



Hui-O-Judo Beltsville

November 2013 Newsletter



Upcoming Events

November

2	Shufu Yudanshakai Fall Promotional	College Park, MD
5	Beginners classes start – Tuesday 8 weeks	Beltsville, MD
10	Chaves Memorial Tournament	Danvers, MA
16	Shufu Yudanshakai Open Tournament	Lancaster, PA

December

17	Hui-O Holiday party	Beltsville, MD
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Please stop at the front desk to pay for the September/October class. The barcode for Children's beginners class is ; the barcode for adult beginners is and the barcode for Mixed ages, Intermediate is

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.



Shufu Judo Yudanshakai Takemori Open Judo Championships was 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. Senseis Jimmy and Edwin Takemori were both incredible competitive judoka in their early days and have been instrumental in the growth of judo in the US. As their competitive time came to end, they grew into international referees and have continued to lead their clubs and Shufu Judo Yudanshakai for over 60 years now. Jimmy, 85 and a ninth degree black belt, first began practicing judo in 1937 in Fresno, California, and has been an instructor in the D.C. area for over 60 years. He has coached both the men's and women's U.S. national teams. The next generation of Takemoris were all skilled judoka on the junior and senior level. Senseis Miki and 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.

The event was jointly hosted by Hui-O-Judo Beltsville and the College Park Judo Club. There were 157 junior and 101 senior competitors participating. The junior divisions included judoka from 5 through 16 years old, and senior competitors 14 to 60. There were 35 junior female competitors in 10 divisions, 122 junior male competitors in 19 divisions, 91 senior and master males in 13 divisions, and 10 senior females in 3 women's divisions competing for honors.

The Outstanding Junior Competitor was Isaac Hegg from Sport Judo and the Outstanding Junior Team was Sport Judo. The Outstanding Senior Competitor was Jude Okpalannak from College Park Judo and the Outstanding Senior Team was the Washington Judo Club.

In addition to the shiai competition, junior and senior judoka competed in the kata divisions. In the Novice Nage No Kata, James Campbell from Hui-O Judo Beltsville and Noah Hoopengardner from Rankin Judo took top honors. In the Advanced Ju No kata, Kevin Hobbs from AMRA Jukai and Bill Brownlowe from Fairview took top honors. In the Advanced Goshin Jutsu, John Waite and Louis Fattizzo from Aldan Judo took top honors. Two teams from the DC Veterans Medical Center competed in the Katame No Kata, with Thomas Huff and Claudia Perry taking top honors.

Diane Jackson, Shufu's kata development chair person, has been working to continually expand the development and growth of kata within Shufu Yudanshakai. She stated "I am very happy to see the kata in our area continue to develop. I was very pleased to have two teams from the DC Veterans Administration Medical Center Adaptive Judo program competing in the kata, and it is also wonderful to see young judoka working alongside our world class competitors."

It takes lots of staff to make any event happen. We want to say special thank you to all of the volunteers who make our events possible. All of officials who volunteer their time to help make our event successful by being a referee, technical official, or other tournament official. We would like to thank all of our competitors, since without you we would not have an event. Thank you to the parents for bringing their kids to the events, and to all of the judo supporters who come to cheer on our judoka. We also thank Mr Ed King, the Athletic Director, and DeMatha Catholic High School for allowing us to use the incredible venue for this event.

Participating at the 2013 Shufu Yuanshakai Takemori Open Judo Championships were judo clubs from the regional area including Maryland, Virginia, New Jersey, Pennsylvania, and West Virginia. Attending clubs included Akari (??), Aldan (PA), Arlington (VA), Baltimore (MD), Budokan (MD), Bushikai (MD), Charlottesville (VA), Chester County Judo (?), College Park (MD), Dale City (VA), DC Judo (DC), DC Recreation Judo (DC), DC Veterans Medical Center Adaptive Judo Program (DC), Forged Fitness (?), Hui-O (MD), Kuma (?), Lancaster (PA), Liberty Bell (PA), Maryland Judo Team (MD), Mountain Kim Martial Arts (VA), Pure Performance (MD), Rankin (WVA), Seigneury (MD), Southern Maryland Jujitsu (MD), Sport (VA), SSJ (VA), U.S.A. Stars East (VA), U.S. Naval Academy (MD), Villa Nova University Judo (?) and Washington Judo Club (DC).

