



Hui-O-Judo Beltsville

March 2014 Newsletter

Upcoming Events

March

1	Katame No Kata Clinic and Promotional Testing	Hyattsville, MD
4	Beginners class starts	Beltsville, MD
15	Ken Tamai Memorial Judo Championships	Hyattsville, MD
21-24	USA Judo Youth Scholastic National Championships	Irving, TX

April

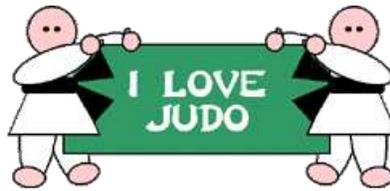
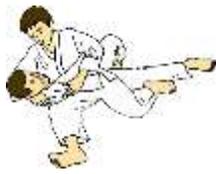
Apr 4-6	Liberty Bell Judo Classic	Bryn Athyn, PA
26	Shufu Junior and Senior Promotional	College Park, MD

Class fee/Club membership - It is up to each one of you to PLEASE pay your bi-monthly class fee/membership fees at the front desk. We have kept the rates for the judo club very low since we started the club. You must pay for classes every other month (pay the odd months of the year) So Jan/ Feb, Mar/Apr, May/June, July /Aug, Sept Oct, Nov/Dec. It is a flat fee for classes. Not a block of classes you attend. Many judoka on the mat are NOT paying the center for the class. They come sporadically and do not take advantage of the number of classes offered. 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. Please stop at the front desk to pay for the March/April class. The barcode for Mixed ages beginners class is **1391126** , the barcode for adult beginners is **1391124**, the barcode for Judo: Mixed ages, Intermediate is **.1391128**

Shufu Katame No Kata Clinic This clinic is for all levels of judoka to learn the Katame No Kata, enhance their existing kata knowledge and improve on their judo techniques. The *katame-no-kata* was developed by Jigoro Kano as a method of illustrating principles of grappling to allow students to more effectively apply them in [randori](#). Initially the kata consisted of ten techniques. These were subsequently appended, bringing the number to fifteen. The *katame-no-kata* consists of fifteen techniques, grouped in three categories: *Osaekomi-waza* (holding or pinning techniques), *Shime-waza* (strangulation techniques) *Kansetsu-waza* (Joint techniques (locks)). We encourage both junior and senior judokas to come participate. Learning the katas will help to enhance your overall judo knowledge and experience. Shufu Judo Yudanshakai strongly recommends that all judoka who need to be tested for rank promotions to take advantage of this opportunity to be tested before the April testing date. Karl Tamai and Diane Jackson will share insights from the Kodokan Katame No Kata seminar held in October 2013 following the 2013 World Kata Championships in Japan.

Sensei Ken Tamai Memorial Judo Championships— Hui-O will once again host the Ken Tamai Memorial Judo Championships on Saturday, March 15th at DeMatha High School in Hyattsville.. This tournament is in honor of our head and founding Sensei Kenneth Bunji Tamai All judoka are encouraged to participate. We need **EVERYONE's** assistance with the tournament. The tournament setup is on Friday. We have to move all of mats up from the dojo to the school and return them on Saturday night. Saturday we need help with registration beginning at 800am!! We also need help with the referee food area, concession stand, mat tables, raffle ticket sales, t-shirt sales and general

tournament operations. Please enlist the assistance of your family. We look forward to seeing you at the tournament.



PBS Show – Mrs Judo Mrs Judo is being offered for PBS broadcast in May of this year. May is Asian Heritage month. CAAM (Center for Asian American Media) is offering it. The states and communities with Asian populations will most likely program it, but the tough sell is in the midwest and the south and areas with limited Asian populations. Email or send a note to your local PBS station and request MRS Judo. Mrs Judo: Be Strong, Be Gentle, Be Beautiful documents the life-long journey of Keiko Fukuda’s decision to defy thousands of years of tradition, choose her own path, and become the highest-ranking woman in judo history. Once in a long while, the life destiny of one woman lines up to make a radical shift for women around the world. On July 28, 2011 Keiko Fukuda broke through a glass ceiling for women when she was awarded the pinnacle of judo, the 10th degree black belt. Fukuda is the first and only woman to hold this honor. Fukuda Sensei passed away on February 9, 2013. She was 99 years old, and had taught judo in San Francisco until just before her death. She was last disciple of judo’s founder, Jigoro Kano.

