



Hui-O-Judo Beltsville

September 2014 Newsletter



Upcoming Events

September

13	Hometown Heroes Judo Tournament	Fayetteville, NC
20-21	World Masters Kata Championships	Malaga, Spain
27	Faye Allen Kata Championships and clinic	Washington, DC

October

11	Morris Cup	New York
18	John Anderson Development Tournament	Washington DC
19	Jersey Shore Classic	
25	Shufu Yudanshakai Takemori Open Judo Championships	Hyattsville, MD

November

8	Shufu Yudanshakai Fall Promotional	College Park, MD
22	Shufu Yudanshakai Open Tournament	Lancaster, PA

New classes start on Tuesday, September 2. Everyone on the mat should be registered for one of our three classes. Each class run for eight weeks. Please stop at the front desk at the Community Center to pay for the September/October class. The barcode for Children's beginners class is **1534568**, the barcode for adult beginners is **1511267** and the barcode for Mixed ages, Intermediate is **1511320**

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.

World Masters Kata Championships – We wish Sensei Diane Jackson and Sensei Karl Tamai the best of luck as the head to Malaga Spain on September 20 and 21. They will be representing the United States, Shufu Yudanshakai and our club at the World Master Championships. They will be performing the Nage No Kata. Sensei Lisa and Sensei Robert, who are also Hui-O members, now residing in South Carolina are also going to go to compete in Goshin Jitsu.

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.

Keystone Games - The Keystone Games – State Games of America were held in Harrisburg, Pennsylvania on Sunday, August 4th. Sensei Mark was a referee. The Green family participated in both the Brazilian Jujitsu part on Saturday and the Judo part on Sunday. **Matthew Green** brought home a gold medal and **Steven Green** took home a silver medal in the BJJ competition. Unfortunately Matthew suffered a broken arm in the gold medal match and was not able to compete on Sunday in judo. We wish him a safe and speedy recovery. Steven took a silver medal.



Summer Picnic – Thank you to Sensei Mark and his wife Michelle for hosting our annual summer picnic and pool party at their house on Sunday August 17th. It was a wonderful day to spend with our judo family and judo friends. We enjoyed LOTS of great food. Each family provided a dish or dessert to share. The senseis provided the hamburgers, hot dogs and paper products. Please plan to bring your family next year.

Shufu Yudanshakai Eastern Open Judo Championships – Hui-O Judo Beltsville hosted this event on Saturday, August 30, 2014 at the Greater Grace World Outreach, in Baltimore, Maryland. Thank you to all of the volunteer referees, technical officials and other people who made this event possible. We had 250 competitors from NJ, NY, PA, VA, MD, WV, NC and SC. Top kata honors went to Lisa Capriotti and Robert Guthro (both Hui-O-Judo Beltsville club members) from Samurai Judo in SC.



They placed first in the Katame No kata and the Goshin Jutsu divisions. Sensei Margie and Sensei Leah placed first in the Kime No Kata. Sensei Mark and Sensei Margie placed second in the Kime No Kata competition. Sensei Margie and Sensei Mark placed third in the Katame No Kata competition. **Crista Campbell** placed third in the senior competition, female advanced division. **James Campbell** placed third in the boys 13-14 year old over 110 pound division. **Matthew Campbell** placed second in the boys 11-12 year old over 115 pounds division. In his first tournament, **CJ Fuller**, age 5 placed second in the 8 and under age group, under 50 pounds. Crista helped with registration for both juniors and seniors. After James and Matthew were done competing, they worked as technical officials working the electronic scoreboards. Cale Fuller came to learn the head table bracketing sheets and parings. Tim Green helped with registration for both juniors and seniors. Matthew Green and Eleni Green both learned how to work the electronic scoreboards then worked as technical officials. Thank you to all of our Hui-O team members who came, especially Tim Green, Matthew Green, Eleni Green, Tammy Campbell, Shaun Eddy, Robert Kirk, Sensei Margie, Sensei Diane, Sensei Karen, Sensei Brad, Sensei Wayne and Sensei Mark for helping to set up, run, administer and dismantle the event.

