



# Hui-O-Judo Beltsville

## July 2013 Newsletter



### Upcoming Events

#### July

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

#### August

Sunday - 4	Keystone Games – State Games of America	Harrisburg, PA
11-17	Kokushikai Judo Camp	Preston Park, PA
<b><i>Sunday - 25</i></b>	<b><i>Hui-O Summer Picnic a Sensei Mark House</i></b>	<b><i>Bowie, MD</i></b>
31	<b><i>Shufu Eastern Open Judo Championships</i></b>	<b><i>Baltimore, MD</i></b>

Please stop at the front desk to pay for the July/August class. The barcode for Children's beginners class is **1146215**; the barcode for adult beginners is **1146315** and the barcode for Mixed ages, Intermediate is **1166365**

**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 25<sup>th</sup>. 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 20<sup>th</sup> 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.

**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

**2013 Kokushikai Judo Camp** Website: <http://kokushikai.com/2013kokushikaijudocamp.html> Dates: August 11 - 17, 2013. Location: Preston Park, Pennsylvania (Poconoes Area) Deadline to Register without late fee: July 15, 2013 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](mailto:camp@kokushikai.com) 201-420-4448 or 201-797-8988 Go to link for full brochure and information: <http://kokushikai.com/2013kokushikaijudocamp.html>

**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.



**Takemori Open Judo Championships** will be held on Saturday October 5, 2013 at the DeMatha Catholic High School. 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. Registration will be from 8:30 to 9:00 am for Kata, 8:30 to 9:30 am for Junior Shiai and 12:00 to 1:00 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.

**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](http://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](mailto: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](mailto: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](mailto:JudoNews-subscribe@yahoogroups.com). You can also upload information about news or events at your club by sending the information to [JudoNews@yahoogroups.com](mailto:JudoNews@yahoogroups.com). If you decide to unsubscribe, all you have to do is send an email to [JudoNews-unsubscribe@yahoogroups.com](mailto: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.



## USA Judo Returning Home With Gold, Silver and Bronze from Pan American Open in San Salvador Team Takes Eight Medals Total

June 23, 2013 – Samantha Bleier, 78 kg. (USA Judo Training Site, Olympic Training Center, Colorado Springs, CO) took a gold medal today with an arm bar and *osoto gari* for a pair of ippons at the Pan American Open in San Salvador. This was the second day of the tournament, with Colton Brown, 90 kg. (USA Judo Training Site, San Jose State Judo, San Jose, CA), and Jonathan Fernandez, 81 kg. (Baragua Judo Kai, Miami, FL), each adding silver medals to Bleier’s gold. Olympian Kyle Vashkulat, 100 kg (Jason Morris Judo/NYAC, Glenville, NY), took a bronze. These winnings came on top of the silver and three bronze medals that USA Judo’s team took yesterday for a total of eight at the Pan American Open. “I knew I could do it because I’d beaten the Ecuadorian before,” Bleier said. “The Venezuelan has beaten me before, but I knew I could beat her, that I had the skills to beat her. It was just about coming out ready for it, mentally ready. I just had to play smart.” Bleier finished Ecuador’s Diana Chala with an arm bar for the tap and Venezuela’s Keivi Pinto in the final with a huge *osoto* for her second ippon. This was the second time in less than a week that Colton Brown has been on the podium, taking a bronze at the Grand Prix Miami last weekend. He again defeated Great Britain’s Matthew Purssey to take the medal. Teammate Fernandez, who also took a silver today, finished with a 5<sup>th</sup> place in Miami.



**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/>







## 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

<b>Judo Gi's</b>	Unbleached	Bleached	Blue
Size 000 – 1	\$25	\$35	\$45
Size 2 – 5	\$35	\$40	\$55
Size 6- 8	\$40	\$45	\$60
<b>Pants</b>			
00 – 1	\$16	\$20	
2 – 5	\$20	\$25	
6 – 8	\$23	\$30	



***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](mailto:tamaik@juno.com)  
Sensei Mark Smith cell 301-674-5438 or e-mail [marquitos@comcast.net](mailto: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 !!

