



# Hui-O-Judo Beltsville

## Monthly Newsletter for April 2007

### Upcoming events:

Mar 31-Apr 1	Liberty Bell Championships	Philadelphia PA
Apr 9-13	Jason Morris Spring Camp	Burnt Hills, NY
Apr 14	Morris Cup	Scotia, NY
Apr 20-22	USA Judo Senior National Championships	Miami, FL
May 1	Tuesday – New Beginner class starts (8 weeks)	Beltsville, MD
May 5	NCJI Spring Tournament	Fayetteville, NC
May 5	Shufu Spring Junior Promotionals	College Park MD
May 6	Shufu Spring Senior Promotionals	College Park MD
May 15	Jr Competitor, Tech Official & Referee Clinic	Glenn Dale, MD
May 20	Beltsville Day – Judo demonstration	Beltsville, MD
May 20	Go Kyu No Waza Clinic with Reggie Heffner	Carlisle, PA
May 26-27	AMCAN International Challenge	Amherst, NY
May 24-27	Pan Am Championships	Montreal, Canada

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

MNCPPC Beltsville Community Center has noted that many of you are NOT playing your monthly dues. MNCPPC Beltsville Community Center can remove you from the Center if your membership dues are not paid.

**Beltsville Spring Open**– Hui-O hosted the *Ken Tamai Memorial Judo Championships* on Saturday, March 10th at the Beltsville Academic Center. We named the tournament in honor of our Sensei. We had about 200 participants attended from Connecticut to Georgia. Thank you to all of those who helped to make this event a success. Jalyn Lagman competed in two divisions. She placed third in both of them. Jada Lagman competed in three divisions. She is one female division and two male divisions. She placed third in all three divisions. Helen Leaman placed third in her division. Cameron Reed placed third in his division. Ryan Leaman placed third in his division. Congratulations to all of them. We would also like to thank all of the club members who helped to set up, run operations, run administration and helped with the dismantle of the event. We would like to especially thank the Yee Family for running the concession stand again for us. We appreciate all of the support the club gives to make the event successful.

**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.

### **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 15th** 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.

### **Promotions:**

The Shufu Promotionals are the first weekend in May. **Please review your requirements, Shufu has changed the requirements.** 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 or Sensei Smith. 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 3 written examinations for you to practice. We will give one more before the 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. 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.

### **Other notes:**

- Please remember to scan your card at the front desk and sign in the registration book BEFORE you get on the mat. We MUST have an accurate attendance record for every class
- Please remember to check the table for information about upcoming events and tournaments.
- Please remember to pay your dues each month. The Center keeps a running list and will remove people.
- Please remember this is a club. It is not just for me and the people who volunteer their time to teach. It belongs to all of us. It is a part of all of us. Together we all make it up. I encourage you to give input into the club. If you have ideas, comments or suggestion to make this a better place, 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. We always are in need of more members. Talk to your friends and coworkers; invite them to come to join judo.

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

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