Faye Allen Kata Championship will be held at the Edgewood Arts Center, 3415 8th Street Northeast, Washington, DC 20017 on September 27th. It will feature competition in Nage no Kata, Katame no Kata, Ju no Kata, Goshin Jutsu and Kime no Kata scored by a five judge panel. The event is designed to support teams seeking a high level of judging in preparation for national and international competition as well as beginner teams just starting out in kata. Competition starts the day followed by two parallel clinic tracks: Nage no Kata with Edwin Takemori (7th Dan) and Goshin Jutsu with Karen Whilden (5th Dan) and Diane Jackson (4th Dan). Participants can choose to participate in either track. For more information and to register online, visit <http://www.dcjudo.com/fayeallen>

John Anderson Development Tournament – Will be held at Trinity Center at Trinity Washington University 125 Michigan Avenue Northeast, Washington, DC 20017 on Saturday October 18. It is for judoka Yonkyu and below. For more information, visit the Shufu website at www.shufujudo.org or contact Terence McPartland at terence@dcjudo.com

Takemori Open Judo Championships will be held on Saturday October 25, 2014 at the DeMatha Catholic High School in Hyattsville, Maryland. It is off of Route 1, just south of College Park. 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. Sensei Jimmy and Sensei Edwin have been instrumental in the development of the Yudanshakai. The next generation of Takemori's were all skilled judoka on the junior and senior level. Sensei Miki and Sensei 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. Registration will be from 8:30 to 9:00 am for Kata, 8:30 to 9:30 am for Junior



Shiai and 12:00 to 1:00 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. For further information, contact Kevin Tamai at 703-622-6861 or by email at Kevin Tamai.

Our club, Hui-O-Judo Beltsville is hosting the event. We need help with setup on Friday night and with running and administering the event on Saturday. It is an all day event and we need lots of help. No experience is necessary. Please come assist us with the operation of this event. Senior competitors can assist in the morning during registration and junior competition. Junior competitors and families can assist after they are done competing with a variety of tasks. Bring friends along to help. If you need volunteer hours for school or church, please let us know.

Remembering Sensei Fukuda legacy :By Diego Osorio: With an undeniable power of the mind and soul, Fukuda Sensei, has left a mark that is hard to follow on the sport of judo. Her encouragement and motivation came in three simple aspects “be strong, be gentle and be beautiful.” This is a trademark quote that changed the lives of many and touched the lives on countless others. After her death in 2013, Fukuda’s legacy is being carried on by those who had the honor of being in her presence, such as Navneet Gill, one of Sensei’s dedicated female students at Soko Joshi Judo Club in San Francisco. *“Hers was the magical presence on the mat – no questioning, no doubt, no judgment – just the lightness of pure truth. She embodied truth and her truth was judo.”* Gill, an India native, explains how her life’s course was permanently altered after meeting Fukuda Sensei. Lately she has been on a mission to spread the legacy that she was fortunate enough to personally witness and experience as one of Sensei’s students. Navneet’s wish to encourage and empower young girls in her home country is now a reality, partly thanks to the help and support of Keiko Fukudo Judo Foundation President, Shelley Fernandez. *“Judo gives girls confidence and opens up doors of possibilities in their mind. They not only learn awareness and self-defense but also the fact that with discipline and dedicated training they can do anything they want,” Gill said.* With Gill’s endeavor to spread judo and open dojos in India, Fukuda Sensei’s spirit will live on in even more hearts and minds. Lives will be changed and opportunities will be endless.



USA Judo news from the The Pan American Open Miami. Athletes from 30 countries competed at the Bonaventure Resort & Spa in sunny South Florida on August 1 and 2. Team USA has collected 11 medals. **Results Male:** Bronze- BOLEN, Bradford -66kg; Silver- DELPOPOLO, Nicholas -73kg; Gold- STEVENS, Travis -81kg; Bronze- JACOBS, Andrew -100kg; **Female:** Bronze- DELGADO, Angelica -52kg; Gold- MALLOY, Marti -57kg; Silver- CARMICHAEL, Hana -57kg; Gold- MARTIN, Hannah -63kg; Gold- HARRISON, Kayla -78kg; Bronze- CUTRO-KELLY, Nina +78kg; Bronze- WILLIAMS, Mackenzie +78kg

Kayla Harrison To Be Honored At The Tradition Sports Museum

By Diego Osorio Not a lot of people get to enjoy a journey of accomplishments such as Kayla Harrison’s and some of them, as we all know by now, are history-making. The Middletown, Ohio native is now seeing the results of her tenacity and discipline in a sport that she has embraced despite the unfortunate childhood trauma that she experienced growing up. Today, she is a warrior on the mat and among the world’s best athletes; for which this gold medalist and former world champion has been added to the line-up of honorees at the Tradition Sports Museum. This celebration of Boston sports will mark the 13 annual edition of The Tradition and is scheduled to take place on September 17, 2014. Kayla Harrison sure made headlines around the world two years ago at the 2012



London Olympics when she made history, not only for the sport of judo, but for the United States as well. Harrison became the first ever, man or woman, to win a gold medal for judo representing the U.S. in the Olympic games. For more information about this event and to purchase tickets, please go to:

<http://sportsmuseum.org/events/the-tradition.aspx>

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.

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.

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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.

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 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

<u>Judo Gi's</u>	<u>Unbleached</u>	<u>Bleached</u>	<u>Blue</u>
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	