



Hui-O-Judo Beltsville

Monthly Newsletter for November 2006

Upcoming events:

November 4	Shufu Junior Promotional	Lancaster, PA
November 5	Shufu Senior Promotional	Lancaster, PA
November 7	Beginners Class starts (8 weeks- end Dec 19)	Beltsville, MD
November 18	Maryland State Championships	Landover, MD
November 23	No Class – Thanksgiving Day	Beltsville, MD
December 19	Hui-O Holiday 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!!

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. It starts on November 7th and will run until Dec 19th. 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 and welcome – We would like to congratulate the following judoka who have just completed the beginners program and will be joining the judo club now. Henry Hernandez, Keven Hernandez, Amara Kromah, Helen Leaman, Ryan Leaman, Sharon Leaman, Andrew Lynch Jr, Cameron Reed, Virgil Burkett III, and Andrew Lynch Sr. We hope that you will enjoy your judo experience and continue to learn and help others to learn the sport of judo.

Ken Tamai Memorial Judo Championships – The Ken Tamai Memorial Judo Championships was held on October 7th at Beltsville Academic Center. Hui-O hosts this event every spring and fall in memory of our sensei. 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 thier families helped with set up of mats, running the scoring tables, running the concession stand, tournament operations, and so much more. Hui-O was tied for first place overall in team standings in the junior divisions and were tied for fourth overall in team standings in the seniors. In the juniors, Shannon O'Connor took first place in her divison, Kyla O'Connor took third place in her divison, Ernest Kwong fought in two divisons. He took second place in one divison and second place in his second divison, Abel Kwong also fought in two divisons. He took first place in his first divison and third place in his second divison. Tyler Smith took first place in his division and second place in his second division. Brian Lopez took first place in his division. In the seniors, Guillermo Villavacanio took first place in the mens 161 pound black belts divison. Jose Luis De Leon took first place in the mens 178 black belt division. Thank you everyone who volunteered their time to help make this event a success for us. We could nto have a sucessful event without all fo the tournament volunteers who runt he tables, referee, officiate, run concessions and make these event happen so seamlessly. I especially want to thank Sensei Mark, Sensei Bradley, Nancy Yee, Robert Kirk and the Kwong family for thier assistance.

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.

Hui-O website - Have you seen our website at <http://huiojudo.com> ? Several updates have happened on the website. 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. 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.

Club membership - It is up to each one of you to **PLEASE** pay your monthly membership dues at the front desk. We have kept the rates for the judo club very low since we started the club. However, many judoka on the mat are **NOT** paying the center for the class. MNCPPC has remarked about this on numerous occasions. If you are not paying your membership with MNCPPC, you will be asked to leave the facility.

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.

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.

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.

Club logo apparel – The holidays are coming up fast so buy some Hui-O-Judo apperal. 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 <http://www.huiojudo.com/> to see pictures of these items or see Sensei Kevin.

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 or cell(703)622-6861 e-mail – kevin@huiojudo.com
Sensei Mark Smith Phone – 301-674-5438 email – 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	\$24
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

<u>Judo Gi's</u>	<u>Unbleached</u>	<u>Bleached</u>	<u>Blue</u>
Size 000 – 1	\$25	\$35	\$45
Size 2 – 5	\$35	\$40	\$55
Size 6- 8	\$40	\$45	\$60

Pants			
00 – 1	\$16	\$20	
2 – 5	\$20	\$25	
6 – 8	\$23	\$30	