



Hui-O-Judo Beltsville

December 2013 Newsletter



Upcoming Events

December

Tues 17 Hui-O Holiday party (bring your family) Beltsville, MD

January

Tues 7 Beginner classes start – Tuesdays for 8 weeks Beltsville, MD
Sat 14 Maryland State Championships College Park, MD
Sat 25 Shufu Referee Clinic Hyattsville, MD
Sun 26 Liberty Bell Development Philadelphia, PA

Everyone should already be registered for the November/December class. If you are not currently registered, Please stop at the front desk to pay. The barcode for **Children and Youth beginners class is 1224869**, the barcode for **Adult Beginners class is 1224867** and the barcode for Judo the barcode for **Mixed ages, Intermediate is 1224871**

Congratulations to all of our judoka who got promoted in November: Sensei Laurel Faust to Nidan, Wayne Brown to Shodan, Marc Saunders to Yonkyu, Menda Sawyer to Gokyu. Some of you have completed your promotional requirements and testing but have not joined USJF, paid the promotion fee or paid your club class fee. Please take care of this so you can get your new belt and rank certificate.

Holiday Party: Please mark your calendars for the Annual Hui-O-Judo Christmas party. We will have the party on Tuesday night, December 17th 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)***

Important Notice – As of January 1, if your Monthly class membership is not paid up to date AND you do not have a current valid USJF or USA Judo membership, You will NOT BE ALLOWED onto the mat. You will also not be allowed to stay at the dojo if you are not participating in class. You will be asked to have your parent come back to get you.

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

Shufu Open Judo Championships – November 16, 2013 - Congratulations to Sensei Laurel Faust and Sensei Mark Smith who brought home gold medals in both the Advanced Division of Nage No Kata and in the Advanced Division of Katame No Kata.

Judoka from throughout Shufu converged on Lancaster, Pennsylvania and the Thaddeus Stevens College of Technology for the 2013 Shufu Open Championships, hosted by the Lancaster Judo Club. The last major tournament of the calendar year, the Shufu Open was directed by Barry Snader, the head sensei of Lancaster Judo, who was happy with the long day of competition. “This year we featured competition in kata, masters, juniors, and seniors, accommodating just about any type of judo player there is. We’ve had a number of good competitors come out, juniors and seniors, to compete, and I’m pleased with the turnout.” The number of kata divisions and participants continued to rise as novice and advanced teams competed in four different katas. This annual



championships also included junior, senior, and masters competitors, all of whom fought intensely to earn the honor of being Shufu Yudanshakai Champion. Diane Jackson, chairperson of Shufu’s Kata Development Committee, and Senior Sensei of the Huio-O Judo Club in Beltsville, Maryland, was also satisfied: Today’s kata competition was another good local tournament – we had nine different kata teams coming to compete in four different katas, novice and advanced. It’s good to see different teams come out and staying with it. When they come to the local tournaments it’s very good because we have experts as judges and they volunteer their time afterwards (to help the competitors) so that Shufu can improve the katas of the teams and as a region. “For our teams that were competing, we had some that were returning, and we could see improvement and learning in their katas. We also had several new teams come in, which is good to see. They are seeing kata in their clubs and they are picking it up and coming to compete as well. Practicing the kata with your shiai is very important. It gives you the body positioning that we use in shiai, it teaches us defense and attack just like in shiai.”



The Outstanding Junior Competitor, with six Ippon (full point) wins was 12-year-old Darrell Baker , coached by Mike Veader of Seigneury Judo Club in Baltimore, Maryland. The overall junior team trophy was won by the College Park Judo Club. Mark Dantzler, Shufu’s Junior Development Chairman, and head instructor of the Maryland Judo Team in Montgomery County, saw continued improvement in the development of junior competitors in Shufu. “It’s nice to see



different levels of judo competition out here. When people travel and come together they see a lot of different skills. It's important for the parents as well as the juniors on the mat to see different techniques being used. Maybe you see some techniques that aren't practiced much in your club – and you take it back to your club and practice it. It's a good way to share information.” The Outstanding Senior Competitor, with seven Ippon wins, was Chima Uwazi of the US Naval Academy, coached by Edwin Takemori. The overall senior team trophy was won by the US Naval Academy.



