



Hui-O-Judo Beltsville

Monthly Newsletter for June 2006

Upcoming events:

June 2	Fayetteville Invitational	Fayetteville, NC
June 10	Shufu Junior Open	College Park, MD
July 8-9	National Junior Olympics	San Jose, CA
July 15-16	USJA Junior Nationals	Boca Raton, FL
July 22-23	USJF Junior Nationals	Ft Lauderdale, FL
July 29-30	Junior US Open	Ft Lauderdale, FL
July 30	Keystone Games	York, PA

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 – Sensei Diane and Sensei Karen traveled to Buenos Aires, Argentina to represent the United States in 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 placed first in the Nage No Kata and Katame No Kata. They placed second in Ju No Kata. Congratulations to both of them.

U.S. Athletes Win Four Medals at Pan Am Kata Championships (Buenos Aires, Argentina) – Karen Whilden (Vienna, Va./Baltimore Judo Club) and Diane Jackson (Silver Springs, Md./Hui-O-Judo Beltsville) won their second consecutive gold medal at the Pan American Kata Championships on Saturday. Kata is a form of judo competition in which pre-set fundamental or basic forms are demonstrated and then judged by a panel of experts. There were four katas contested at this year's Pan Ams in both male and female divisions: Katame No Kata, Ju No Kata and Nage No Kata. Whilden and Jackson won gold in the Katame No Kata competition and placed second in the Nage No Kata Division. Their teammates Delynn Purcell (Kennewick, Wash./Columbia Dojo) and Mikey Sjerven (Kennewick, Wash./Columbia Dojo) also reached the podium, placing second in the Ju No Kata division. Douglas Tono (Chicago, Ill./Tohkon), a three-time National Shiai Champion, and Andrzej Dajnowski (Chicago, Ill./Tohkon) competed in their first Kata Pan Ams, earning a silver medal in Ju No Kata and placing fourth in Katame No Kata. The duo also finished seventh in Nage No Kata.

Changes to class schedule – Beginning on June 1st, we will be having judo club from 7-8:30 pm. At 8:30 pm we will bow out the class, mats will all stay down. The time slot from 8:30 to 9:30 pm will be for senior level and advanced students to work on other techniques. Please plan to be picked up from judo at 8:30. You may NOT play basketball or play any games in the gym while we are holding class. Students must be picked up by parents. Please be prompt and responsible for your children.

Pottstown Developmental Judo Tournament - Pottstown Judo Club hosted their semi-annual developmental tournament on Saturday May 13th in Pottstown, Pennsylvania. Team members from Hui-O-Judo were Tyler Smith & Jose Luis de Leon as competitors and Sensei Mark Smith, who refereed. Tyler played & won all 4 of

his matches by ippon, landing him in 1st place. Jose Luis played & won 1 match, and lost 2 others in a division of 6 men, landing him in 4th place. I was the ranking referee of a group of 6 local referees who all performed well. The group avoided any problems despite some most interesting complications.

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.

Sunday Judo practices – At the lead of our fellow judoka, Chris Howell, there is an additional opportunity to practice judo. Chris has open mat at the New Hope Seventh-day Adventist Church, 15121 McKnew Rd., Burtonsville, Maryland 20866. Practices are scheduled for Sunday afternoon from 3-5pm. This is a wonderful opportunity to add a weekend practice to your judo schedule. Please call Chris directly to verify class will be held.

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.

Shufu Junior Tournament –The Shufu Junior Tournament will be held at the College Park Recreation Center on June 10, 2006. Information and registration flyers are available at the dojo. We encourage all junior judoka to attend this event.

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 and \$15 for additional membership. 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 12th. 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.

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

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

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Sensei Mark Smith Phone – 301-674-5438 email – mark@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	\$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	\$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

Pants			
00 – 1	\$16	\$20	
2 – 5	\$20	\$25	
6 – 8	\$23	\$30	