



Hui-O-Judo Beltsville June 2011 Newsletter



Upcoming Events

June

4	Takemori Open	College Park, MD
4-5	USA Judo Presidents Cup	Vail, CO
11	Nage No Kata Clinic with Karen Whilden	Lancaster, PA
11	Kelly Capers Clinic (Budokan Judo Club)	Chesapeake Beach, MD
12 (Sun)	Starret Cherry Blossom Invitational	Brooklyn, NY
18	Richard Trautmann Clinic	Fredericksburg, VA
23-25	“Greatest Judo Camp on Earth”	Matthews, NC
30-July 3	USJF/USJA Junior Nationals	Perryburg, OH

July

1-2	International Judo Federation World Cup	Miami, FL
3	USA Judo US Open Judo Championships	Miami, FL
2-3	USJF/USJA Junior National Championships	Toledo, OH
10	Bay State Games	Boston, Mass
15-17	Junior US Open	Ft Lauderdale, FL
22-24	Junior Olympics	Irving, TX

Everyone should already be registered for the May/June class. If you are not currently registered, Please stop at the front desk to pay. The barcode for **Children’s beginners class is 432215**, the barcode for **Adult Beginners class is ??**, the barcode for **Adult Advanced Class is 432114**, the barcode for Judo the barcode for **Mixed ages, Intermediate is 432265**

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.

Promotions – Please join us in congratulating some of our judoka who have recently advanced in rank: Aboyede Thomas Olubo to Junior Gokyu (Yellow Belt) and Simone Olubo to Junior Gokyu (Yellow Belt)

Nage No Kata Clinic - Sensei Karen Whilden will be teaching a Nage No Kata clinic in Lancaster Pennsylvania on June 11th. We strongly encourage all senior judoka to learn the kata and at least compete locally. The Nage No Kata is a set form of highly formalized throwing techniques. It consists of five sets of three throws. Each throw is performed both left and right side. ***Te Waza - Hand Techniques*** (Uki Otoshi - floating drop, Ippon Seio Nage - one arm shoulder throw, Kata Guruma - shoulder wheel); ***Koshi Waza - Hip Techniques*** (Uki Goshi - floating hip, Harai Goshi – hip sweep, Tsurikomi Goshi - lifting pulling hip); ***Ashi Waza - Ankle Techniques*** (Okuri Ashi

Barai – sliding foot sweep, Sasae Tsuru Komi Ashi - forward lift pulling ankle, Uchi Mata - inner thigh) ; *Ma Sutemi Waza - Sacrifice Techniques* (Tomoe Nage - stomach throw, Ura Nage - back throw, Sumi Gaeshi - corner twist throw); *Yoko Sutemi Waza - Side sacrifice Techniques* (Yoko Gake - side hook, Yoko Guruma - side wheel, Uki Waza – side drop)

Takemori Open and Competitor Clinic- Please plan to attend and compete in the Shufu Yudanshakai Takemori Open on June 4th at College Park. This tournament is named after the Takemori Family. The Takemori family has been a large part of Shufu Yudanshakai since it was founded in 1953. Sensei Jimmy and Sensei Edwin have been instrumental in the development of the Yudanshakai. The next generation of Takemori's were all skilled judoka on the junior and senior level. Sensei Miki and Sensei Terri continue the tradition of developing Junior and Senior elite judokas. We thank all the Takemori family members for their outstanding devotion and service to judo. There will be a competitors clinic for juniors in the morning during registration and the senior competitors clinic will be offered during the junior competition. This is excellent opportunity to get some great instruction.

Club membership - 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.

Judo Clinics - Throughout the year, Hui-O hosts clinics for Shufu Yudanshakai. I encourage all of you to try to attend them. The clinics cover a variety of topics. Topics vary from coaching, refereeing, standing techniques, mat techniques, advanced competition skills, different katas, tournament operations, and a variety of other topics. The clinics are held in Beltsville at the Academic Center. They are open to all judoka, regardless of skill level or rank. The clinics are an excellent way to get instruction from different instructors, see new techniques, work with judoka from other clubs, and gain valuable experience and knowledge. Shufu has some of the oldest and best referees, who are all former great competitors, now they are our sensei's and coaches. They live judo in every sense of the word.

Kelly Capers Clinic – On Saturday, June 11th at the Budokan judo school in Chesapeake Beach Maryland, will be the Kelly Capers Clinic. We encourage all judoka over 13 years of age to attend this clinic. We highly recommend this clinic for all senior judoka. The primary goal of Kelly's Capers is class retention; maximizing the number of students who remain in judo after trying out judo classes. Kelly's Capers is not about producing champions. It's about increasing the judo population by a method that is fun, satisfying, recreational and empathetic towards the beginner. With a large judo base there will be far more talent to draw upon to produce judo champions. The secondary goal of Kelly's Capers is to maximize the beginner's development of judo skills; so in later years the beginner is able to achieve his or her greatest judo potential. This is done by immediately introducing the beginner to that important fundamental judo principle – the principal of giving way.

