



Hui-O-Judo Beltsville

November 2010 Newsletter

⋮

Upcoming Events:

November

2	Start new 8 week beginner judo classes	Beltsville, MD
2	Intermediate judo class for Nov and Dec begin	Beltsville, MD
6	Shufu Yudanshakai Junior Promotional	College Park, MD
7	Shufu Yudanshakai Senior Promotional	College Park, MD
20	Shufu Open Judo Championships	College Park, MD

December 21 Hui-O Holiday Celebration Beltsville, MD

Important note: Please stop at the front desk to pay for the November/December class. The barcode for Children's beginners class(ages 6 to 16) is **294665**, the barcode for adult beginners (ages 17 and older) is **294666**; the barcode for Mixed Ages Intermediate Judo is **294667**

Ken Tamai Memorial Judo Championships – Hui-O Judo hosted the 6th Memorial Judo Championships in honor of our sensei Ken Tamai on October 16, 2010 at the Beltsville Community Center. We had over 200 competitors participate in the event. We would like to thank Dorothy Tamai and the Yee family for running the concession stand and the officials area; Thank you to Brad mason, Sensei Mark, Kurt Tamai and Jake Tamai for helping to set up the event; Annie Valenzuela, Mimi Lazar and Mike Grunberg for running registration; All of our referees and technical officials who volunteered their time; Glenn Reardon and James Jones for serving as our medical team; Special thanks to the Wilson family, Margie Kettl and Greg Gobel who ran lead on the technical officials; thanks and congratulations to our judoka who represented Hui-O at the tournament - **Caleb Dang**, who won second place in his 16 man division, stepped up at the team captain getting everyone through the registration process, warmed up and through competition. He won matches against Aidan Flint from Bushikai, Sojia Said from Dale City, Alexander Lee from Dale City and Trevon Bradley from South Hill Judo in Pittsburgh Pennsylvania. He only lost one match to Arten Rusyaev from Washington Judo in DC; Competing in her very first tournament, **Melissa Olivar**, won third place in her division after losing matches to Cheyanne Wiamar and Taylor Deitman both from Dilltown, Pennsylvania; Competing in his first tournament, **Matthew Quintanilla** had two Ippons. One was against Akiva Rosenzweig from Maryland Judo and the other was against Cayden Smedley from Dale City Judo in Virginia. He won second place in his division, only losing one match to Alexander Tamai from College Park; Our newest judoka to join the club was Senior player **Melissa Sheeder** who won second in her division, losing only to Christina Salmond of Baltimore; In her first competition, **Lillian Quintanilla** scored two Ippons! One was against Catherine Lee from Dale City Judo in Virginia and the other was against Camille Fabiyi from College Park Judo. She won first place in her division. Congratulations also to **Sensei Mark Smith** and Sensei Terrance McPartland who placed first in the open division of kata. Congratulations to **Sensei Brad and to Robert Kirk** who placed second in the Nage No Kata competition.

Please submit your nominations for Outstanding Judoka, Most Improved Judoka, Judo Spirit Awards and Scholar Athlete Award winners (students who get good grades while practicing judo)

Congratulations to Lillian Quintanilla who was promoted to Junior Gokyu. She is now wearing a yellow belt.

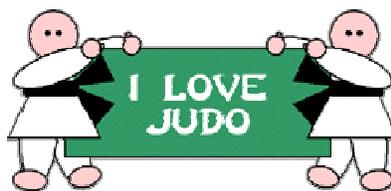
Congratulations to Sensei Karen Whilden and Sensei Fran Vall, who competed at the very prestigious Fukuda Kata Invitational in San Francisco California. Sensei Keiko Fukuda is in her mid 90's now and is the highest ranking woman in US Judo. Please read the attached article about her. Sensei Karen and Sensei Fran placed first in the Koshiki No Kata. The techniques in this kata were designed for armor clad warriors of the Kito School. You must imagine the judoka wearing heavy suits of armor. The techniques embody the principles of Kodokan Judo. Koshiki No Kata is also known as Kito-ryu no Kata. It consists of 21 techniques originally belonging to the Kito School of jujutsu. Jigoro Kano revised the techniques and incorporated them into a kata in order to preserve the historical source of judo. Although koshiki-no-kata is not often seen in the United States, it is still taught and practiced in Japan

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

Hui-O-Judo 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.

Studying Judo – Judo will help you to open you mind and your spirit, as well as provide physical conditioning for your body. The knowledge you learn on the mat will be expanding into every part of your life. Your teachers (senseis) and fellow students will help you on your journey of discovery and exploration in judo. When you are practicing judo, you will learn another language along with many traditions, customs and history. Judo is the “gentle way”. We practice to show the strength and beauty of our art and to avoid conflict, violence and injury.

