



Hui-O-Judo Beltsville

October 2015 Newsletter



Upcoming Events

October

3	Ken Tamai Memorial Judo Championships	Hyattsville, MD
Sun 5	Princeton Invitational	Princeton, NJ
10 & 11	Morris Cup	Brunt Hills, New York

November

<i>Tues 3</i>	<i>No Judo class – Center being used for voting</i>	<i>Beltsville, MD</i>
14	Shufu Yudanshakai Fall Promotional	College Park, MD
21/22	USA Judo Presidents Cup	Irving, TX

New classes started on Tuesday, September 1st. 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 , the barcode for adult beginners is and the barcode for Mixed ages, Intermediate is

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.

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.

Sensei Diane represents USA at 2015 7th World Kata Championship in Amsterdam - Sensei Diane Tamai Jackson (Hui-o Judo) and Karl Tamai (College Park Judo) were part of the USA National team and competed in the Nage no kata at the 2015 7th World Kata Championship in Amsterdam. Five USA teams competed with over 100 teams in four of the five competed katas. Five of the 10 team members were from Shufu and all but one member was returning to world championship. The team included Karl Tamai and Diane Jackson competed in Nage no kata), Lisa Capriotti and Rob Gouthro (Kime no kata), Doug Newcomer and Jennifer Lindsey (Katame no kata), Jeff Guinta and Heiko Rommelmann (Go shin Jitsu), and Jeff Rooney and Blane Bellerud (Kime no kata). Although an American team did not reach finals this year, all of the teams performed very well. After the tournament, Kodokan hosted a two-day kata training camp. Kodokan brought several kata experts including Senseis Murata and Fujita. It gave the teams good inspiration for improvements for next year.

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).

Rank Promotion Testing – If you are planning to test for rank advancement at the Shufu Judo Yudanshakai Promotional testing event in College Park on Saturday November 14th, all registration paperwork is due by

October 25. If you miss the cutoff, You can still pay an additional \$10 late registration but all forms MUST be turned in by Nov 1. You can **NOT** register after November 1. You can **NOT** register on site.

Fall Shufu Yudanshakai Junior and Senior Promotional Examination and Shiai This year College Park Judo Club, located at the College Park Community Center, 5051 Pierce Avenue, College Park, Maryland 20740, will host the Fall Shufu Yudanshakai Junior and Senior Promotional Examination and Shiai. Both the Junior and Senior Promotions will be held on Saturday, November 14th. Check in will be from 8:30 to 9:00 am. All Judo players with a USJF, USJI or USJA membership are eligible. You MUST be recommended for promotion by your Sensei. **There will be NO on site registration.** Make sure you get all of your paperwork (entry forms, Waiver, Photo copy of USJF, USJI, USJA card or Application, Competition and Service Record, and Check or money order for entry fee) to your instructors.



ATTENTION: There will be a Shufu Judo Yudanshakai Board of Directors meeting on Saturday, November 14, 201 beginning at 8:00 am. This meeting is for current members of Shufu Yudanshakai who hold the rank of Shodan (1st Degree Black Belt) or higher. Additional agenda items must be forwarded at least one month prior to the meeting date to Mr Charles Medani, Shufu Yudanshakai President. Your attendance at this meeting is indeed appreciated. Please make an effort to be on time.

Rank Promotions in club(change of belt color) – If you have finished beginners class you are eligible for promotion to your advanced Rokkyu (White/Yellow belt) or if you test well and exceed all of the requirements you may be able to promote to your gokyu (yellow belt). First you must pay your class dues at the desk at the center (\$30 per session of 2 months). Second, you must join USJF (fill out the form and return it to a sensei with \$50. It is valid for one year). Third, fill out the request for in club promotion form and return it with the promotional fee of \$30. Fourth, see one of the sensei, state that you are ready to test and be evaluated. You will be given a written test and a skills demonstration test. You must complete all of the above before being tested.



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.



Kayla Harrison

2012 Olympic Gold Medalist

USA Judo President, Lance Nading, on behalf of the Board of Directors, is pleased to announce that the USA Judo national office has received formal notification of the funding to be granted by the United States Olympic Committee (USOC) heading into the Rio de Janeiro 2016 Olympics; the funding surpasses USOC's support of past years. "We are ecstatic and honored that the USOC recognizes the work that our organization, coaches and athletes have done in these last three years and is providing us with the sort of financial support that will assure our top athletes be in the medal hunt in less than a year from today," stated President Nading. "We believe this speaks very highly of the respect our athletes have earned in that I know many other National Governing Bodies not only did not receive an increase in funding, but in some cases their funding was cut."