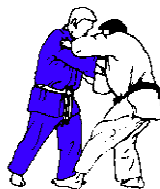
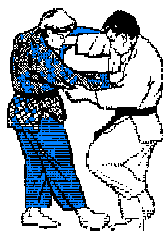
Sensei Richard Trautmann Clinic – On Saturday, June 18th, the Fredericksburg Judo Club will host a clinic featuring Sensei Richard Trautmann, the current German National Judo Coach and 2x

Olympic Bronze Medalist. The clinic is open all, competitors, coaches and other students. Registration onsite is Saturday, June 18th from 9am- 10am, 10am - 3pm Tachi Waza and Newaza followed up with Randori for anyone that's not worn out yet. Then on Sunday (Yes I know its Father's Day and since it's MY day I choose to do Judo!) from 10 - 1 will be scientific discussion of judo for coaches, instructors and competitors that want to learn more about tactics, strategies, training methods, even nutrition and sports psychology. The cost is \$50 for one day or \$80 for two days

Liberty Bell Judo Clinic with Yonah Melnik - Liberty Bell is pleased to announce an evening with Yonah Melnik. Yonah is an 8th dan, two time Olympic athlete and coach for Israel. Yonah has competed and coached at every level of judo. You will enjoy him and this night of judo. Date: Thursday night, June 23, 2011; Time: 8:00 pm - 10:00 pm at the Liberty Bell dojo; Mat Fee: \$20.00; Location: Liberty Bell Judo Dojo, 51 Buck Road, Huntingdon Valley, PA 19006; No advanced registration is needed - just show up, fill out liability waiver and enjoy! Questions to lmoyerman@aol.com.

2011 Kokushikai Judo Camp welcomes Japanese Olympian and World Champion, Yashuhiko Moriwaki. Website: <http://kokushikai.com/2011kokushikaijudocamp.html> Dates: Session I August 15 - 20, 2011 and Session II August 22 - 27, 2011 Location: Preston Park, Pennsylvania (Poconoes Area) Deadline to Register without late fee: July 15, 2011 Kokushikai Judo Camp is organized by 3x US Olympian, Celita Schutz and now entering it's third year with continued growth. Players of all ages and levels come from across the United States. All inclusive Camp tuition covers training, meals, accommodations and recreational activities. Facility has 3 Training Halls, Olympic size swimming pool, family service dining hall, medical staff and massage therapy. Private and Semi-Private Rooms for adult participants. Counselor supervision for youth campers. Scholarships to attend are available. Kokushikai Judo Camp Core Instructors: Kasper Gawel, Professor David Adiv T. Yoshinaga, N. Ogasawara, Y. Matsumura and N. Higashi. Please direct questions to: Celita Schutz, Camp Director or Mary Bierle, Registration Coordinator camp@kokushikai.com 201-420-4448 or 201-797-8988 Go to link for full brochure and information: <http://kokushikai.com/2011kokushikaijudocamp.html>

Ken Tamai Memorial Fall Judo Championships will be held on Saturday October 15, 2011 at the Beltsville Academic Center, (4300 Wicomico Avenue, Beltsville, Maryland) This competition is open to all Judoka with a current USJF, USJI, or USJA membership. Membership in USJF or USJI can be obtained during registration which will be from 8:30 to 9:00 am for Kata, 8:30 to 9:30 am for Junior Shiai and 1:00 to 2:15 pm for Senior Shiai. Note: All female competitors are required to wear a plain white tee shirt under their Gi. All Judoka are required to bring a white Gi and a blue Gi or, at least, a white Gi with a white belt and a blue belt for competition. For further information, contact Kevin Tamai at 703-622-6861 or by email at Kevin Tamai. You can download the Flyer, Entry form and Waiver, in Adobe Acrobat (.pdf) format, at www.huijudo.com/events





Helping with disasters every day

Hui-O-Judo Beltsville and Sensei Kevin Tamai,

Thank you for your generous donation. Half a world away, your generosity is making a difference.

When the powerful earthquake struck and a catastrophic tsunami engulfed northern Japan in March, thousands perished, and a quarter of a million people were homeless, living in evacuation centers, with nowhere to turn.

Almost as quickly as the water rushed in, generous donations began pouring in from across America and around the world. Your support provided medical care, emotional support and basic necessities, such as clothes and blankets. Contributions given to the American Red Cross for Japan have provided relief assistance **to hundreds of thousands of people in desperate need**, and will continue to support planned recovery activities, such as the rebuilding of a hospital, support for the elderly, and programs to help children cope with the trauma they have experienced.

We've already contributed \$206 million to the Japanese Red Cross, with millions more on the way – all with your help. On behalf of the Japan disaster survivors, **thank you**. While the world's attention and compassion was focused on helping survivors in Japan, the Red Cross has been there for people here at home during a deadly and disaster-filled spring. It has been **storm after storm** across the U.S., including two of the worst tornados in history, massive flooding, death and devastation.