The tournament was also an excellent site for continued referee development. Tournament Chief Referee Roy Englert, who holds the top international rating as an IJF-A referee, was encouraging toward other potential referees. “We are always happy to have new referees and those who do come out find that it's an enjoyable and educational experience and good for their judo. I would encourage people to look into refereeing whenever they are not competing, whether it's because their competition career has ended, or they are taking a temporary hiatus or they choose not to compete. I would encourage people of sufficient rank to become referees.”

Shufu Yudanshakai Referee Clinic – Hui-O-Judo will be hosting a referee clinic on Saturday February 2. This clinic is for everyone. We encourage anyone who is thinking about starting to referee, any local, regional, or national referees, coaches, competitors, parents and anyone wanting to get a better understanding of the rules of the sport of judo to attend this clinic.

Being ready for class - We are asking for everyone to help get ready for class. We get the gym at 7 pm. It takes time to get the mats out and set up for class. The longer this process takes, the shorter amount of time we have for class. Right now, we get in at 7; it takes between 20 minutes to set up the mat that only leaves 1 hour for practice. Of that time, 20 minutes are spent on taiso (warm ups) and zempo kaiten (forward break falls). That only leaves 40 minutes for practice if we are lucky. Every time we have to stop for water breaks or other problems takes away from YOUR practice time. Most of you are arriving late for class, not helping with setup or classpreparation and often disrupting the class as you enter and break the routine of practice time. Please be prompt - arrive early. HELP to set up the mats - DO NOT stand around and talk.



USA Judo's Marti Malloy Takes Silver at Grand Slam Tokyo

U.S. Olympic Bronze Medalist Marti Malloy went 4-1 in the homeland of judo to take a silver medal at the Grand Slam Tokyo today, adding yet another victory to solidify her stature as a world power in the sport. “I had a great day today in Tokyo,” said Malloy (USA Judo Training Site, San Jose State University Judo/NYAC, San Jose, CA) . “I have always dreamed of taking a medal at this tournament, and while I always aspire for gold I am very happy with my performance.” Malloy, who was ranked 6th in the world going into this tournament, downed 5th-ranked Ketleyn Quadros of Brazil as she fought her way through the brackets to collect the silver and 300 international ranking points in the 57 kg. division. “I tried new things that I have been working on and was so pleased to

see that I am able to make changes to my judo consistently,” said Malloy. “I am of course disappointed in not taking home the gold but remain more focused than ever on how to keep improving as a judoka.” Malloy has been adding to an impressive string of victories since she took the bronze medal at the Olympic Games in London last summer. She won a silver medal at the World Championships in Rio de Janeiro in August and a gold medal at the Grand Prix Miami in June. “I am so grateful for the support from Team USA and my training partner Aiko Sato for supporting me over here in Japan and to Pedro Sr. for coaching me mat-side throughout it all,” Malloy said. Once Malloy’s nemesis, 2011 World Champion Sato became her training partner after retiring from elite competition. Jim Pedro Sr. coaches at Pedro’s Judo Center in Wakefield, Mass., and is the father of Jimmy Pedro, head coach of the historic 2012 U.S. Olympic Judo Team that brought home the nation’s first Olympic gold medal won by Kayla Harrison, who trains with the Pedros, and the bronze won by Malloy. Malloy started competition Friday besting Canada’s Catherine Beauchemin-Pinard. In her next match, Malloy downed the world’s No. 12 ranked Megumi Ishikawa. That put Malloy face-to-face across the mat against rival Quadros, ranked one-step ahead of Malloy on the IJF world list going into the Grand Slam. Malloy defeated Quadros to enter the semi-finals against young Japanese sensation Christa Deguchi. Malloy narrowly escaped a pin by Deguchi to then win the match with a juji-gatame for ippon. In the final, Japan’s Nae Udaka won with an osoto-gari to take the gold. Malloy climbed the podium for silver. Nearly 400 athletes from 55 nations are competing at the Grand Slam Tokyo. Competition continues today, Saturday in Japan, at 10 a.m. (8 p.m. EST in the United States). See the lineup at WWW.IPPON.ORG. Watch LIVE at WWW.IPPON.TV. Competing Saturday for the United States are: Alex Jacobson, 73 kg., Jonathan Fernandez, 81 kg., (Baragua Judo Kai, Miami, FL), and Olympian Travis Stevens, 81 kg., (USA Judo Training Site, Pedro's Judo Center/NYAC, Wakefield, MA). Stepping onto the tatami Sunday in Tokyo for the United States will be Colton Brown, 90 kg. (USA Judo Training Site, San Jose State University Judo, San Jose, CA).

