



Hui-O-Judo Beltsville

April 2010 Newsletter

Upcoming Events:

April

10-11	Liberty Bell Judo Championships	Philadelphia, PA
17	Shufu Yudanshakai Junior Promotionals	College Park, MD
17	Jason Morris Ground Grappling Seminar	White Plains, MD
18	Shufu Yudanshakai Senior Promotionals	College Park, MD
18	Garden State Judo Classic	Lodi, NJ

May

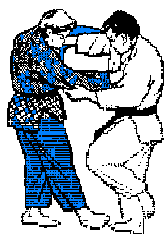
Apr 30 – May 2	US Senior Nationals	Mertle Beach, SC
8	Morris Cup	Burnt Hills, NY
28-30	AM CAN Challenge	Buffalo, NY

Please stop at the front desk to pay for the March/April class. The barcode for Children's beginners class is **156871**, the barcode for adult beginners is **157817**, the barcode for Judo: Mixed ages, Intermediate is **209964**

Welcome new beginners – We would like to welcome the new students who are just starting in the beginners judo program. We hope that you will enjoy the eight-week introductory class. It starts on Tuesday, March 2th then continues each Tuesday for 8 weeks until April 19th. **The Barcode for Adults beginners class is 157817 and the barcode for Children's beginners class is 156871.** Please make certain you are registered with the front desk at the center. Judo is a wonderful sport to study and to learn. If you have any questions or concerns, please feel free to see one of the senseis (teachers).

New Center Hours – The Center is now closed at 9pm. Doors are locked and everyone is clear of the grounds at 9pm. **Judo class ends at 830.** Please make certain that you have a ride at the center at 830 or by 845 at the latest. Some parents are not picking up their children on time. The Park Police are often there to check the facility at 9pm to make certain that everything and everyone is clear.

New Hand stamps- We will be stamping the judokas hand with a judo stamp to show that they have paid for class. It will be a small round kanji of ju-do. We will be checking stamps at each class. It is up to each one of you to PLEASE pay your bi-monthly class fees 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.



Beltsville Open Judo Championships – Hui-O-Judo hosted the 2010 Beltsville Open Judo Championships at the Beltsville Academic Center on March 13th. We appreciate everyone's assistance who helped make this a successful event. Mat set up was on Friday night at 7pm. Sensei Mark, Sensei Bradley and Robert Kirk moved all of the mats and equipment from two locations up to the shiaijo for the competition. Sensei Bradley, Mimi Lazar, Mike Grunberg and Tim Moser ran registration starting Saturday morning at 830 am. Thank you to Glenn Reardon for being our medical person and MNCPPC representative for the day. Thank you to William Chaney for being the scale master. We would like to thank Nancy Yee, Cleveland Yee and Dorothy Tamai ran the officials food area and concession stand. Thank you to everyone who volunteered to help with mat tables and general tournament operations.

Caleb Dang was in a very tough eight man division. His first match was against Aaron Douoguih a 10 year old, 83 lbs, from Sport Judo. His second match was against Michael Wahler, a 9 year old 101 lbs, from Southern Maryland Jujitsu. We are very proud of the judo spirit that he demonstrated.

Michael Pettengill competed in his first tournament and did very well. He was in a five man round robin division of 8 year old boys from 54 to 59 lbs. While he did not win, he gained valuable knowledge about things to improve his techniques and competition skills. His first match was against Jarrell Reed, a yellow belt from Seigneury Judo in Baltimore. He got a bye in the second round. His third match was against Brent Lorin, an orange belt from Seigneury Judo in Baltimore. His fourth match was against Nate Reinhold a rokkyu from the Maryland Judo Team in Damacus Maryland. His final match was against Noah Robons, a yellow belt from Seigneury Judo in Baltimore.

Cathlin Pettengill competed in her first tournament and was in a four man round robin division. Her first fight was against Susan Czach, a 10 year old 74 lbs Green belt from Sport Judo. Cathlin won her second match was against Vanessa Olazabel, a 10 year old, 77 lbs, Rokkyu from Dale City Judo in Virginia with an Ippon. She won her third match against Emma Niswander from Maryland Judo Team in Damacus Maryland, with an Ippon. She placed second in her division

Scott Wallace competed and placed first in the Sankyū and below over 220 lbs division. He was in a four man round robin division. We was under weight of each of his opponents by 60 lbs!!! He won his first match was against John Scott Wakelin, a 282 lbs rokkyu from Rankin Judo in Berkley Springs WVA with an Ippon. He lost his second match to Richard Sanders a 281 lbs blue belt, from the National Institute of Health Judo Club. He won his third match against William Waugh, a 268 lbs Rokkyu, from College Park with an Ippon.

Please enlist the assistance of your family to help with our events. Bring in some food for the tournament officials who volunteer their time to help. We look forward to seeing you at more of our tournaments. Please help make all of our events successful by volunteering your time to help us. Please see one of the sensei's to ask how you can assist.