Athlete Funding for Shufu Yudanshakai Competitors - Shufu Yudanshakai has established the Athlete Funding Committee to provide funding support for Shufu Judoka who have been representing Shufu at National and International Judo events. To qualify Judoka must have competed in a National Junior or National Senior level and at an E level or better event: the Junior Olympics, International Youth Open, or other Elite events including unfunded international events. Qualifying athletes must be a member of Shufu for at least two (2) years at the time of the application (current year plus previous year) and be a member of an active Shufu club that has been registered with Shufu Yudanshakai for at least two (2) years at the time of the application (current year plus previous year). Athletes applying for funding through the Shufu Athlete Funding Committee may not be sponsored or financially supported, directly or indirectly, by any other judo organizations. You can find more information and a copy of the Shufu Yudanshakai Athlete Funding Request Form, in Adobe Acrobat (.pdf) format, at [Shufu Yudanshakai Athlete Funding Request Form](#).



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.

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 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 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. You can also upload information about news or events at your club by sending the information to JudoNews@yahoogroups.com. If you decide to unsubscribe, all you have to do is send an email to 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.

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. To return videos to the MJI Library, simply mail them to Steve Seaquist, 5806 Arbroath Drive, Clinton, MD 20735-1510.

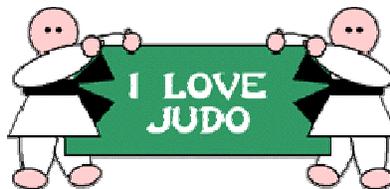
Join Hui-O-Judo on Face book. – Hey judoka become a friend of Hui-O-Judo on Facebook. Go to www.facebook.com/huiojudo see recent photos, share your thoughts and comments, see who else is already friends of Hui-O-Judo.

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

Sensei Kevin Tamai
Sensei Mark Smith

703-622-6861
301-674-5438

Email –kevin@huiojudo.com
email – mark@huiojudo.com





***Hui-O-Judo Beltsville Holiday Party
Tuesday, December 21, 2010
7pm to 9pm
Multipurpose Room at BCC
Bring your family!***

***Bring a food item(side dish) to share
Bring a \$5 or less wrapped item for kids the grab bag
Take time to look at the scrap books from
over 30 years of Hui-O-Judo history***

***Sensei Ken Tamai Spirit Award for 2010 was presented to
Sensei Pam Hinkle of the Blue Dragon Judo Club in Middleton CT
and James Gosnell Inspirational Award was presented to
Mr Roy Englert Sr. for 40 years of service to Shufu Judo and all of our events.
We will be presenting a few other special awards.***

***Please let us know how many people are coming and what dish you are bringing.
There is a sign sheet at the dojo or contact one of the senseis.***

***Seasons Greetings to all
and Happy Holidays to each of you***

If you have any questions, please contact :
Sensei Kevin Tamai cell phone - 703-622-6861 e-mail – Kevin@huiojudo.com
Sensei Mark Smith cell phone : 301-674-5438 email – mark@huiojudo.com

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

Keiko Fukuda: A Lifetime of Judo by Kathleen Sullivan

90 year old Keiko Fukuda, the martial art's highest-ranked women, still goes to the mat

An elderly woman sits in the only chair allowed on the light green carpet of padded mats in the judo club. It's just a metal folding chair, but her students treat her like a queen on a throne. They hang on every soft-spoken word, every wave of a hand, every approving nod or smile.

She is dressed in brilliant white: a quilted jacket with overlapping lapels over thin white pants with reinforced knees. It is her cherry-red belt, knotted loosely over her jacket, that marks her as sovereign. The belt signifies that Keiko Fukuda, who celebrated her 90th birthday last spring, is the highest-ranking woman in the world in judo, a Japanese martial art in which technique and balance -- rather than power -- are the key to victory.

During a recent class in her San Francisco club, Fukuda watched a 22-year-old woman struggling to learn a new move -- a "side sacrifice" technique, in which the attacker drops to the ground while grasping the lapels of an opponent's uniform, rolls to one side and tosses the opponent into a heels-over-head somersault to the mat.

In judo, an individual uses an opponent's strength, weight and momentum against the opponent. When words and gestures failed to get an important point across, Fukuda rose slowly to her feet. She left her sturdy black cane, with its wide curving crook, resting on the mat. In tiny, staggered steps, Fukuda moved into position in front of the student. She reached up to grab the young woman's lapels, grasping them with wrinkled hands stiff from arthritis and weakened from old judo injuries. The room fell silent. Everyone else stopped training and turned to watch. Fukuda dropped, rolled and threw her young opponent -- three times in a row. She then returned to her chair for the rest of the two-hour class.

