



Hui-O-Judo Beltsville

December 2015 Newsletter



Upcoming Events

December

Tues Dec 15	Hui-O Holiday party	Beltsville MD
Thurs Dec 24	NO JUDO CLASS – Christmas eve	Beltsville, MD
Thurs Dec 31	NO JUDO CLASS – New Years eve	Beltsville, MD

January

Tues 5	Beginner classes start – Tuesdays for 8 weeks	Beltsville, MD
Sat 16	Maryland State Championships	College Park, MD
Sun Jan 31	Liberty Bell Development	Philadelphia, PA
Sat Feb 6	Shufu Referee Clinic	Georgetown Univ, Wash DC



Holiday Party: Please mark your calendars for the Annual Hui-O-Judo Christmas party. We will have the party on Tuesday night, December 15 in the multipurpose room at the Beltsville community center during normal practice times (7pm to 9pm). Please bring a side dish and a grab bag item that is less than \$5 and is marked for boy, girl or either. We will all enjoy a variety of great food, visiting with families and friends of the judo club, and lots of music and games. It will be a fun filled evening for everyone. Please bring your entire family. See Sensei Kevin, Mark or Brad for more information.

New classes started on Tuesday, November 3rd. 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

****Please submit your nominations for Outstanding Judoka, Most Improved Judoka, Judo Spirit Awards and Scholar Athlete Award winners (students who get good grades while practicing judo)*

Important Notice – As of January 1, if your Monthly class membership is not paid up to date AND you do not have a current valid USJF or USA Judo membership, You will NOT BE ALLOWED onto the mat. You will also not be allowed to stay at the dojo if you are not participating in class. You will be asked to have your parent come back to get you.

Weather Policy for MNCPPC - Beltsville Community Center

PG government is closed - Community Center is closed
 PG Schools are closed - Community Center is OPEN
 Delayed PG schools opening - Community Center is OPEN
 Early dismissal at PG Schools - Community Center is OPEN
 Please listen to radio and television stations concerning the status of schools and government. You can ALWAYS call the community center at 301-937-6613

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.

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.

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.



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/>





***Hui-O-Judo Beltsville Holiday Party
Tuesday, December 15, 2015
7pm to 9pm
Multipurpose Room at BCC
Bring your family!***

***Bring a food item(side dish) to share
Bring a \$5 or less wrapped item for kids the grab bag
Take time to look at the scrap books from
over 30 years of Hui-O-Judo history***

***Sensei Ken Tamai Spirit Award for 2015 was presented to Sensei RoyEnglert Jr from
Washington Judo Club and the 2015 James Gosnell Inspirational Award was presented to
Sensei Margie Kettl from Hui-O- Judo***

We will be presenting a few other special awards.

***Please let us know how many people are coming and what dish you are bringing. There is a
sign sheet at the dojo or contact one of the senseis.***

***Please let us know by Tuesday Dec 3rd if you or your child is eligible for the Hui-O Scholar
Athlete Award. Good grades in school (bring copy of report card) and judo character and
spirit at class.***

Seasons Greetings to all and Happy Holidays to each of you

If you have any questions, please contact :

Sensei Kevin Tamai cell phone - 703-622-6861

e-mail – tamaik@juno.com

Sensei Mark Smith cell phone : 301-674-5438

email – marquitos@comcast.net

Please visit our 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	