



Hui-O-Judo Beltsville

Monthly Newsletter for June 2007

Upcoming events:

June 2	Fayetteville Invitational	Fayetteville, NC
June 9	Shufu Junior Open	College Park, MD
June 23	Northeast Y Invitational	Philadelphia, PA
July 7-8	USJA Junior Nationals	Indianapolis, IN
July 15-16	USJF Junior Nationals	Ypsilanti, MI
July 21-22	National Junior Olympics	San Antonio, TX
July 29	Keystone Games	York, PA
Aug 4-5	Junior US Open	Ft Lauderdale, FL

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

REMINDER – Please scan your membership card at the front desk BEFORE every class!!

Congratulations to Sensei Diane and Sensei Karen – Sensei Diane and Sensei Karen traveled to represent the United States in Montrael Canada the Pan American Judo Championships. They were chosen as the number one team by ranking first at the USA Judo National Championships. This year 40 countries are participating in the Games. This is also a qualifying event for the 2008 Olympic Games in Beijing, China. The Pan-American Games have been a very significant part of the Judo development. It is considered one of the most important Continental Sports Games due to the participation of a great number of countries from all the Pan-American Continent. Judo appeared for the first time in the program of the VI Pan-American Sports Game that were conducted in the city of Sao Paulo in 1963. Sensei Diane and Sensei Karen reached the medal stand three times in the women's event, successfully defending their 2006 Katame No Kata title and winning silver medals in the Ju No Kata and Nage No Kata divisions

Shufu Junior Tournament – The Shufu Junior Tournament will be held at the College Park Recreation Center on June 9, 2007. Information and registration flyers are available at the dojo. We encourage all junior judoka to attend this event.

Drinks in the dojo As a reminder, there is no food or drinks allowed in the gym. PLEASE hydrate yourself BEFORE class begins. 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.

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.

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.

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. 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.

Summer Picnic – Please plan to attend our annual summer picnic at Sensei Mark’s house on Saturday August 26th. It is a wonderful day to spend with your entire family and judo friends. Bring your bathing suits and water guns and enjoy LOTS of great food. This is a family event so please plan on attending. Each family should bring a dish to share. The judo club provides the hamburgers and hot dogs.

News From Maryland Judo, Inc. - A Tax Deductible Gift To Maryland Judo, Inc. Supports Maryland's Athletes And Clubs. Because Maryland Judo, Inc. is a 501 (c)(3) corporation, you can deduct 100 percent of any donation you make on your Federal Income Tax return. MJJ supports Maryland's Judo Athletes directly by giving qualifying athletes \$100.00 to place in national level events, such as the High School and Collegiate Nationals and the USJI Senior Nationals. MJJ gives \$150.00 per event to compete in international level events, such as the USJI Junior Olympics, the USJI Junior US Open, USJI Senior US Open, the Pan Am Championships and any other offshore events. In 2005 MJJ has supported our Judo competitors with \$2,050.00 of athlete sponsorship. If you would like to make a donation to MJJ, you can do so very simply by sending a check or money order, made payable to Maryland Judo, Incorporated, to: Maryland Judo, Incorporated, C/O Bill Byrd, Treasurer, 8730 Georgia Avenue, Suite 312, Silver Spring, MD 20910. Make sure that your full name and address are printed on the check and in the lower right corner print that the check is for "2006 Donation to MJJ." For more information, you can contact [Bill Byrd](#) by phone at 301-589-0942 or by email at [Bill Byrd](#)

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

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

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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	
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

<u>Pants</u>			
00 – 1	\$16	\$20	
2 – 5	\$20	\$25	
6 – 8	\$23	\$30	