"There are times when she'll do that, get up and show us something, but not too often," said student Molly Boutdy, who was learning the technique for a coming test for a higher ranking. "She can't stand up for long." Fukuda, who speaks English with a strong accent, can be hard to understand at times. But that doesn't hinder communication with her students. "She gets her point across," 57-year-old Vaughn Imada said with a fond laugh. Imada, who runs the San Jose Buddhist Judo Club, travels to San Francisco once a month to take Fukuda's advanced class. Imada, who has been studying judo for 30 years, said Fukuda sometimes uses sounds, instead of words, to convey a concept. "We listen to those sounds -- and we laugh," Imada said. "Then we think about it. Then we try the technique again and say: Oh, that's what you meant." He said Fukuda is a strict, but patient, teacher. "She makes judo fun," Imada said. "Everyone enjoys learning from her."

Vicki Trent, now the highest-ranking student in Fukuda's club, spent 16 years driving back and forth from her home in Santa Cruz to the club in San Francisco. Finally, 11 years ago, Trent moved to the city to be close to the school and to the woman who had become her mentor. Trent, a 48-year-old attorney who recently became a real estate agent, said the word "enlightened" comes to mind when she thinks about Fukuda, who teaches the philosophy of judo, as well as its physical techniques. "She is a person like everybody else -- with foibles. I've certainly seen that over the years. At the same time, her awareness of the truth and the deeper meaning of life is evident in her sense of humor and her love of life, in her joie de vivre," Trent said. "That has kept me quite devoted to her as a teacher."

Fukuda, who stands a couple inches shy of 5 feet, has been teaching judo for nearly 70 years. Fukuda, who surrendered her Japanese citizenship to become a U.S. citizen, has traveled all over her adopted country spreading the gospel of judo. She also has given seminars in Australia, Canada, New Zealand, Norway and the Philippines. When she was 76, she flew to France to teach the country's top-ranked judo instructors. The U.S.



Judo Federation, which represents more than 350 clubs, gave Fukuda the red belt in 2001, in recognition of her lifelong contributions -- domestic and international -- to the martial art. The U.S. federation has awarded only three red belts. The two other recipients were men, who have since died. The belt indicates Fukuda has reached the ninth dan level in judo. In the history of the 120-year-old martial art, only about a dozen people in the world have achieved a higher rank -- the 10th level. She continues teaching today despite the ailments of old age -- Parkinson's Disease, which makes her right hand tremble like a leaf in a breeze, triple bypass surgery more than a decade ago, and aged ankles and knees.

The book's cover photograph shows Fukuda performing a particularly difficult move, in which she is balanced on a partner's arched back. Fukuda's body tilts at a 45-degree angle to the floor, her head facing the mat, her toes pointing toward the ceiling -- a move she had to hold for several seconds. A black-and-white photograph hanging in Fukuda's home shows her -- at 51 -- in that same gravity-defying pose, during a kata demonstration at the 1964 Summer Olympics in Tokyo.

It was the first year in which men earned Olympic medals in freestyle judo, matches in which competitors won points for throws and immobilizing holds. Women's freestyle matches were added at the 1992 Olympics in Barcelona. But there is no kata competition at the international event -- a situation Fukuda would like to change.

Fifteen years ago, she established her own tournament, the Fukuda Judo Kata Championships. This year, the tournament will be held on Oct. 25 at the San Jose Buddhist Judo Club. It is expected to attract about 100 participants, including competitors from other countries. Fukuda has also worked for many years to spread kata competitions throughout the world, said Robert Fukuda (no relation), executive director of the U.S. Judo Federation.

"What she's trying to do is get kata competition included as part of the world championships," he said. "Then the opportunity opens up for it to become part of the Olympics. Part of her work over the years has been to get kata competitions more diffused around the world. More of the unions (there are five unions in the International Judo Federation) are doing it. The Pan American Judo Union is the only one that has an official kata championship."

While Fukuda's sights are set on that Herculean goal, she has no problem focusing her still-keen eyes on the parade of students who still seek her advice and appraisal. When she attends judo seminars these days, Fukuda usually watches students from the protective comfort of a wheelchair. But she doesn't hesitate to rise out of the chair onto the mat when she sees they need help.

"It's almost like someone has hooked her up to a battery charger," Robert Fukuda said. "She comes out of the wheelchair, gets out there, demonstrates the technique and sits back down. You can see that it takes a lot out of her. But that's just how she is. She wants to help. She wants people to do it correctly. To learn the right way."



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	