Goshin Jutsu Kata Clinic - Hui-O-Judo hosted a Goshin Jutsu Clinic. It was attended by 25 judoka from the regional area. It was a wonderful opportunity to work with kata competitors and judges with international and national experience. Our highly honored, Peggy Whilden and Karen Whilden provided instruction on Goshin Jutsu. They brought insight as “A-Level” Kata Judges and experienced kata competitors. They have won many national and international championships in Katame, Goshin jutsu, Ju No, and the overall champion award. Karen is also the Shufu Yudanshakai Kata Development chairperson. We were also very honored to have Sensei Frances Glaze there to teach us and demonstrate the techniques. The Kodokan Goshin Jutsu was created in 1956 by a [Kodokan working group](#) to update the older kata with more modern forms of [self-defense](#). Many people feel it also shows the influence of [Kenji Tomiki](#), one of Professor Kano's students, who also studied Aikido under the founder of Aikido. It consists of 21 techniques against an unarmed, as well as armed, attacker. It is divided into two unarmed sets (toshu no bu) and three sets with weapons (buki no bu). The first seven techniques are against an attack close in. The next five are against attacks from strikes and kicks. Then there are three attacks with a knife, three with a stick and three with a gun. The techniques here cannot be used in free exercise practice or in competition, but only in kata. Never-the-less, as one practices this kata, the attack speed increases and one's reflexes and reactions sharpen to meet the attack. Eventually, this kata can be practiced with real weapons. The intent in this kata is different than with normal Judo practice, in that this is a self-defense kata, the intent on the part of both participants is to fully perform the attack and defense techniques. While the actions are controlled, so that the attacker is not hurt, the defender's actions can easily be modified to disable the attacker. It is important to realize that all of the techniques in this kata are consistent with the principles of "Judo", the way of gentleness or yielding. Whether you are a judoka with an interest in the traditional kata, or one with little kata experience, this clinic is an excellent opportunity to learn about a different aspect of judo!

Promotionals: The promotionals are just weeks away. Only a few people have registered to be tested and promoted. Many of you have not registered with USJF and have not paid your club dues. If you are not current, you can not be promoted. There is a great deal of information that each of you needs to review and know. Promotional requirements should not be studied just before an examination. Promotional requirements are available in the Shufu Judo Yudanshakai website. 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 guide. 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 have pre-registered by March 17th** if you plan to be promoted.

Liberty Bell Judo Championships - Sensei Mark will be heading up to Philadelphia for the Liberty Bell Judo Championships. This is one of the largest judo events in the country. He will be attending a class on Friday about working with blind judo athletes. He will be refereeing on both Saturday and Sunday. Please consider going up to watch or to help as a technical official.

Jason Morris Clinic - The Southern Maryland Jujitsu Academy (4455 Crain Highway, White Plains, Maryland 20695 301-932-9494) is offering a Ground Grappling seminar featuring Jason Morris. Jason Morris is a 7th degree black belt, and All American wrestler at Syracuse, a 4 time Olympian, 1992 Olympic Silver medalist, 2008 Olympic Judo Head Coach, 8 time Senior National Champion, a High School and Collegiate National Champion and a 6 time National Champion. Both feared and respected, Jason terrorized the international judo circuit for over a decade with his ferocious ground work. Whether you are a judo player, wrestler , jujitsu or sombo player, you will enjoy and benefit from this training session. Kids are 10 to 12 for \$25 and adults are noon to 2 for \$35.

Thursday Practices – There has been a significant drop in attendance at Thursday Judo practices. If we want to keep the use of the facility, we need to have people on the mat. Please make an effort to attend both days of practice.

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 Niagara Falls, NY in May.

Club logo tee shirts – Take pride in the judo club while helping promote and advertise it. The club logo t-shirt has the traditional club logo just like our patch in Red, White and Blue on a white t-shirt. The Tee shirt from the Ken Tamai Memorial Judo Championships is also available. Both styles are offered in children sizes XS to adult sizes XXXL. The price for club members is just \$10 per shirt. There are also two types of backpacks available for \$15 each. We encourage all club members, family members and club supporters to have and to proudly wear the club logo items. Visit our website <http://www.huiojudo.com/> to see pictures of these items or see Sensei Kevin.

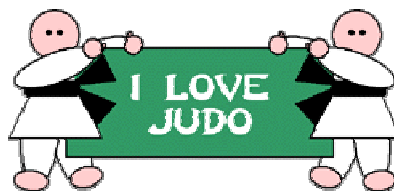
Sensei Mark to the Nationals – Sensei Mark and Sensei Terrance are going to compete at the USA Judo Senior National Judo Championships in Mertle Beach South Carolina to represent the Shufu area. They will be competing in the men's pair of Kime No Kata. We wish them the best of luck.

Sensei Kevin Tamai
Sensei Mark Smith

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





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	\$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

Judo Gi's	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	

