



Hui-O-Judo Beltsville

June 2013 Newsletter



Upcoming Events

June

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| 14-16 | Keiko Fukuda Joshi Camp | San Jose, CA |
| 14-16 | IJF Grand Prix | Miami, FL |
| 28-30 | USA Judo Junior Olympics and International | Irving, TX |

July

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|-------|--|-----------------------|
| | USA Judo US Open Judo Championships | Miami, FL |
| 2 | <i>Judo Beginner classes start</i> | <i>Beltsville, MD</i> |
| 5-7 | USJF/USJA Junior National Championships | Pittsburgh, Pa |
| 13 | Commonwealth Games | Norfolk, VA |
| 20 | <i>Goshin Jutsu Clinic with Eiko Shepard</i> | <i>Beltsville, MD</i> |
| 26-28 | Junior US Open | Ft Lauderdale, FL |

August

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| Sunday - 4 | Keystone Games – State Games of America | Harrisburg, PA |
| Sunday - 25 | <i>Hui-O Summer Picnic a Sensei Mark House</i> | <i>Bowie, MD</i> |
| 31 | <i>Shufu Eastern Open Judo Championships</i> | <i>Baltimore, MD</i> |

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.



Summer Picnic – Date is set for August 25th. 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.

Goshin Jutsu Practice – Every Tuesday night from 8 to 840pm Sensei Diane is preparing all students for our upcoming kata clinic on July 20th but teaching two techniques per night of the Goshin Justu. It is great way to learn a little at a time and to constantly build upon your judo knowledge. Please try to attend Tuesday practices and sign up now for the clinic.

Goshin Jitsu Kata clinic – July 20. Hui-O Judo Beltsville will be the host of the Shufu Yudanshakai Goshin

Jutsu Clinic on Saturday, July 20, 2013 from 9:00 am to 4:00 pm at DeMatha Catholic High School, Wrestling room) The main clinician will be Eiko Sheppard. Sensei Diane, Sensei Karen and Sensei Peggy will also be clinicians. 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.

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.

Beltsville Day – Sunday May 19, 2013 from 12 to 5 – Thank you to all of the judoka who participated in Beltsville Day 2013. Participating in our demo were Sensei Karen, Sensei Diane, Sensei Chris, Robert Kirk, Keenan, Crista Campbell, James Campbell, Matthew Campbell, Anton Doan and Abigail Jackson. 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. Please mark your calendar for next year.

Keystone Games - The Keystone Games – State Games of America will be held in Harrisburg, Pennsylvania on Sunday, August 4th. 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 Yudanshakai Eastern Open Judo Championships – Will be hosted by Hui-O Judo Beltsville on Saturday, August 31, 2013 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 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.



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.

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.



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".

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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 collared shirts 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/>



USA Judo To Hold Clinic At Basement Dojo On The Rise (by Ernest Pund)

Mark Smith can see it in their faces. Empowerment. “These guys were the baddest animals on the planet,” said Smith, who leads a judo program in a tiny basement space of the Veterans Administration Medical Center in Washington, D.C. The men and women in his class were soldiers. They were fighters. Most of them lost their sight in the field, ending that key part of their identity. Others suffered from post-traumatic stress or a brain injury. But in this modest dojo, where they put down and pick up the mats with each workout, they can again feel their strength and ability, an experience that can renew their broader outlook on life.



The pace of success has accelerated recently at Adaptive Judo. Five members of the club were awarded their green belts after passing a rigorous examination at the Shufu Promotional in College Park, Maryland, in April. And club member Jason LeFever, 90 kg., who also works out at Baltimore Judo, competed in the visually impaired divisions at USA Judo’s Senior National Championships in Virginia Beach, taking a silver medal after braving two matches against Dartanyon Crockett, bronze medal winner at the 2012 Paralympic Games in London last summer. Crockett, who took gold in his division at the Senior Nationals, hails from the U.S. Olympic Training Center in Colorado Springs, CO. He is

an extraordinary judo fighter, visually impaired or fully sighted.

This coming weekend, the basement dojo will be the venue for a clinic led by USA Judo’s Director of High Performance, Eddie Liddie. “We’re really excited about this program,” Liddie said. “We want to support it, put our weight behind it.” About four years ago, the U.S. Olympic Committee asked USA Judo to take over the U.S. Paralympic Judo Team and national para programs, which includes fostering developmental programs like Adaptive Judo. Strict paralympic competition includes visually impaired athletes only, but USA Judo and the USOC works for a broader mission to include any would-be judo athletes with a variety of disabilities, especially for the Wounded Warriors program, which caters specifically to veterans with disabilities.

“Adaptive Judo has demonstrated that they are serious,” Liddie said. “Mark has gotten his athletes out to some significant tournaments and trained them for successful promotion. That’s great for these veterans. That’s what USA Judo wants to see. The club’s got momentum. And, who knows? Maybe we’ll get a serious, international competitor out of this dojo. All the champions start in dojos just like this one.” Smith, who is certified by USA Judo to coach athletes with disabilities, says he is excited, too. One of the greatest challenges the club faces, ironically, is transportation to workouts in the basement dojo. Lots of veterans live in the Washington, D.C. area. With blindness or another disability, however, travelling even a short distance can be an ordeal.

A modest but invaluable federal grant helps to bridge the transportation gap, paying for rides to the dojo. “Foul weather is definitely rough for people standing out there waiting for public transport,” he said. Another challenge is the size of the dojo space – it’s small, about a quarter the size of a competition surface. And “there is a big, square post in the middle of the room.” Smith joked, “it’s kind of like fencing in a phone booth.” For the time being, though, this is an obstacle well worth enduring, he said. The reward is on the faces of those veterans at Adaptive Judo.



Hui-O-Judo Summer Picnic 2013
Sunday, August 25
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 !!

