



Hui-O-Judo Beltsville

June 2012 Newsletter



Upcoming Events

June

2	Morris Cup	
9-10	USA Judo President Cup	Irving, TX
16	Shufu Judo Yudanshakai Ju No Kata Clinic	College Park, MD
29-30	USA Judo World Cup	Miami, FL

July

1-2	USA Judo US Open Judo Championships	Miami, FL
5	Judo Beginner classes start	Beltsville, MD
7-8	USJF/USJA Junior National Championships	Spokane, WA
15	Hui-O Summer Picnic a Sensei Mark House	Bowie, MS
20-22	Junior Olympics	Irving, TX
28	Summer Olympic Games	London England
28-29	Junior US Open	Ft Lauderdale, FL
27-29	Keiko Fukuda Joshi Camp	San Jose, CA

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



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.

Ju No Kata clinic – June 16 Sensei Karen Whilden and Sensei Peggy Whilden from Hui-OJudo will be teaching a Ju No Kata Clinic. College Park Judo Club will be the host of the Shufu Yudanshakai Ju No Kata Clinic on Saturday, June 16, 2011 from 9:00 am to 4:00 pm the College Park Community Center, (5051 Pierce Avenue, College Park, Maryland 20740) The clinicians will be Peggy Whilden and Karen Whilden. Ju No Kata is a set of highly formalized self defense techniques. 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. This clinic 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 more information, contact Kurt Tamai at 301-

537-5836 or by email at [Kurt Tamai](mailto:Kurt.Tamai@ju-no-kata.com). The Flyer, Entry form and Waiver, in Adobe Acrobat (.pdf) format, can be downloaded at [Ju No Kata Clinic Forms](http://ju-no-kata.com/forms).

Beltsville Day – Sunday May 20, 2012 from 12 to 5 – Thank you to all of the judoka who participated in Beltsville Day 2012. Participating in our demo were Sensei Karen, Sensei Mark, Sensei Brad, Sensei Chris, Shaun Eddy, Tyler Smith, Ben Soto Reiner, Moses Aaron Barnes, Danielle Dorazio and Nico Dorazio. We had quite a few different families and come join us for a celebration of community with performances on two stages, food by local non-profit organizations, 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 was free and open to the public. Our judo club put on a demonstration and had a booth set up outside. We were also an event sponsor.

Shufu Yudanshakai Promotionals: Hui-O-Judo would like to congratulate our fellow judoka on



their rank promotions: **Jada Inanga** to Yonen Gokyu(yellow belt); **Javin Inanga** to Yonen Gokyu(yellow belt); **Riley Woodward** to Yonen Gokyu (Yellow belt); **Steven Camerano** to Yonen Gokyu (yellow belt), **Matthew Campbell** to Yonen Gokyu (Yellow belt), **James Campbell** to Yonen Gokyu (yellow belt); **Ben Germroth** to 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)

Shufu Yudanshakai Kime No Kata Clinic - Hui-O-Judo Beltsville hosted a Kime No Kata clinic presented by Sensei Peggy Whilden, Sensei Frances Glaze and Sensei Karen Whilden on Sunday May 6. This was an excellent opportunity for Senior students to learn the kata and work with a very experienced sensei.

Keystone Games - The Keystones Games will be held in York, Pennsylvania on Sunday, August 5th. 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



Summer Picnic – Date is set for July 15th. 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.



Shufu Eastern Open Judo Championships – Will be hosted by Hui-O Judo Beltsville on Saturday, September 1, 2012 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.

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 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.



U.S. Judo Fighter Hannah Martin Captures Gold, Anthony Sangimino Takes Silver At World Cup San Salvador - May 19, 2012 – Hannah Martin, 63 kg (NYAC/Jason Morris Judo, Scotia, NY), who recently took gold at the U.S. Senior National Championships, won three bouts in San Salvador this weekend to bring home the World Cup gold in her division. Martin defeated Austrian Kathrin Unterwurzacher and Canada's Catherine Pinard

in her first two bouts before slamming long time North American rival Stephanie Tremblay with harai for ippon and instant victory in the final, bolstering her record against Tremblay to 8-4. Martin is now ranked No. 1 in the United States after being in this weight class for only a year, said her coach, Olympic silver medalist Jason Morris. Martin was ranked #1 briefly at 57 kg before moving up to 63 kg. This was her first World Cup gold in the heavier division. "Hannah has really been doing the work and staying the course and has been continually working hard on improving her game," Morris said. Also from Morris club were Tony Sangimino, 81 kg, who took silver at the World Cup San Salvador, and Brad Bolen, 66 kg. (NYAC/Jason Morris Judo) who took bronze. Bolen recently took gold at the U.S. Senior Nationals in Dallas, a bronze at the Pan American Championships in Montreal, bronze at the World Cup Miami and US Open. Placing fifth in his division in San Salvador was Nick Kossor, 60 kg, also of Morris' club. For complete results, go to IPPON.ORG. *Story by Ernest Pund, USA Judo Communications*

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.

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.



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 :

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 Summer Picnic 2012
Sunday, July 15
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 marquitos@comcast.net

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 !!