Holiday Party: Please mark your calendars for the Annual Hui-O-Judo Christmas party. We will have the party on Tuesday night, December 20 in the multipurpose room at the Beltsville community center during normal practice times (7pm to 9pm). Please bring a side dish and a grab bag item that is less than \$5 and is marked for boy, girl or either. We will all enjoy a variety of great food, visiting with families and friends of the judo club, and lots of music and games. It will be a fun filled evening for everyone. Please bring your entire family. See Sensei Kevin, Mark or Brad for more information.

******Please submit your nominations for Outstanding Judoka, Most Improved Judoka, Judo Spirit Awards and Scholar Athlete Award winners (students who get good grades while practicing judo)***

Sensei Mark Smith and Sensei Laurel Faust took first place honors in the Nage No Kata and the Katame No Kata competition at the 2013 Faye Allen Kata Competition.



The 2013 Faye Allen kata tournament and clinic was held on Saturday, October 26th at the Thurgood Marshall Center in Washington, D.C. The long-standing annual event was attended by kata teams from Virginia, Maryland, Pennsylvania, and Toronto, Ontario, as well as kata enthusiasts who attended just for the clinic. A number of kata luminaries from Shufu attended, including Senseis Jim Takemori, Edwin Takemori, Karen Whilden, and Fran Vall, all of whom were judges for the competition. Edwin Takemori was also the head clinician for the clinic. Tournament director Terence McPartland was very pleased with the day's activities, which included a kata tournament for novice, intermediate, and advanced teams, followed by a lasagna lunch and the afternoon kata clinic. "This is the second Faye Allen that we're hosting at D.C. Judo, and we're very happy to continue this tradition and to substantiate the really powerful work that Faye did when she was around, and Sensei Edwin had picked up that ball and now he's passing it to a new generation to carry it

forward. We love that it's in D.C., because it's a big city and we believe there's opportunity for great judo here and it's part of the growth of judo overall. Most of the participants here today actually practice judo in the District of Columbia. The D.C. Judo club, the D.C. Recreation Center, and the Washington Judo Club are all clubs in D.C. We've also drawn people from Canada, Charlottesville, and Pennsylvania, so it's really a regional tournament but it's based on activity and the life of judo here in D.C. Sensei Edwin Takemori stated that "She (Faye Allen) represents kata because she was a national champion. The event is named after her because of her contributions to judo in the Shufu area as well as nationally." When asked about the value of an event such as the Faye Allen, Sensei Takemori continued: "I think the fact that this tournament exists, plus the fact that it's open to everybody at all levels. Sometimes people are intimidated by the fact that they may have to do all the sets, but in this case, no. It depends on the rank of the players, but still, a player that's just starting judo, and is relatively new, can come here and do five techniques. How hard is that, compared with having to do fifteen, and competing against open players? This way it gives players a feeling of what kata is about, and to grow with it."

Tim Redden, sensei of the Charlottesville Judo Academy in Virginia, was also very pleased with the opportunity to bring three of his students to Washington: "My guys decided on their own that they wanted to learn katame no kata. They're going to learn nage no kata next, but they came to my wife (Rosaura Gonzalez) and me and said, "would you teach us katame no kata?" And so they started studying it and they told me they wished they had started earlier. "Brad (Foster) just started judo, and this is part of his yonkyu test – I made it part of his promotion requirement. They had to compete here, because I make all my guys compete in at least one tournament before I promote them. "So they started really enjoying it. They got to learn the nuances and they watched the tape, and started filming themselves. And then last weekend they came in on Saturday and Sunday to practice on their own. I'm really proud of them. When asked if he makes kata an important part of his judoteaching, he said, "Absolutely. It's a critical part. We make everybody do nage no kata and katame no kata

because it teaches them the fundamentals of standing techniques and matwork. “Justin (Shaffner) told me that because he was practicing so much as uke and tori that he began to see things that he was doing wrong and he self-corrected so his groundwork actually got better. He couldn’t believe that by practicing katame no kata that his randori would get better. I’m anxious to see how they’ll do when we start nage no kata.” Among the teams competing, there was a mother/son team and a father/daughter team. Ten-year-old Martin Veloso and his mom, Michelle Veloso,

and his mom, Michelle Veloso, from the College Park (Maryland) judo club, performed the first set of katame no kata. When asked why he does kata, Martin was enthusiastic: “I enjoy it a lot. It makes me feel good. I like learning new skills, and with my escapes, it really improves them.” When asked how he likes doing kata with his mom, he said, “I like it because we can practice at home whenever I want.” Martin also said that doing kata with his mother was “Sensei Edwin’s” idea. Michelle mentioned that “(Martin) has always liked kata, and has always been interested in it. We both need work on our groundwork, and so we’ve done katame for the first time. It’s a great opportunity to see what you know and what you don’t know. There’s nothing like working and practicing something for competition, because it really puts you to the test in terms of pushing yourself a little bit harder.”

