei Bob Berry, a Nidan from Kim’s Martial Arts in Pittsburg, Pennsylvania. They placed first in their division. An interesting point was that first place in both the Nage No Kata and Katame No Kata were by Lisa and her partner from New Mexico. Lisa has just moved here and is living in Tokoma Park. She attends our club when her schedule allows. Congratulations to all of our players. The Katame No Kata clinic that followed was very interesting and informative. It was taught by some high level instructors which included Peggy Whilden, Karen Whilden, Daine Jackson, Edwin Takemori and John Anderson.

USNA Senior Team & Open Shiai-Saturday, September 30th, members of Hui-O-Judo participated in and supported the annual Naval Academy tournament in Annapolis, MD. The tournament had teams entering the contest from Army, Navy, Air Force and Marines, as well as four local teams from Washington Judo Club and a few other dojos. This is a beautiful venue with a rich history. Sensei Mark was one of the referees. Jose Luis De Leon played on an open pick-up team and won third place. He also competed in an individual open division earning a silver medal for second place.

Ken Tamai Memorial Judo Championships – The Ken Tamai Memorial Judo Championships will be held on October 8th at Beltsville Academic Center. Hui-O hosts this event every spring and fall. I **NEED** everyone to help. All of your family and friends are needed to help with set up of mats, running the scoring tables, running the concession stand, tournament operations, and so much more. Please plan to be there to help with this event. Everyone is encouraged to participate as a contestant. The more people who attend the better showing we will have and the better chances to get the team trophy.

Shufu Kata testing – Hui-O will be hosting a Kata testing and evaluation day for Shufu Yudanshakai on October 8th at the Beltsville Academic Center. The Shufu examiners will be Sensei Karen, Sensei Peggy, Sensei Fran and Sensei Diane. These are all World Class competitors and champions. Senior students are encouraged to attend.

Conditioning - Since we only practice twice a week, we encourage you to do some conditioning exercises on your off days. You may go walking, jogging, running or work on the fitness trail near the dojo or find one in your community. Conditioning exercises will help to build your cardiovascular endurance.

Promotions:

The Shufu Promotionals are the first weekend in November. They will not be in the Washington DC area. They will be up in Lancaster Pennsylvania. It is about a 2 hour drive from Beltsville. 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.

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 is ending and cooler weather is coming in. 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.

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.

Shufu Website - Shufu has a website. (www.shufujudo.com) Please check it out. There is a lot of good information, especially the promotional requirements, as well as links to other sites.

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.

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 th 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 the 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 your kuzushi going throughout the throw. Remember to practice like you are throwing. Complete your thrown, remembering to turn your head as you are completing the throw.

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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