



# *Hui-O-Judo Beltsville*

## May 2014 Newsletter



### Upcoming Events

#### May

2-4	USA Judo Senior National Championships	Reno, NV
19	Beltsville Day	Beltsville, MD
23-25	Am Can International	Amherst, NY

#### June

7	Virginia Open Judo Championships	Annandale VA
15	Capital Grapple	Washington DC

**May-June Class fee/Club membership Due Now-** 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 sparatically 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 May/June class. The barcode for Children's beginners class is 1, the barcode for adult beginners is 1, the barcode for Judo: Mixed ages, Intermediate is 1.

### Spring Shufu Yudanshakai Junior and Senior Promotional Examination and Shiai



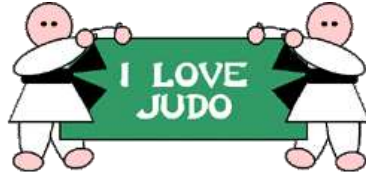
Congratulations to Sensei Margie Kettl was promoted to her Nidan (Second degree black belt)

Congratulations to Adam Miyak on his promotion to Senior Yonkyu. (Blue belt)

Congratulations to

**Beltsville Day – Sunday May 18, 2014 from 12 to 5** – Please bring your family and come join us for a celebration of community with performances on two stages, food by local non-profit organization, 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 is free and open to the public. Our judo club will put on a demonstration and have a booth set up outside. For more information please go to: [www.beltsvillereccouncil.homestead.com/BeltsvilleDay.html](http://www.beltsvillereccouncil.homestead.com/BeltsvilleDay.html)

**Virginia State Judo Championships** – Arlington Judo Club will host the Virginia State Judo Championships at the Northern Virginia Community College in Annandale Virginia on Saturday June 7<sup>th</sup>. All pre-registered judoka from the February date can have their registrations forwarded. Please contact Michael Landstreet.



**Learn More about judo – Judospace.com** Here is a new website with classes about judo. Judoka and parents can learn about psychology, competition planning, Strength and conditioning, sports medicine and advancing sport excellence. You can also take courses for coaching. Check it out.

**USA Judo News from the Pan American** – The 2014 Pan Americans “Campeonato



Panamericano Mayores” in Guayaquil, Ecuador and Team USA’s participation was a success. On day two of the tournament, all athletes made it to the quarterfinals but only some made it to the semifinals and ultimately three made it on the podium. Representing the girls, Leilani Akiyama won the bronze medal against her Venezuelan opponent by yuko in the 63kg category. The men, on the other hand, scored two

bronze medals: one by Travis Stevens and the other by Jacob Larsen. Stevens (81kg) beat his opponent by hansoku-maki (leg grab). Larsen (91kg) fought an intense match that went yuko to yuko until he finally won by 3-1 shidos, taking home the bronze. Day two amounted to three bronze medals for the team.

Final 2014 results for Team USA:

- Marti Malloy (57kg): Gold
- Nicholas Delpopolo (91kg): Bronze - this is the 4<sup>th</sup> medal in a row at the Pan Americans for Delpopolo
- Leilani Akiyama (63kg): Bronze
- Travis Stevens (81kg): Bronze
- Jacob Larsen (91kg): Bronze

Congratulations to Team USA for its great performance at this year’s Pan American Tournament, a subdivision of the PJC Continental Championships.

**Benefits of Judo** - Judo is one of the few sports accessible to almost anyone, including children, adults, senior citizens, even people with disabilities. Because it emphasizes physical and mental development, its influence extends to every area of a person’s life. Physically, Judo improves flexibility, coordination, balance and reflexes. It is a means of self-defense that requires skill rather than just size or strength. Mentally, it promotes concentration, self-confidence and leadership. Because Judo requires a clear and focused mind, it encourages participants to be fully present in the moment. They become more observant and better able to channel their mental and physical energy. Judo participants benefit from practice, but just as important, they learn respect for others. With its strict moral and ethical principles, and its humanitarian approach to life, Judo fosters a sense of respect and consideration. Participants are taught to strive for physical, intellectual and moral perfection, so they can not only improve their own life, but also contribute to the greater good.

**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 or a location of your choice, & 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.

**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.



**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.

**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. 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 :

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Sensei Mark Smith 301-674-5438 email – [marquitos@comcast.net](mailto:marquitos@comcast.net)

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