The Kuramoto family, hailing from Toronto, Ontario, made the 12-hour drive to Washington D.C. on Friday so that dad Grant and daughter Lindsay could compete and attend the clinic the next day. Lindsay, a blue belt, is a 15 year old tenth grader and has been practicing judo for 8 years. When asked about doing kata with her dad, Lindsay responded, “It’s educational – I learn a lot more that way. He’s a black belt and can pick on what I’m doing.” Grant, a Sandan, originally lived in Vancouver with his family, but moved to Toronto about ten years ago. He has been practicing judo for 37 years. “The reason we started getting into kata was that we found that Lindsay tried shiai competition but she really didn’t enjoy it. We found that by doing kata it was a way to keep her involved in judo and that it really strengthened her judo by having to do the moves, particularly in ju no kata, where you need to strengthen your back and your stomach to maintain those positions during the lifts. We found then by taking those skills that she learned in the kata it improved her “regular” judo. In randori when she’s fighting the boys she’s certainly holding her own in the dojo now. “Kata is good for us.” he said when asked about the long trip to Washington D.C. from Toronto. “We enjoy traveling and it makes for a mini-vacation for the family as well. It’s nice that we’re all involved. My son is 12 and interested in kata, and he may start next year when he’s a little bit bigger. “Lindsay and I have been competing for about two years in kata, and she’s getting bigger and stronger. And the size difference isn’t as noticeable as it was when we first started. We started off in ju no kata, and last year we added goshin jitsu, and then katame no kata this year.

“We are very interested in seeing the Shufu tournament being promoted as a kata-only event, which we found was very refreshing to see. And having a tournament as well as a clinic means we can maybe even learn something.”

Weather Policy for MNCPPC - Beltsville Community Center

PG government is closed - Community Center is closed

PG Schools are closed - Community Center is OPEN

Delayed PG schools opening - Community Center is OPEN

Early dismissal at PG Schools - Community Center is OPEN

Please listen to radio and television stations concerning the status of schools and government. You can ALWAYS call the community center at 301-937-6613

Athlete Funding for Shufu Yudanshakai Competitors



Shufu Yudanshakai has established the Athlete Funding Committee to provide funding support for Shufu Judoka who have been representing Shufu at National and International Judo events. To qualify Judoka must have competed in a National Junior or National Senior level and at an E level or better event: the Junior Olympics, International Youth Open, or other Elite events including unfunded international events. Qualifying athletes must be a member of Shufu for at least two (2) years at the time of the application (current year plus previous year) and be a member of an active

Shufu club that has been registered with Shufu Yudanshakai for at least two (2) years at the time of the application (current year plus previous year). Athletes applying for funding through the Shufu Athlete Funding Committee may not be sponsored or financially supported, directly or indirectly, by any other judo organizations. You can find more information and a copy of the Shufu Yudanshakai Athlete Funding Request Form, in Adobe Acrobat (.pdf) format, at [Shufu Yudanshakai Athlete Funding Request Form](#).

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.

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.

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".

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 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

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 Beltsville Holiday Party
Tuesday, December 17, 2013
7pm to 9pm
Multipurpose Room at BCC
Bring your family!***

***Bring a food item(side dish) to share
Bring a \$5 or less wrapped item for kids the grab bag
Take time to look at the scrap books from
over 30 years of Hui-O-Judo history***

***Sensei Ken Tamai Spirit Award for 2013 was presented to Sensei Lou Moyerman
from Liberty Bell Judo in Philadelphia and James Gosnell Inspirational Award
was presented to Sensei John Anderson from the Baltimore Judo Club***

We will be presenting a few other special awards.

***Please let us know how many people are coming and what dish you are bringing.
There is a sign sheet at the dojo or contact one of the senseis.***

***Please let us know by Tuesday Dec 3rd if you or your child is eligible for the Hui-
O Scholar Athlete Award. Good grades in school (bring copy of report card) and
judo character and spirit at class.***

Seasons Greetings to all and Happy Holidays to each of you

If you have any questions, please contact :

Sensei Kevin Tamai cell phone - 703-622-6861 e-mail – tamaik@juno.com
Sensei Mark Smith cell phone : 301-674-5438 email – marquitos@comcast.net

Please visit our website at <http://www.huiojudo.com/>