



# Hui-O-Judo Beltsville July 2010 Newsletter

## Upcoming Events:

### July

2-4	USJA/USJF National Judo Championships	Irvine, CA
10	Lancaster Open Judo	Lancaster, PA
23-25	National Junior Olympics Judo Championships	Duluth, GA
25	Keystone Games	York, PA

### August

1 (Sunday)	Hui-O Summer picnic at Smith House	Bowie, MD
14	Verna Larkins All Women judo Championships	Northglenn, CO
17-22	Master Athlete Championships	Montreal, Quebec, Can
21	Commonwealth Games	Norfolk, VA

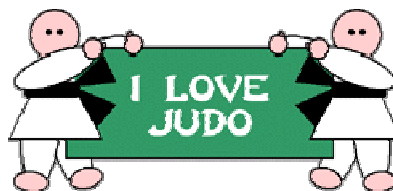
### September

4	Shufu Eastern Open Judo Championships	Baltimore, MD
7 (Tuesday)	Beginners Judo class begins (8 weeks)	Beltsville, MD
7(Tuesday)	Sign up for advanced Judo classes/Judo Club	Beltsville, MD
11	East Coast Judo Championships	Newark, NJ
??	Faye Allen Memorial Kata Competition and clinic	Glenn Dale, MD
11??	Hometown Heroes Tournament	Fayetteville, NC

**Important note:** Please stop at the front desk to pay for the July/August class. Unfortunately, There is no the barcode for Judo: Mixed ages, Intermediate for July/Aug. Please just sign up as the beginner class. The barcode for Children's beginners class(ages 6 to 16) is **209162**, the barcode for adult beginners (ages 17 and older) is **210120**; the barcode for adult advanced is **210064**

**Summer Picnic** –Sunday, August 1st. Please plan to attend our annual summer picnic at Sensei Mark's house. 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 or dessert to share. Families should bring their own drinks. The senseis will provide the hamburgers, hot dogs and paper products.

**Join Hui-O-Judo on Face book.** – Hey judoka become a friend of Hui-O-Judo on Facebook. Go to [www.facebook.com/huiojudo](http://www.facebook.com/huiojudo) see recent photos, share your thoughts and comments, see who else is already friends of Hui-O-Judo.



**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, then continues each Tuesday for 8 weeks until .**The Barcode for Adults beginners class is 210064 and the barcode for Children’s beginners class is 209120** . 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).

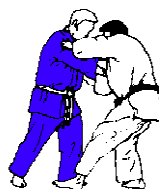
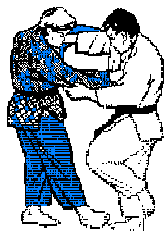
**Lancaster Open Judo** \_ Lancaster Judo is holding its first judo tournament on Saturday, July 10<sup>th</sup>. Sensei mark will be going up. We encourage all judoka to go support this event. If you are able to go, please contact Sensei Mark.

**Virginia Commonwealth Games** – Coming up in August will be the Virginia Commonwealth Games held in Norfolk Virginia. It is about 2 hours away. We encourage all judoka to try to attend and support this event.

**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.

**LOCK YOUR CAR** – PLEASE lock your car and be certain not to leave any valuable in open sight. There have been a number of cars with items stolen from them while people are inside the center. Windows have been broken to take things out. Purses, money, Navigation systems, IPODS and other items have been taken.

**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.



**Shufu Takemori Open and Competitor's Clinic Featuring Jimmy Takemori, Kudan** -College Park Judo Club hosted the Shufu Takemori Open and Competitor's Clinic Featuring Jimmy Takemori, Kudan on Saturday, June 5, 2010. Congratulations to Ohm Sapa who represented Hui-O-Judo in the junior division. Ohm placed second in his group. In his first match he defeated Moses Verroye Cannone of Maryland Judo. He lost his second match to Colby Horning of Bushikai dojo.

Mahendra Sapa competed in the senior division. Unfortunately he lost both of his matches but gained valuable insight for some things to work on. Sensei Mark refereed. Sensei Kevin ran the head table.

**Nage No Kata Clinic with Karen Whilden and Charles Medani** - On Saturday June 19th a Nage No Kata Clinic was hosted by Lancaster Judo Club. The clinicians were our own Sensei Karen Whilden, Godan and Charles Medani.

**Keystone Games** - The Keystones Games will be held in York, Pennsylvania on Sunday, July 25<sup>th</sup>. If you are interesting in going, please see one of the senseis

**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.

**Join the Shufu Judo Yudanshakai Mailing List** - Stay informed by joining the Shufu Judo Yudanshakai mailing list! The purpose of this list is to convey information about announcements, news, events and notifications regarding Shufu. Below are the necessary addresses to manage your subscription to the mailing list. To subscribe just send an email using the [ShufuJudo-subscribe@yahoogroups.com](mailto:ShufuJudo-subscribe@yahoogroups.com) address. You will receive a confirmation email before you are live on the list. To send an email to the list, use the [ShufuJudo@yahoogroups.com](mailto:ShufuJudo@yahoogroups.com) address and all members will receive your post. Please note the domain is "yahoogroups", not "yahoo".

