



Hui-O-Judo Beltsville

June 2014 Newsletter



Upcoming Events

June

7	Virginia Open Judo Championships	Annandale VA
15	Capital Grapple	Washington DC
27-29	National Junior Olympics	Irving TX

July

	USA Judo US Open Judo Championships	Miami, FL
1	Judo Beginner classes start	Beltsville, MD
4-6	USJF/USJA Junior National Championships	Honolulu, HI
12	Commonwealth Games	Roanoke, VA
25-27	Junior US Open	Ft Lauderdale, FL

Everyone should have paid for the May/June classes. If you have not please stop at the desk to pay. If you would like to register for July/August classes please do so. If you know anyone who would like to start beginners judo, please bring them to class with you.

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 7th. All pre-registered judoka from the February date can have their registrations forwarded. Please contact Michael Landstreet.



Summer Picnic – Date is set for August 17. 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.



Promotions – Some of you are still waiting for promotions. Please see Sensei Kevin. Many of you have tested but have not done your USJF forms yet. Please turn in your paperwork and request for in- club promotions The next promotion date for Shufu Yudanshakai will not be until November.

Beltsville Day – Sunday May 18, 2014 from 12 to 5 – We had a great time at Beltsville Day 2014. Thank you to Sensei Brad, Sensei Diane, Sensei Mark, Sensei Chris, Sensei Laurel, Robert Kirk Anton Doan, Crista Cambell, James Cambell, Matthew Campbell and Abigail Jackson for helping with our demonstration and manning our booth. It was a fun celebration of the Beltsville 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 was free and open to the public. See photos on our Facebook page. Have your family plan to come next year.

Capital Grapple – This is a Women's Only event - CAPITAL GRAPPLE WOMEN'S JUDO & JUJITSU COMPETITION. HOSTED BY DC JUDO on Sunday June 15th 2014 There will be four (4) Competition Categories including IJF Judo, IBJJF BJJ, IJF Judo (newaza/groundwork only), Judo Kata. (competitors may register for one or more categories). It will be held at Trinity Center, Trinity University, 125 Michigan Ave NE Washington DC. Check In/Weigh In are at 9 AM, Kata Competition begins at 9:30 AM, Competition Begins at 10:30 AM, Event Complete at 4 PM. For more information visit the Shufu Judo website at www.shufujudo.org

Virginia Commonwealth Games - Please mark your calendar and plan to attend the 2014 Virginia Commonwealth Games Judo Championships. Hosted by Roanoke Kodokan Judo Club and sanctioned by USA Judo. Open to all judoka. You do NOT need to be a resident of Virginia. registration is 8am to 10am Matches are 3 minutes for juniors and masters, 5 minutes for seniors. State Commonwealth medals for the first, second and third place finishers in each division. Event will be at Hidden Valley High School - 5000 Titan Trail, Roanoke, VA 24018 (540) 776-7320. Event contact is Temo Moneir, 330-704-1034 or 540-309-7070, tekbright58@gmail.com For more information visit the Shufu Judo website at www.shufujudo.org

Keystone Games - The Keystone Games – State Games of America will be held in Harrisburg, Pennsylvania on Sunday, August 3rd. 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

Shufu Yudanshakai Eastern Open Judo Championships – Will be hosted by Hui-O Judo



Beltsville on Saturday, August 30, 2014 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.

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.

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.



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.

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 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 :

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 Summer Picnic 2014
Sunday, August 17
12 noon- 5pm??

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)674-5438

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
Sensei Mark Smith cell 301-674-5438 or e-mail 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 !!