Maryland State Championships – We encourage all judoka to come participate at the Maryland State Championships hosted by College Park Judo at Ritchie Coliseum at the University of Maryland on January 14th. Hui-O-Judo is providing our two mats and the equipment for this event. Sensei Mark will serve as a referee. Sensei Brad and Robert Kirk will serve as referees or as a technical officials. Sensei Kevin serves as a technical administrator running the head table. We need to have more support for all of our events, both participants and support team on both junior and senior levels. All of our senior judoka should get qualified for at least a local referee, there are no rank requirements. Please step up to volunteer to help out at as many local events as possible, especially ours!! All parents should be able to work as technical officials.

Reigisaho (Etiquette) - We all need to practice and pay closer attention to good judo etiquette. It is the foundation of the sport. It covers everything from proper posture, bowing, salutations and general movements. When you come to class you and your judo gi should be clean. You must take proper care of your judo uniform. It should be properly folded after each practice, and then hung up at home. Your judo gi should always be in order before your bow. Please remember to bow upon entering/exiting the dojo, ALWAYS use your zoris and keep them at the edge of the mat, bow on/off of the mat and to your partners, be mindful of the way that you enter your bow and exit it. When we line up, no one should be talking or playing. After we bow, no one stands up until the senseis have all stood up. Reigisaho starts with respect for oneself and the others around you.

Always present yourself in the proper manner. We have traditions that must be followed. Use proper etiquette.



Thursday Practices – There has been a significant drop in attendance at Thursday Judo practices. If we want to keep the use of the facility, we need to have people on the mat. You are registered and paying for classes. Please make an effort to attend both days of practice.

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, 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.

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](#).

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.

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.



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.

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.



Studying Judo – Judo will help you to open you mind and your spirit, as well as provide physical conditioning for your body. The knowledge you learn on the mat will be expanding into every part of your life. Your teachers (senseis) and fellow students will help you on your journey of discovery and exploration in judo. When you are practicing judo, you will learn another language along with many traditions, customs and history. Judo is the “gentle way”. We practice to show the strength and beauty of our art and to avoid conflict, violence and injury.

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.

Judo DVDs Available - Steve Seaquist, Maryland Judo, Inc. Librarian, has begun conversion of the MJI video library from VHS to DVD. These videos can be borrowed and returned by mail by any current member of MJI in good standing. There is a \$1.00 mailing and handling fee and a 1 month time limit for borrowing. At the present time, the videos that have been set to DVD format are the Kodokan videos "Nage-no-Kata," "Katame-no-Kata" and "Ju no-Kata." For more information, contact Steve Seaquist at 301-868-0453 or by email at Steve Seaquist. To return videos to the MJI Library, simply mail them to Steve Seaquist, 5806 Arbroath Drive, Clinton, MD 20735-1510.

For more information about Hui-O- Judo Beltsville, please 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	
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
and James Gosnell Inspirational Award was presented to***

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/>