**Judo News Sent to Your Inbox** - How would you like to receive the latest Judo news delivered to your e-mail inbox? You can subscribe to the Yahoo Judo News Group by sending an email to [JudoNews-subscribe@yahoogroups.com](mailto:JudoNews-subscribe@yahoogroups.com). You can also upload information about news or events at your club by sending the information to [JudoNews@yahoogroups.com](mailto:JudoNews@yahoogroups.com). If you decide to unsubscribe, all you have to do is send an email to [JudoNews-unsubscribe@yahoogroups.com](mailto:JudoNews-unsubscribe@yahoogroups.com). You need to be a registered with Yahoo to take advantage of the group. This can be done at <http://groups.yahoo.com/>. It's that easy, and it's free, to get the latest Judo news delivered to your email mailbox.

**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.

**Shufu Yudanshakai Eastern Open Championships** - Hui-O is hosting this event on Saturday, September 4<sup>th</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. We will also like some help when we return to the dojo with the mats to put them away. Please see Sensei Kevin or Sensei Mark.

**Judo DVDs Available** - 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 301-868-0453 or by email at [Steve Seaquist](mailto:Steve.Seaquist). To return videos to the MJI Library, simply mail them to Steve Seaquist, 5806 Arbroath Drive, Clinton, MD 20735-1510.

**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.

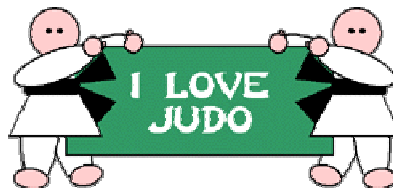
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Visit the club website at <http://www.huiojudo.com/>

Sensei Kevin Tamai  
Sensei Mark Smith

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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	\$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

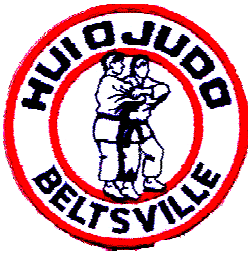
Foot Throws (Nishioka)	\$10
Get to Grips with Judo (Holme)	\$ 9
Ju No Kata	\$22
Judo Strategy	\$22
Judo Basic: Principles, Rules and Ranks	\$35
Gene LaBell's Handbook of Judo	\$13
Judo Formal Techniques	\$25
Judo from a Russian Perspective	\$27
Judo Heart and Soul	\$15
Judo Techniques and tactics (Pedro)	\$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
<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

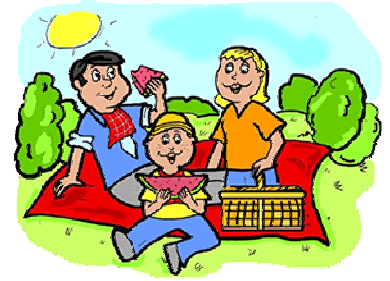
Judo Duffle Bag (white or blue)	\$16.00
Mini Judo Jacket (white or Blue)	\$6.00
Judo Belt key chain (specify color)	\$3.00
Kano Plaque	\$30.00
Judo Flip Pin	\$2.00
Japan Flag Pin	\$2.00
Kodokan Judo Patch	\$3.00

<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	



*Hui-O-Judo  
Summer Picnic 2010  
Sunday, August 1  
12 noon- 7pm??*



**Bring your family and join us for an afternoon of food, fun and relaxing with friends. The senseis will provide hamburgers, hot dogs and paper products. We ask that everyone bring a side dish or dessert to share with everyone. Please bring your own drinks. Bring your swim suit and a towel to cool off in the pool. There is a sign up sheet at the dojo or email us back.**

*Sensei Mark Smith house  
4423 Olando Lane, Bowie, MD (301)*

From Beltsville Community Center, 3900 Sellman Rd, Beltsville, MD, turn left out of center on Sellman Rd for 0.52 miles to flashing light at top of hill, Turn right onto Montgomery Rd, Turn right onto US-1 (Baltimore Av), Bear right on ramp to I-95 S (I-495 S, Capital Beltway, I-495 Innerloop), Continue on I-95 S (I-495 S, Capital Beltway, I-495 Innerloop) for 5.8 miles, Bear right onto off-ramp at exit 19A to US-50 E (John Hanson Hwy) towards Annapolis, Continue on US-50 E (John Hanson Hwy) for 6.9 miles, Bear right onto off-ramp at exit 13A-B-C to Exit 13B Take MD-3 N (Crain Hwy) Ramp at exit 13B Continue onto MD-3 N (Crain Hwy) for 1.8 miles Turn hard left onto MD-450 W (Annapolis Rd) follow for 1.1 miles, Turn right onto Race Track Rd, follow for 0.8 miles Turn right onto Overbrook Ln Turn left onto Olando Ln house is on right at end of street.

Sensei Kevin Tamai cell or text [7036226861@cingularme.com](mailto:7036226861@cingularme.com) e-mail – [kevin@huiojudo.com](mailto:kevin@huiojudo.com)  
Sensei Mark Smith cell or text – [3016745438@cingularme.com](mailto:3016745438@cingularme.com) e-mail: [mark@huiojudo.com](mailto:mark@huiojudo.com)

Remember to sign up on the sheet at the dojo with what you will bring and how many people will attend

We hope to see you there !!