The total amount the USOC is providing in funding for able body in 2016 is that of \$762,000.00, while in 2015 it awarded USA Judo the amount of \$666,800.00, with USA Judo contributing an additional \$100,000.00 for direct athlete support. Added to the 2015 athlete support fund was another \$20,000.00, which is paid directly by the USOC when a USA Judo athlete wins a Gold, Silver or Bronze in a Grand Slam, Grand Prix, Continental Open, or PanAmerican Championships.

Eddie Liddie

USA Judo Director of High Performance

USA Judo Director of High Performance, 1984 Olympic Bronze Medalist Eddie Liddie, commented, "Our goal is to maximize efficiently the funds we get from the USOC by providing travel support to the selected number of athletes that have shown to have the possibility to earn the necessary points to make the IJF qualifying Olympic roster. We work closely with our Olympic coach, Jimmy Pedro, the High Performance Committee members and the individual athlete's coaches, in order to identify the events that our athletes need to compete in, and assure that the funding is in place."

In 2015 USA Judo spent \$372,000.00 in travel and training support with athletes whom the High Performance Committee considered able to make the qualifying roster for the 2016 Rio Olympic Games. Over and above the travel support stated in the latter, direct athlete support of \$242,800.00 was awarded as follows:



Kayla Harrison	\$70,000
Marti Malloy	\$64,000
Travis Stevens	\$53,000
Nick Delpopolo	\$38,800
Hannah Martin	\$17,000

Marti Malloy

2012 Olympic Bronze Medalist

The above listed athlete support stipends include both USA Judo funding as well as USOC funding paid to the athletes directly. "Although these amounts are not as much as what current world class judo athletes from countries like Russia, France, and Brazil are earning, it is far greater than what past generations of USA Judo athletes ever made and it allows our athletes to focus on training full time," stated USA Judo Olympic medalist/coach and world champion Jimmy Pedro. "I believe I was one of the first generations of USA Judo



athletes fortunate enough to be provided with direct funding; but it was nowhere close to what our athletes earn today. This is indicative of the progress toward the professionalization of Judo. In addition to the above direct payments by USA Judo and the United States Olympic Committee, our athletes also have the ability to earn additional prize money being offered by the IJF for medals at all Grand Prix, Grand Slam, World Masters, and World Championships events. Athletes now also have the opportunity to secure private sponsors and performance medal incentives offered by the USOC. Any USA judo athlete who can medal consistently at the world level is now able to earn a great living through the sport, which should give the future generation of stars motivation to pursue their dreams."

Jimmy Pedro

2012 & 2016 Olympic Coach

Lastly, in 2015 some 14 elite USA Judo athletes received what is termed as *Elite Athlete Health Insurance*, which covers these athletes year round for all health related needs. USA Judo will soon announce funding appropriation for those athletes close to qualifying for the 2016 Olympic Games in Rio.

On the Paralympic side, in 2015 USA Judo received funding of \$85,000.00, with \$65,000.00 being spent on travel and training athlete support. It also received direct athlete funding of \$40,000.00, which was assigned as follows:

Dartanyon Crockett	\$16,000
Myles Porter	\$12,000
Adnan Gutic	\$4,000
Ryan Jones	\$4,000
Ron Hawthorne	\$4,000

USA Judo Para-athletes were also offered the opportunity to increase their support with the USOC offering further performance prize funds of \$10,500 awarded to Paralympians who finished in the top six places at the IBSA World Championships in Seoul, Korea.

In 2016 the funding for the Rio Paralympic Games remained the same both in the \$85,000.00 as well as the \$40,000.00 in direct athlete support. USA Judo was also awarded \$142,200.00 to be used strictly on Paralympic

resident program at the Olympic Training Center for housing, and \$4,000.00 in recovery Center allotment plus five *Elite Athlete Health Insurance* coverage.

"These numbers and the support that it provides our USA Judo athletes speak for itself," stated Sensei Noboru Saito, former USJF president and current member of the USA Judo Board of Directors and Chair of USA Judo Audit Committee, "these are indeed exciting times in Judo as we approach the 2016 Rio Olympic Games and we are appreciative of our main sponsor-partner, the United States Olympic Committee, as well as all of the members of the Circle of 100 and all of our donors who continue to give and support USA Judo and the athletes."

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/>





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	