



Hui-O-Judo Beltsville

April 2009 Newsletter

Upcoming Events:

April

4-5	Liberty Bell Judo Championships	Philadelphia, PA
16-19	Senior Nationals	San Diego, CA
25	Shufu Yudanshakai Junior Promotionals	College Park, MD
26	Shufu Yudanshakai Senior Promotionals	College Park, MD

Pan American Judo Championships – Congratulations to Sensei Diane and Sensei Karen who traveled to Argentina to represent the United States at the Pan American Judo Championships. They competed in Nage No kata and Ju No Kata. They placed first in Ju No kata and third in Nage No Kata.

Shufu Open Judo Championships – Hui-O-Judo hosted the 2009 Shufu Open Judo Championships at the Beltsville Academic Center on March 14th. Thank you to everyone for their assistance to make this a successful event. Lisa, Mark and Bradley did mat set up. Annie, Mimi, Brad and Michael did registration. Sensei Karen, Sensei Diane, Sensei Fran, Sensei Brad, Lisa and Robert were technical officials. Sensei Mark was a referee. **Lisa Capriotti and Robert Gouthro** competed in the Nage No kata novice division and got FIRST place. **Sensei Mark and Sensei Brad** competed in the Nage No Kata advanced division and also got FIRST place. In his first tournament, **August Garcia** competed in a five man round robin division of 5-7 year old boys. He did a number of good throws and techniques, winning him third place in his division. **Galen Jones** competed in two senior divisions. He received THIRD place in both divisions. **Michael Hunter** competed in the men's 220 lbs division, he placed third. **Lisa Capriotti** competed the female light weight and the female heavyweight divisions. She won all of her matches by Ippon. She received FIRST place in both divisions.

Koshiki No Kata Clinic - Hui-O hosted a Koshiki No Kata clinic featuring Sensei Eiko Shepherd as the clinician. This is was a unique opportunity to learn from a outstanding teacher outside of our area. We had 20 judoka learn the kata and were able to demonstrate it with proficiency by the end of the clinic. Dr. Kano preserved the techniques of this kata from the Kito-Ryu School of jujutsu, because of the extent to which these techniques embody the principle and techniques of Kodokan Judo. Since the Forms Antique were intended for the "Kumiuchi", the grappling of armored warriors in the feudal ages, it is essential to perform the movements imagining that you are clad in heavy armor. The kata is separated into two parts, omote (front) and ura (back). Also known as the Kito-Ryu No Kata, it consists of twenty-one (21) techniques. These techniques are of a high order and highly refined, and their practice brings insight into Judo theory. We thank Sensei Shepherd from coming to teach us and Sensei Karen for arranging her to come teach.

Promotionals: The promotionals are rapidly approaching again. There is a great deal information that each of you needs to review and know. Promotional requirements should not be studied just before an examination. All of the students should be constantly studying their examination requirements throughout the year. It is very important that you all know the terminology, in both Japanese and English. We are able to spend a limited amount of time reviewing all of the materials. All of you should have the judo study book. There is a great deal of information contained in this book. I realize that all of you have many other responsibilities in your lives. Please take the time to look over the requirements at home and bring your questions to class. Anyone who is going to try for their promotion should see Sensei Kevin or Sensei Mark as soon as possible. Even if you are not going to be promoted you should try to attend. It will be a great learning experience. There is **NO ONSITE REGISTRATION. You MUST pre-register by March 25th** if you plan to be promoted.

Hui-O travel team – We are looking at taking small teams of judoka to local tournament a few hours drive from here. Hui-O supports many of the local tournaments to help build fellowship in judo and to challenge us with different types of competition. There are tournaments in Pennsylvania, Virginia, New York, and the Carolinas. However, Sensei Mark and Sensei Kevin both work all day at the events as well as drive and help to manage the team. We would like to have a few parents or senior students volunteer to go along on the trip to help drive and to assist with team management. You can help keep stats on the tournament and take photos at the events for us. Having additional people along allows us to take the newer judoka to help them gain experience at small events or allow us to take more seasoned players to high level competitions. Two larger tournaments we attend are the Liberty Bell in Pennsylvania in April and the AM CAN in Niagra Falls, NY in May.

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