



# *Hui-O-Judo Beltsville*

## Monthly Newsletter for July 2007

### Upcoming events:

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
August 11	Sr Competitor, Tech Official and Ref Clinic	Glenn Dale, MD
August 26(Sunday)	Hui-O Summer picnic at Smith House	Bowie, MD
Sept 1	Shufu Eastern Invitational Tournament	Baltimore, MD

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!!**

**Hui-O welcomes a new class of beginners** – We would like to welcome all of the new students who have started the beginners judo class. “An introduction to judo” is an eight week beginner course designed to teach you the basics of judo. You will learn basic fundamentals of judo, learn some holds and grappling techniques, learn a few throws and standing techniques, learn lots of Japanese names for things and hopefully have some fun while you are learning. We hope that you will enjoy the study of judo and consider joining the judo club when you have completed your class.

**Shufu Junior Tournament** –The Shufu Junior Tournament was held at the College Park Recreation Center on June 9, 2007. We did not have any competitors enter the event this year. Sensei Bradley was there to help serve as an official referee and Robert Kirk came to serve as a technical official, working at the mat table. We encourage all kjudoka to take advantage of the local events and participate in them whenever they are close by to our dojo.

**Summer Picnic** – Please plan to attend our annual summer picnic at Sensei Mark's house on Sunday, 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.

**Shufu Yudanshakai Eastern Open Championships** - Hui-O is hosting this event on Saturday, September 1<sup>st</sup>. This is Labor Day weekend. . It will be up in Baltimore. We need to have EVERYONE volunteer to help out. It is one of the three tournaments we still run. We need help to set up on Friday night at 7pm in Baltimore. We will be loading mats on Friday afternoon to drive them up. All day Saturday we need help. We need people to not just compete but to help work at the table. No experience is necessary. We will train you there but we need you to come help. Please see Sensei Kevin or Sensei Mark.

**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.

### **Local to National Referee Clinic, Technical Officials Workshop and James J. Burrell Memorial Senior Team Tournament**

The Prince George's Judo Club will hold a combined Local to National Level Referee Clinic, Technical Officials Workshop and James J. Burrell Memorial Senior Team Tournament on Saturday, August 11th at the Glenn Dale Community Center, 11901 Glenn Dale Blvd., Glenn Dale, Maryland 20768. The James J. Burrell Memorial Senior Team Tournament is open to all Senior Judoka with a current USJF, USJI, or USJA membership. Membership in USJF or USJI can be obtained during registration. The Local to National Referee Clinic is for regional, national or higher referees, coaches and players who want to understand the rules of competition. Local referees who have refereed for several years and are preparing to take the regional exam should attend this clinic. A current USJF, USJI, or USJA membership is required if you want to be a certified referee. The Technical Officials Workshop is open to anyone who would like to become a Technical Official or anyone who desires to learn and understand scoring or setting up the pairing and brackets for a match. A USJF, USJI, or USJA membership is NOT required for this workshop. Anyone may attend; all Judo players, parents, friends, family, etc. The Flyer and Entry form for the Local to National Referee Clinic and Technical Officials Workshop, in Microsoft Word (.doc) Format, may be downloaded at [Referee Clinic and Technical Officials Workshop](#). The Flyer and Entry form for the James J. Burrell Memorial Senior Team Tournament, in Microsoft Word (.doc) Format, may be downloaded at [James Burrell Senior Team Tournament](#) For more information, contact Edwin Takemori at 410-431-7360 or by email at [Edwin Takemori](#). An alternate contact is Helen McProuty at 301-262-0762, or by email at [Helen McProuty](#)

**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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## 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	
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
<b>Kodokan Judo</b>	<b>\$24</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

<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	