



# *Hui-O-Judo Beltsville*

## *February 2016 Newsletter*

### Upcoming Events

6	Shufu Yudanshakai Rules clinic	Washington, DC
20-21	Goshin Jitsu Clinic with Sensei Frances Glaze	Charleston, SC
27-28	Mayfield Challenge/Coach Cert/Referee Cert	Jacksonville, NC

### March

3	Beginners class starts	Beltsville, MD
5	Scholastic National Championships	Irving, TX
28	Liberty Bell Judo Classic	Bryn Athyn, PA

**Class fee/Club membership** - 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 sparatically 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 January/February class. The barcode for Children's beginners class is **1640240**, the barcode for adult beginners is **1640238**, the barcode for Judo : Mixed ages, Intermediate is **1640242**

**Winter Weather policy** Please use common sense in the winter months. If government and schools are closed, there is a good chance that the Community Center may also be closing. If you are uncertain, call the Center at 301-937-6613. If you are uncomfortable driving in winter conditions, especially if the roads are icy, we do not want anyone to take an unnecessary risk coming to practice.

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





**USA Judo News - 2016 IJF HAVANA CUBA GRAND PRIX** -Marti Malloy defeats Hedvig Karakas, Hungary in golden score to take the first Gold medal for Team USA in the 57kg category. Congratulations Marti! Congratulations to Travis Stevens for his Silver medal. Kayla Harrison defeats Castillo from Cuba to win the bronze medal. Congratulations Kayla! You can watch all the action at [ippon.tv](http://ippon.tv) For more information and USA Judo News visit [www.usjudo.org](http://www.usjudo.org)

### ***Kiotsuke* (気を付け) Attention**

Jigoro Kano said, “Since the very beginning, I had been categorizing Judo into three parts, *rentai-ho*, *shobu-ho*, and *shushin-ho*. *Rentai-ho* refers to Judo as a physical exercise, while *shobu-ho* is Judo as a martial art. *Shushin-ho* is the cultivation of wisdom and virtue as well as the study and application of the principles of Judo in our daily lives. I therefore anticipated that practitioners would develop their bodies in an ideal manner, to be outstanding in matches, and also to improve their wisdom and virtue and make the spirit of Judo live in their daily lives. If we consider Judo first as a physical exercise, we should remember that our bodies should not be stiff, but free, quick and strong. We should be able to move properly in response to our opponent’s unexpected attacks. We should also not forget to make full use of every opportunity during our practice to improve our wisdom and virtue. These are the ideal principles of my Judo.”



**Judo Clinics** - Throughout the year, Hui-O hosts clinics for Shufu Judo 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.

We are excited to announce that Hui-O senseis Lisa Capriotti and Robert Guthero are hosting a Goshin Jitsu kata clinic in Charleston, South Carolina on February 20-21, 2016. Come experience historic Charleston and the hospitality of the Low Country. On Saturday, February 20, the clinic will run from 12 to 4 followed by dinner and sightseeing around Charleston. Sunday February 21, there will be a weapons clinic from 9 to 1230. The cost is \$30 for one session for \$40 for both sessions. The relaxed, two day format allows for greater enjoyment and retention of the kata and the opportunity to savor the great food, charming ambience, and mild weather of Charleston. Sensei Frances Glaze will be the host clinician. She is a USA Judo National kata judge and has won the World Master Championship multiple times. This is an incredible opportunity to learn from national champions, Rob and Lisa. They are the USA National Champions for 2014 and 2015. They are also on Team USA World Kata Team performing both Goshin Jitsu and Kime No kata in venues around the world.

**Remember to wear your Zoris** – Whenever you are not on the mat you should always wear zoris or something on your feet. Never walk around off the mat in your barefeet then come on the mat. You will bring dirt onto our practice are.

Saturday, January 30th, Arlon, Belgium:



Mackenzie Williams parlayed her ippon victory against Lucie Dupin of France to a Bronze Medal in the U21 +78kg division at the Belgian Ladies Open. It's the first medal for a player from the United States at this prestigious event since Marti Malloy took Gold in the 57kg division back in 2010.

The competition continues tomorrow with the Senior Divisions being contested. Williams will be joined by her teammates, Katelyn Bouyssou (48kg, NYAC / Mayo Quanchi, West Warwick, RI), Alisha Galles (63kg, SJSU, San Jose, CA), Amelia Fulgentes (57kg, OTC, Colorado Springs, CO) as they are poised to make a run to the medal stand.  
**Congratulations Mackenzie!!!**



**Maryland State Judo Championships** - The Maryland State Championships were held at Ritchie Coliseum on the College Park Campus of the University of Maryland. This venue provided an outstanding site for a judo tournament, with plenty of parking and upper balcony seating which allowed great views of all four competition areas. The event was not restricted to Maryland residents, and saw competitors from Maryland, Virginia, Pennsylvania, West Virginia, North Carolina, South Carolina and New York fighting for the honor of being Maryland state champion. Roy Englert Jr, International A Level, was the head referee, with a referees from across the region. Also present were Senseis John Anderson and Dick Hugh, working as Jury on the mats. The competition started off with Novice and Advanced Nage-No-Kata, Katame No Kata, Kime No Kata, Goshin Jutsu. The day's competition was notable for the intensity and the many ippon (winning full point) throws throughout the range of Masters, Junior, and Senior divisions, indicating a high level of skill and technique.: "It is always fun to watch the first tournament of the season. You can really set the tone for the year and gauging by the level of competition, especially in the Junior Divisions, 2016 will be a great year for Maryland Judo". Kurt Tamai, the tournament director, led the team of volunteers who staffed the tournament, working for the entire day to ensure a smoothly running event. The Tamais emphasized that without those volunteers, the tournament would simply not have happened. Registration, pairings, announcers, medical support, table officials, food support for officials, referees, set-up and tear-down, and the myriad other tasks in planning and conducting the state championships were all dependent upon the work of those volunteers. Kevin Tamai, head Sensei of Hui-o Judo, also commented, "We would like to thank all of competitors, their parents, support staff and all of those who travel to support our tournaments. We appreciate all of the generous contributions of time made by all of our volunteers, especially the referees and technical

officials. We are able to host great events because of the sense of family and community that we have in judo in the DC area. We all support each other and do our best to make certain each event is successful. We hope that the judoka who attended will tell their other club members to plan to attend next January.”

We would like to thank David Gebler, Andrew McDougal, Peter Doan, Sensei Diane, Sensei Karen, Sensei Margie and Sensei Greg who were working as technical officials all day. Thank Sensei Mark coached his judoka from the VA Medical Hospital.

**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.

**Colder weather:** With the colder weather, please bring a jacket to class to wear home. Getting hot and sweaty in class then going outside in the cooler weather will bring on a cold and flu. We want everyone in the club to be healthy and happy. If you are sick, please do not come to class, since we do not want to get the rest of the class sick too.

For more information contact :

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Visit the club website at <http://www.huiojudo.com/>