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 will host a Shufu Yudanshakai Katame No kata clinic and promotional testing on Sunday, March 1st at De Matha Catholic High School in Hyattsville Maryland. This is an excellent opportunity for judoka to learn the kata and work with a very experienced sensei

March 2014 will mark the 8th Annual United States Judo

Association "Visit-Another-Dojo" Month Sensei Marshall Coff man has extended an invitation to all of our judo to visit the Budokan Judo Club on any Monday in March from 6:30-8:30 pm. Our class ranges from age 6 to adult and from beginner to advanced. Mat fees will be waived. Budokan Judo club practices at the Northeast Community Center, 4075 Gordon Stinnett Avenue, Chesapeake Beach, MD 20732 Tel # (410) 257-2554 (410) 257-2554 The community center is next door



to the Water Park in Chesapeake Beach. **8th Annual March-is-Visit-Another-Dojo-Month!** Seven years ago, the USJA began the Visit-Another-Dojo grassroots initiative. With no major holidays, few school vacations, and warm weather still far away for many of us, March is the ideal time for a change of pace. Please join us and make a point of planning an exchange between your club and

others in your area! An interclub exchange is an economical way to add some variety to your club's workouts and test your and your students' skills. Consider making a commitment to rotate instruction by different sensei or get a group of people from your club together and make a "road trip" to attend another club's open workout.

U.S. Olympian Travis Steven Takes GOLD At Grand Prix Dusseldorf



U.S. Olympian Travis Stevens went 5-0 today to take a gold medal at the super competitive Grand Prix Dusseldorf, defeating the No. 6 ranked athlete in the world and collecting points that could boost his own international standing already in the top 10. This is the second time that Stevens, 81 kg. (USA Judo Training Site, Pedro's Judo/NYAC, Wakefield, MA) has taken gold at this tournament in the judo powerhouse of Germany, where the best fighters converge from throughout the world. His coach Jimmy Pedro, the U.S. Olympic Judo Team coach in London 2012, also took gold at this tournament in '95 and '98. Stevens said he started the day with some doubts but soon found his pace. "The day didn't start too well, and I was concerned due to my performance in Austria the previous week," where Stevens finished far short of the podium. "But once I was out on the mat after my second match I fell back into my groove and remembered how to do judo again. Overall, I'm not too happy with the performance but more relieved. There is still a lot of work to do in order to get used to the new rules and the new fit to the judo gi," both recently revised by the International Judo Federation. Stevens started the day with a bye in his first round. Then he threw Czech Republic's Jaromir Musil for ippon and, following that, defeated Germany's Dominic Ressel by two yukos. That put Stevens in the quarter finals where he bested Georgia's Ushangi Margiani with wazari then a pin for ippon. In the semifinals, Stevens pinned Uzbekistan's Shukhratjon Arslanov for the instant-win ippon. In the final gold medal round, it took Travis a little more than two minutes to move Germany's Sven Maresch, ranked 6th in World, to the ground for a pin, an ippon and the gold medal. Travis was ranked 10 in world in 81 kg. division as per IJF ranking roster. He collects 300 ranking points for finishing first at this Grand Prix Dusseldorf, very likely to boost his standing among the planet's best-of-the-best. Also competing today for Team USA was Nick Delpopolo, 73 kg. (Budokan Judo, Hialeah, FL), who went 3-2 to take a fifth place. Hana Carmichael, 57 kg. (USA Judo Training Site, Pedro's Judo/NYAC, Wakefield, MA), went 2-2 yesterday on Day One of the Grand Prix to also take a Fifth Place.

Virginia State Judo Championships – Arlington Judo Club was scheduled to host the Virginia State Judo Championships on February 18th at the Northern Virginia Community College in Annandale Virginia. However the weather changed that plan, cancelling the event due to the college being closed. The event has been rescheduled for Saturday June 5th. All pre-registered judoka can have their registrations forwarded. Contact Michael Landstreet.

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 are the Liberty Bell in Pennsylvania in April and the AM CAN in Niagra Falls, NY in May.

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. Your actions are a reflection of the person you are.

Colder weather: With the colder weather now here, please bring a jacket to class to wear home. Getting hot and sweaty in class then going outside in the cooler weather will bring on a cold. We want everyone in the club to be healthy and happy. If you are sick, please do not come to class, since we do not want to get the rest of the class sick too.

Spring Shufu Yudanshakai Junior and Senior Promotional Examination and Shiai This year College Park Judo Club, located at the College Park Community Center, 5051 Pierce Avenue, College Park, Maryland 20740, will host the Spring Shufu Yudanshakai Junior and Senior Promotional Examination and Shiai. Both the Junior and Senior Promotions will be held on Saturday, April 27th. Registration will be from 8:30 to 9:00 am. All Judo players with a USJF, USJI or USJA membership are eligible. You MUST be recommended for promotion by your Sensei. **There will be NO on site registration.** Make sure you get all of your paperwork (entry forms, Waiver, Photo copy of USJF, USJI, USJA card or Application, Competition and Service Record, and Check or money order for entry fee) to your instructors.



ATTENTION: There will be a Shufu Judo Yudanshakai Board of Directors meeting on Saturday, April 26, 2014 beginning at 8:00 am. This meeting is for current members of Shufu Yudanshakai who hold the rank of Shodan (1st Degree Black Belt) or higher. Additional agenda items must be forwarded at least one month prior to the meeting date to Mr. John Morrisson, Shufu Yudanshakai President. Your attendance at this meeting is indeed appreciated. Please make an effort to be on time.



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 and golf 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 a few different golf style shirts available for \$20 each. 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.



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Visit the club website at <http://www.huiojudo.com/>

