



Hui-O-Judo Beltsville

May 2015 Newsletter



Upcoming Events

May

2-3	USA Judo Senior National Championships	Irving, TX
10	Mother's Day	
Sun 17	Beltsville Day	Beltsville Md
23-24	Am Can International	Niagara Falls, NY
25	Memorial Day – Holiday	
30	Takemori Open Junior Tournament and clinic	College Park, MD

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 sparatcally 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

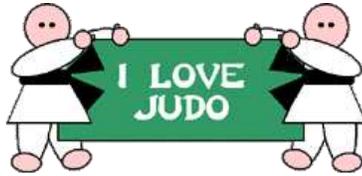


Congratulations to Sensei Brandon Viernes was promoted to his Shodan (First degree black belt)

Congratulations to Eleni Green and Steven Green on their promotion to Advanced Yonkyu. (Orange Green belt)

Congratulations to Joseph McDougal on his promotion to advanced Gokyu (Yellow Orange Belt)

Beltsville Day – Sunday May 17, 2015 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



Congratulations to the all of the judoka who just completed beginners Judo class.

Please join me in congratulating the judoka who have just completed the beginners judo classes. We hope you will continue your studies of judo and sign up for the intermediate class. You can then come on both Tuesday and Thursday nights.

Welcome new judoka – We welcome all of the new judoka who are just joining us for the Introduction to Judo beginners classes. We welcome Mikhail Alexander, Kamryn Fields, Kennedy Fields, Benjamin McDougal and Daniel Yuan. We hope you will enjoy your experience and start a lifetime of learning the art of judo. We also welcome all of the new judoka who have just completed the beginners class and have now joined the intermediate judo classes. We hope that you will continue to grow, learn and discover all of the wonderful benefits of judo instruction and are able to apply the principles to your daily lives.

Shufu Yudanshakai Takemori Open – This year the Takemori Open will be hosted by College Park Judo and will be held on May 31st at the College Park Community Center. It is focused as a junior development event. It will have a small junior tournament and a clinic for junior judoka. We encourage all judoka to attend. Senior judoka should go to referee, coach or assist in some way.

World Police and Fire Games – We need YOUR help!!! The DC area is hosting the 2015 World Police and Fire Games. They will take place from June 26 to July 5. The purpose is to INSPIRE, CELEBRATE AND HONOR our Police, Fire and other public safety personnel. It is a huge multi-sport, multi-venue event that takes place over a week. The Olympic Village will be at the Reston Town Center. It attracts 12,000 athletes from 70 countries, competing in 60 sports for 1600 medals. Judo will be at the George Mason Patriot Center on June 27. It will be a big deal for us to run this event smoothly and without any error. We MUST have and NEED volunteers to help make it successful and run smoothly. April 15, 2015 is a key date for the World Police and Fire Games. This is the date that we need volunteers and referees to sign up at the Sport Specific link below. Why is this date - April 15th - important. This is the date that the WPFG Organizers will take a count of volunteers who have signed up and from that count order t-shirts for the volunteers. They also will use these numbers for other items such as volunteer assignments for various sports and food for the volunteers. Can you sign up as a volunteer after April 15th - of course you can. However - you will not be guaranteed a t-shirt if you sign up after April 15th. Please sign up by April 15th and use the sport specific link listed below. Since some folks may have signed up on the general volunteer list like I did - we just need to know who did that. We want to make sure that if you signed up to help with Judo that you are in the list of judo volunteers. Please let me know if you signed up on the general volunteer list this by April 15th. Several of you have already done and thank you for letting me know.

This link is for referees and volunteers to sign up at Judo
<https://wpfg15.fusesport.com/registration/199/MartialArtsJudoSC/>

Here is the link to the World Police and Games with details for the event and where athletes register online <http://fairfax2015.com/>

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.

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 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/>

