



Hui-O-Judo Beltsville

October 2014 Newsletter



Upcoming Events

October

Sun 5	Princeton Invitational	Princeton, NJ
11	Morris Cup	Brunt Hills, New York
18	John Anderson Development Tournament	Washington DC
19	Jersey Shore Classic	
25	Shufu Yudanshakai Takemori Open Judo Championships	Hyattsville, MD

November

<i>Tues 4</i>	<i>No Judo class – Center being used for voting</i>	<i>Beltsville, MD</i>
8	Shufu Yudanshakai Fall Promotional	College Park, MD
22	Shufu Yudanshakai Open Tournament	Lancaster, PA

New classes started on Tuesday, September 2. Everyone on the mat should be registered for one of our three classes. Each class runs 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 – Congratulations and thank you to Sensei Diane Jackson and Sensei Karl Tamai who traveled to the World Masters Kata Championships in Malaga Spain on September 20 and 21. They represented the United States, Shufu Yudanshakai and our club at the World Master Championships. They competed in the mixed pairs Nage No Kata. Sensei Lisa Capriotti and Sensei Robert Guthero, who are also Hui-O members, now residing in South Carolina competed in the mixed pairs Goshin Jitsu. Thank you for representing us.

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.

Shufu Judo Yudanshakai Faye Allen Memorial Kata Championship was hosted by DC Judo and held at the Edgewood Arts Center in Washington, DC on September 27th. There were 17 teams competing in Nage no Kata, Katame no Kata, Ju no Kata, Goshin Jutsu and Kime no Kata. In her first time a Tori, Sensei Margie Tamai Kettl with Sensei Mark Smith took a bronze medal in the Katame No Kata. In her first time as tori, Sensei Laurel Faust with Sensei Mark Smith took a silver medal in the Kime No Kata. After the competition there were 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).

Judo Competitor Clinic – Winning the Ground based approach - Shufu Judo Yudanshakai, worked with DC Judo to host a special workshop on Saturday, September 27 with Dr Rhadi Ferguson, 2004 Judo Olympian, 2006 USA Judo Coach of the Year, 3rd dan in Judo and 2nd in BJJ as well as a noted author and speaker. The

topic was *Winning: The Ground Based Approach*. This event was a unique opportunity to learn from a master competitor who has integrated and applied his deep studies in Judo, Jujitsu, conditioning, and training methods. The practice focused on skills you could take away and use immediately based on real Judo scenarios: attacking the turtle, passing guard, attacking from 1/2 guard on top and on the bottom. You will leave with better Judo that you can apply in randori and shiai. Dr. Ferguson was in DC for his induction into the Howard University Hall of Fame. He agreed to share this special time with dedicated judoka and jujitsu players who want to know how to win on the ground

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.

World Judo Championships Veterans - Congratulations to Team USA has had an impressive showing so far in Malaga, Spain, at the sixth edition of this prestigious event hosted by the Royal Spanish Judo Federation...but we will let the great results speak for themselves. Overall, there will be 19 veteran athletes representing USA Judo throughout the tournament, but some of them already hit the mats and we got amazing news— one gold, five silver and two bronze!



RESULTS: Our New World Veteran Champion is...Nikolai Stirov M7 (-73KG), 2nd: Sandy North M7 (-66kg), 2nd: Douglas Tono M6 (-66kg), 2nd: John Foster M8 (-100kg), 2nd: Larry Gaines M9 (+100kg), 2nd: James kinder M8 (-90kg), 3rd: Arthur L. Canario M7 (-100kg), 3rd: Jack Krystek M10 (-73kg), 5th: Mat Popham M6 (-100kg), 5th: Lincoln Hahn M1 (-73kg)

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](#).

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 at various locations in the regional area. 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/>





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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	