



Hui-O-Judo Beltsville

May 2012 Newsletter



Upcoming Events

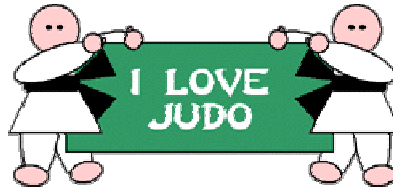
May

6	Kime No Kata Clinic	Beltsville MD
20	Beltsville Day	Beltsville, MD
28-29	AMCAN Challenge	Buffalo, NY

June

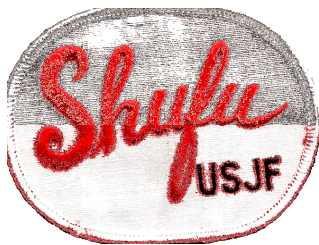
2	Morris Cup	
9-10	USA Judo President Cup	Irving, TX
16	Ju No Kata	College Park, MD
29-30	USA Judo World Cup	Miami, FL
July 1	US Open	Miami, FL

Please stop at the front desk to pay for the May/June class. The barcode for Children's beginners class is 848715; the barcode for adult beginners is 848815 and the barcode for Mixed ages, Intermediate is 668116



Beltsville Day – Sunday May 20, 2012 from 12 to 5 – Please bring your family and come join us for a celebration of community with performances on two stages, food by local non-profit organization, games and rides for kids, lots of displays by local businesses, demonstrations by the Beltsville VFD and the Prince George's County Beltsville Police. The event is free and open to the public. Our judo club will put on a demonstration and have a booth set up outside. For more information please go to: www.beltsvillereccouncil.homestead.com/BeltsvilleDay.html

Shufu Promotionals: Hui-O-Judo would like to congratulate our fellow judoka on their rank promotions: **Steven Camerano** to Yonen Gokyu (yellow belt), **Matthew Campbell** to Yonen Gokyu (Yellow belt), **James Campbell** to Yonen Gokyu (yellow belt), **Crista Campbell** to Shonen Gokyu (Yellow belt), **Neil Vu** to Yonen Advanced Yonkyu (Orange Green Belt), **John Camarano** to Senior Gokyu (Green belt), **David Barnes** to senior Gokyu, **Ben Soto Reiner** to Senien Nikyu (brown belt), **Chris Howell** to Shodan (black belt)



Garden State Judo Championship – Sensei Mark, Chris Howell, Shaun Eddy and David Barnes enjoyed a road trip to New Jersey for the Garden State Judo Championships. David Barnes scored a wazari but went 0 and 2 for the day. Shaun Eddy threw a nice Uchimata, he went 1 and 2 for the day and came home with a Bronze medal. Chris Howell threw tomenage and scored a wazari. He went 0 and 2 for the day but came home with a Bronze Medal. Sensei mark served as a referee. After the event the team went out for our traditional Chinese meal. Thank you for representing our judo club at this event.

Fitness Assessments: Sensei Mark is a certified personal fitness trainer. He offers comprehensive fitness assessments as a free service to any adult judoka who is a student of Hui-O-Judo, and is serious about developing their physical fitness. A fitness assessment uses empirical methods to measure your anthropomorphic characteristics & body composition, flexibility, muscular strength, muscular endurance, and cardio aerobic capacities. After an initial assessment to set a baseline, periodic follow-up assessments can graphically identify changes in your fitness levels, which help to identify strengths & weaknesses of your diet & exercise programs. Each assessment takes about an hour to perform. He performs them in the privacy of his home in Bowie, & results are confidential by law so nobody sees the results but you. If you are serious about your physical fitness levels, see Sensei Mark to schedule an appointment for an assessment.

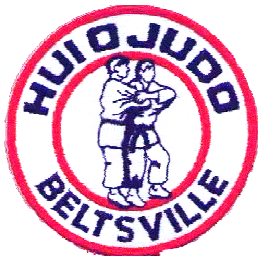
For our Sunday only event judoka – There are a few tournaments coming up on Sundays. Fliers are available at the dojo or online. If you would like to participate in any of these events, please see one of the Sensei. We are happy to travel to the events with you.

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.

Hui-O will also host a ***Kime No Kata clinic presented by Sensei Peggy Whilden, Sensei Frances Glaze and Sensei Karen Whilden on Sunday May 6.*** This is an excellent opportunity for Senior students to learn the kata and work with a very experienced sensei.

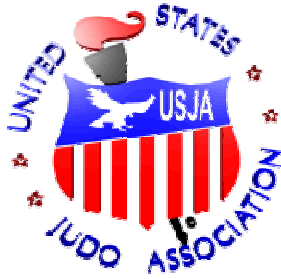
Hui-O travel team – We are looking at taking small teams of judoka to local tournament a few hours drive from here. Hui-O supports many of the local tournaments to help build fellowship in judo and to challenge us with different types of competition. There are tournaments in Pennsylvania, New Jersey, 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.

March 2012 was the 6th Annual United States Judo Association "Visit-Another-Dojo" Month

Sensei Marshall Coffman from Budokan Judo Club in Chesapeake Beach Maryland came up to visit



our dojo and was a guest instructor. Four years ago, the USJA began the Visit-Another-Dojo grassroots initiative. With no major holidays, few school vacations, and warm weather still far away for many of us, March is the ideal time for a change of pace. Sensei Coffman has joined us and made a point of planning an exchange between our club and others in our area! An interclub exchange is an economical way to add some variety to our club's workouts and test your skills. Sensei Mark and Sensei Brad made a "road trip" to attend the Budokan Judo club open workout.

Hui-O Judo Scholar Athlete Awards – If you are doing well in school while practicing judo on a regular basis, at the end of the school year, bring a copy of your report card to Sensei Kevin. We will be awarding Hui-O Judo Scholar Athlete Awards. You must have A's or S's on your report card or have shown marked improvement over the year.

Hui-O Judo Outstanding Judoka Awards – Is there someone in the judo club who really stands out to you? Someone who shows the true spirit of judo by helping other people to learn and develop? Is there a parent or other adult who really encourages you to do better? Please let us know. We are happy to acknowledge Outstanding Judoka.

For more information contact :

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Sensei Mark Smith 301-674-5438 email – marquitos@comcast.net

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

