



# *Hui-O-Judo Beltsville*

## *March 2008 Newsletter*

### Upcoming Events

#### March

1-2	Ocean State Championships	West Warwick, RI
8	Pennsylvania State Championships	Wexford, PA
9	New York Men's Open	New York, NY
15	Beltsville Open Judo Championships	Beltsville, MD
15	New Jersey State Championships	North Bergen, NJ
15	Blue Dragon Team Tournament	Middleton, CT
28-30	High School and Colligate Nationals	Wisconsin

#### April

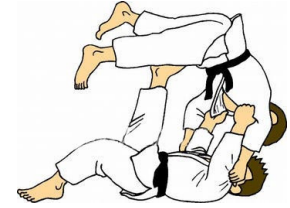
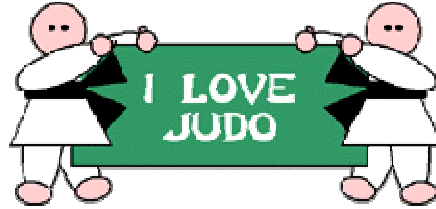
5-6	Liberty Bell Championships	Philadelphia PA
11-12	Senior National Championships	Miami, FL
26-27	Shufu Junior and Senior Promotional	College Park, MD

**PLEASE PAY YOUR DUES!** Please stop at the front desk and pay your dues. Please show your receipt to one of the Sensei's. We ask that each family keep up on your payments. Our judo club is offered at a VERY SMALL monthly fee. Also please remember to scan your membership card at the front desk when you enter and leave the facility each night. Thank you for your assistance in this matter.

**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.

**Welcome new judoka** – For those students who have just completed the January beginners class, we welcome you to join the judo club now. You are welcome to attend class on both Tuesdays and Thursdays. Judo is a wonderful art that will be a lifetime of learning. We hope that you will continue to study and practice judo with us. Please turn in your USJF membership form to Sensei Kevin.

**Beltsville Spring Judo Championships**– Hui-O will host the Beltsville Spring Judo Championships on Saturday, March 15th at the Beltsville Academic Center. The tournament is held in honor of our founder and head sensei, Ken Tamai. All judoka are encouraged to participate. We need EVERYONE's assistance with the tournament. The tournament setup is Friday night from 7-9pm. We have to move all of mats up from the dojo to the school and return them on Saturday night. Saturday we need help with registration beginning at 815am!! We also need help with the referee food area, concession stand, mat tables, raffle ticket sales, t-shirt sales and general tournament operations. Please enlist the assistance of your family. We look forward to seeing you at the tournament.



**Shufu Open** The Shufu Yudanshakai Open Tournament was held in College Park on Saturday, February 2. We had Ben Soto Reiner, Matt and Luke represent our club in competition. Ben took third place in the 17-19 year old middle weight division. Luke took third place in the 13-14 year old middle weight division. Sensei Mark competed in Nage No Kata with Ben Soto Reiner, taking second place. Sensei Mark also demonstrated the Nage No Kata with Pablo Redden Gonzalez of Charlottesville, taking first place. Sensei Mark and Sensei Brad both refereed. Sensei Kevin helped to run the head table and tournament administration

**Virginia State Championships** –The Virginia State Championships were held in Arlington Virginia on February 16<sup>th</sup>. It was a good turn out of competitors. Special thanks to Sensei Kevin and Sensei Mark for transporting all of our mats and setting them up. Sensei Mark refereed and Sensei Kevin helped run the administration of the event. Congratulations to Sensei Jeremy Hill who placed second in his division. Special congratulations to Sensei Brad who was certified as a Regional Referee

**Advanced Judo Clinic Featuring Yasuhiro Yamashita, 8th Dan** - Through the cooperative efforts of Ambassador Ryozo Kato and the Embassy of Japan, Georgetown University and the Washington Judo Club was honored to present Yasuhiro Yamashita, 8th Dan. Sensei Yasuhiro Yamashita is one of Japan's most successful competitors with an unbroken record of 203 wins. He is an Olympic Gold medalist (Los Angeles), 4-time World Champion, and 9-time All Japan Champion. Sensei Yamashita is the head coach of the Tokai University Judo Program. Sensei Yasuhiro Yamashita lead an Advanced Judo Clinic on Saturday, February 23rd from 11:00 am to 5:00 pm at the Yates Field House, Georgetown University,

**Need more judoka** – We are looking for ways to get more judoka to join the club. The more people we have on the mat, the more we can learn from working with a variety of people. The best people to get other interested in judo are you, current judoka who love the sport. Chris Howell has done a great job recruiting at his church. If you know anyone who might be interested in judo, friends, neighbors, any one, PLEASE invite them to come to the club and watch or join. Take some fliers home to hand out to people you know. If you have any questions or ideas, see one of the senseis. Thank you

**Judo DVD's** - Steve Seaquist, Maryland Judo, Inc. Librarian, has begun conversion of the MJI video library from VHS to DVD. These videos can be borrowed and returned by mail by any current member of MJI in good standing. There is a \$1.00 mailing and handling fee and a 1 month time limit for borrowing. At the present time, the videos that have been set to DVD format are the Kodokan videos "Nage-no-Kata," "Katame-no-Kata" and "Ju no-Kata." For more information, contact Steve Seaquist at 301-630-3535 or by email at [Steve Seaquist](mailto:Steve.Seaquist@mdjudo.com). To return videos to the MJI Library, simply mail them to Steve Seaquist, 5806 Arbroath Drive, Clinton, MD 20735-1510.

**Colder weather:** With the colder weather now here, please bring a jacket to class to wear home. Getting hot and sweaty in class then going outside in the cooler weather will bring on a cold. We want everyone in

the club to be healthy and happy. If you are sick, please do not come to class, since we do not want to get the rest of the class sick too.

**Winter Weather policy** The Community Center does NOT necessarily follow policy. Please use common sense in the winter months. If government and schools are closed, there is a good chance that the Community Center may also be closing. If you are uncertain, call the Center at 301-937-6613. If you are uncomfortable driving in winter conditions, especially if the roads are icy, we do not want anyone to take an unnecessary risk coming to practice. Please do not come to class if the weather is challenging for you. The general rule for the center is as follows:

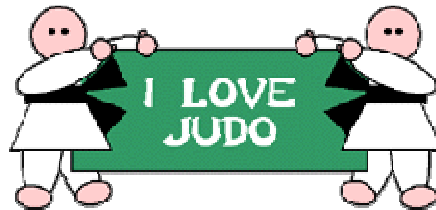
PG government is closed - Community Center is closed

PG Schools are closed - Community Center is OPEN

Delayed PG schools opening - Community Center is OPEN

Early dismissal at PG Schools - Community Center is OPEN

Please listen to radio and television stations concerning the status of schools and government. You can ALWAYS call the community center at 301-937-6613



Beltsville Community Center

301-937-6613

Sensei Kevin Tamai

703-497-1530(home) 703-622-6861(cell) Email – kevin@huiojudo.com

Sensei Mark Smith

301-674-5438

email – [mark@huiojudo.com](mailto:mark@huiojudo.com)

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



## Hui-O-Judo Beltsville

Judo items available for order from Pacillo

<b>Judo Gi's</b>	Unbleached	Bleached	Blue
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

### 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 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

### 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
Fishting 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***

<b><i>Kodokan Judo</i></b>	<b><i>\$24</i></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