We've deployed more than 12,000 trained disaster relief workers from all 50 states. They're helping the survivors of these horrendous spring disasters, from Alabama to California, put their lives back together.

And forecasters are warning that this hurricane season is expected to be busier than normal. With steep costs already mounting from spring storm relief, the need to be ready is increasingly urgent.

Will you stand with families and communities who will have to rely on the Red Cross – many of them at a moment's notice – and help us be ready?

<https://american.redcross.org/HelpDisasters2011>

Please make a donation to the Red Cross now. And consider a regular monthly gift – the most convenient and efficient way to help families in need, 365 days a year.

Thank you again for your crucial role in our work,

A handwritten signature in black ink, appearing to read "DMeltzer", written over a horizontal line.

David Meltzer, Senior Vice President
International Services, American Red Cross

Keystone Games - The Keystones Games will be held in York, Pennsylvania on Sunday, July 31st. It is only about an hour and half from here. It is a good opportunity to be a Pennsylvania State Champion!!! If you are interesting in going, please see Sensei Mark

Shufu Eastern Open Judo Championships – Hosted by Hui-O Judo Beltsville on Saturday, September 3, 2011 The Eastern Open Judo Championships will be held Saturday, September 3, 2011 at the Greater Grace World Outreach, 6089 Moravia Park Drive, Baltimore, Maryland 21206. This competition is open to all Judoka with a current USJF, USJI, or USJA membership. Membership in USJF or USJI can be obtained during registration which will be from 8:30 to 9:00 am for Kata, 8:30 to 9:30 am for Junior Shiai and 1:00 to 2:15 pm for Senior Shiai. Note: All female competitors are required to wear a plain white tee shirt under their Gi. All Judoka are required to bring a white Gi and a blue Gi or, at least, a white Gi with a white belt and a blue belt for competition. For further information, contact Kevin Tamai at 703-622-6861 or by email at Kevin Tamai. You can download the Flyer, Entry form and Waiver, in Adobe Acrobat (.pdf) format, at Eastern Open. Directions - From the Route 895, Harbor Tunnel Thruway, take the Moravia Road exit North. Get into the right lane. Make a right onto Moravia Park Drive. After about 300 feet the Greater Grace World Outreach complex will be on your right.

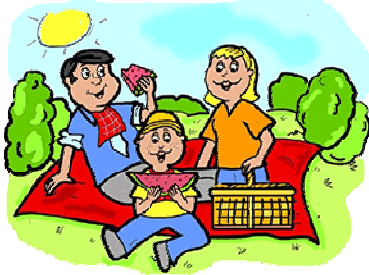
Hui-O travel team – We are looking at taking small teams of judoka to local tournament a few hours drive from here. Hui-O supports many of the local tournaments to help build fellowship in judo and to challenge us with different types of competition. There are tournaments in Pennsylvania, Virginia, New 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. Robert Kirk was a huge help to us for our trip up to Connecticut. 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 that are coming up soon are the Liberty Bell in Pennsylvania in April and the AM CAN in Niagra Falls, NY in May.

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.

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".

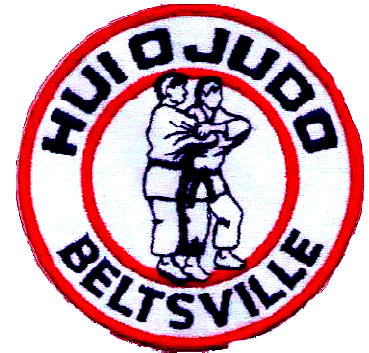
Judo News Sent to Your Inbox - How would you like to receive the latest Judo news delivered to your e-mail inbox? You can subscribe to the Yahoo Judo News Group by sending an email to JudoNews-subscribe@yahoogroups.com. You can also upload information about news or events at

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.



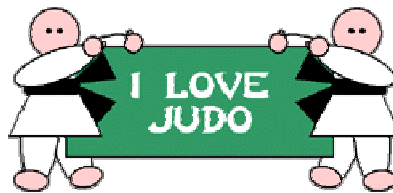
Summer Picnic – Date to be determined. Please plan to attend our annual summer picnic at Sensei Mark's house. It is a wonderful day to spend with your entire family and judo friends. Bring your bathing suits and water guns and enjoy LOTS of great food. This is a family event so please plan on attending. 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.

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.



For more information about Hui-O- Judo Beltsville, please contact :
Sensei Kevin Tamai 703-622-6861 Email –tamaik@juno.com
Sensei Mark Smith 301-674-5438 email – marquitos@comcast.net

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	



Hui-O-Judo Summer Picnic 2011
Sunday, August 28
12 noon- 6pm??

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 703-622-6861 or e-mail tamaik@juno.com
Sensei Mark Smith cell 301-674-5438 or e-mail 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 !!



