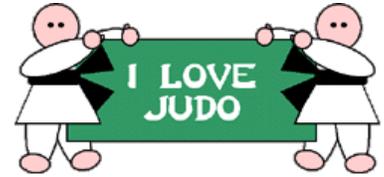




Hui-O-Judo Beltsville

March 2016 Newsletter



Upcoming Events

March

1	Beginners class starts	Beltsville, MD
4	International Grand Prix for Blind and Low Vision	Rio De Janerio, Brazil
5	USJF teacher certification at WJC/Georgetown Univ.	Washington DC
5-6	National Scholastics Championships	Irving, TX
13	New Jersey Cup	North Bergen, NJ
19	Marti Malloy Clinic	North Bergen NJ
19-20	IJF Kata Judging examination	Washington, DC
19-20	Pan American Open	Santiago, Chile
26	Hudson Workout	Staten Island, NY

April

1-2	National Colligate Championships	San Jose, CA
9-10	Senior National Championships	Irving, TX
10	Brooklyn Cup	Brooklyn, NY
16	Virginia Commonwealth Games	Lynchburg, VA
16	Hudson USA Judo Coaches Certification Clinic	Woodland Park, NJ
17	Cranford Shiai	Cranford, NJ
23	Hudson Workout	Staten Island, NY
27-30	Pan American Championships	Havana, Cuba
30	Liberty Bell Judo Classic	Bryn Athyn, PA

Congratulations to Sensei Diane and Sensei Karl Tamai – They have been chosen to represent the United States on the Kata Team at the Pan American Judo Championships at the end of April in Havana, Cuba. Senseis Diane and Karl are the mixed team USA national champions in Nage no kata, Katame no kata and Ju no kata, and have been members of the USA kata team in the World Kata Championships in 2013, 2014 and 2015. Good luck in Cuba.

Congratulations to Sensei Mark – He spoke on a panel at the International Blind Sports Association Meeting in New York. He was one of three speakers on the panel. He spoke about both coaching and refereeing the visually impaired judoka.

Congratulations to Sensei Margie Kettl who competed and placed 2nd in both Nage No Kata and Goshin Jutsu at the 2016 Gunnery Sargent Ernest Jones Open Judo Championships hosted by Sargent Major Mayfield in Jacksonville, North Carolina on February 26-28. Sensei Margie Kettl also recertified as USA Judo National Coach while she was there.

Kata Judge examination – Sensei Diane will host a kata judges examination in Washington DC on March 19 and March 20. Examinations will be administrated by Sensei Eiko Shepard, Sensei Peggy Whilden, Sensei Karen Whilden and Kata Chairperson Diane Tamai Jackson. Kata judging is open to ranks of Ikkyu and above. Kata judging examination is available for Nage No Kata, Katame No

Kata, Ju No Kata Goshin Jutsu, Kime No Kata, and Itsutsu. Examination will include: written test; practical examination of roles both uke and tori; judging entire kata; judging examination of five techniques with explanation. The format will be classroom learning of IJF kata judging criteria on Saturday March 19 from 2 to 5 pm at Brookland Works, 716 Monroe St NE West Tower Conference Room, Washington DC. Judging examination on Sunday March 20 from 9 to 12 at the Edgewood Arts Center, 3415 8th Street NE, Washington DC. For more information, contact Diane Jackson at 301-385-7146 or visit www.huiojudo.com or www.shufujudo.org.

Beginners – Welcome new judoka who are joining us for an “Introduction to Judo”. Hopefully you have signed up for the class with the front desk at the Community Center. It is an 8 week class held on Tuesdays from 7 to 9. You do not need a judo gi for the beginner class. You can purchase one if you would like to, just see one of the instructors. We hope that you will enjoy your study of judo and hope that you will develop a true love of the sport.



If you have completed the beginners class you can now come on both Tuesday and Thursday. Please make certain you go to the front desk and sign up for classes. You should consider purchasing a gi now. We have them available for purchase. They are about \$35. Please see Sensei Kevin or Sensei Mark. You should each also sign up for one of the national organizations (USA Judo or USJF). Please see one of the sensei regarding this. Once you have joined one of the organizations, you can inquire about testing for your first belt.

Class fee/Club membership – Everyone must be registered for one of the three classes offered at Beltsville Community Center. 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 sporadically 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 March/April class. The barcode for Children’s beginners class is **1647703**, the barcode for adult beginners is **1647714**, the barcode for Judo: Mixed ages, Intermediate is **1647711**.

Virginia Commonwealth Games will be held on April 16th at Liberty University. We are encouraging all judoka to participate. The games are sponsored by Virginia Amateur Sports Inc. (VAS), which is a 501(c)(3) non-profit organization based in Roanoke. VAS is governed by a board of directors made up of twenty two members from localities across the state. The VAS mission statement is: To promote awareness and benefits of physical fitness and healthy lifestyles through sports education, training & competition. VAS directs more than 10 events throughout the year, including the Virginia Commonwealth Games at Liberty University, the largest multi-sport festival held in Virginia each year. The 2016 Games is the 27th year. This multi-sport festival is supported by a grassroots volunteer network, businesses and governments of the Roanoke Valley. The Games have an estimated \$4 million economic impact on the area. Attracting more than 225,000 athletes, their families plus spectators during the past 26 years, this competition features nearly 60 individual & team sports. The Games are open to all ages and skill levels.



March 2016 will mark the 10th Annual United States Judo Association "Visit-Another-Dojo" Month The United States Judo Association began the Visit-Another-Dojo grassroots initiative.



With no major holidays, few school vacations, and warm weather still far away for many of us, March is the ideal time for a change of pace. Please join us and make a point of planning an exchange between your club and others in your area! An interclub exchange is an economical way to add some variety to your club's workouts and test your and your students' skills. Consider making a commitment to rotate instruction by different sensei or get a group of people from your club together and make a "road trip" to attend another club's open workout.

Sensei Mike Veader extends an invitation to all judoka to come visit the Seigneury Judo Club. The dojo is located at 4411 Kenwood Avenue in Baltimore Maryland. Kids classes are Wednesday, Friday and Saturday from 4 to 6pm. Adult classes are Tuesday and Thursday from 7 to 9pm. You can visit their website at www.seigneurydojo.com or contact Sensei Veader at 410-426-9781

Sensei Marshall Coffman has extended an invitation to all of our judo to visit the Budokan Judo Club on any Monday in March from 6:30-8:30 pm. Our class ranges from age 6 to adult and from beginner to advanced. Mat fees will be waived. Budokan Judo club practices at the Northeast Community Center, 4075 Gordon Stinnett Avenue, Chesapeake Beach, MD 20732 Tel # (410) 257-2554 (410) 257-2554 The community center is next door to the Water Park in Chesapeake Beach.

Congratulations to Sensei Rob and Sensei Lisa – They ran their first Goshin Jutsu clinic down in beautiful Charleston South Carolina. I was a wonderful two day event. The relaxed two day format allowed judoka to better absorb the material being taught and gave them time to enjoy the charming ambiance of Charleston while savoring the food and atmosphere of Low County. Saturday afternoon they cover strikes, chokes and grabs. Then Saturday evening there was time for a nice dinner and local site seeing. Sunday morning they covered weapons defense. Sensei Frances Glazes, a 6th dan, USA Judo National Kata Judge, certified instructor in all seven katas, multiple USA, PJU and world Champion in many katas, was the lead clinician. Sensei Glaze was assisted by Sensei Robert Gouthro and Sensei Lisa Capriotti, 2014 and 2105 USA National Kata Champions and member of the World Kata Team in Goshin Jutsu and Kime No Kata. Congratulations to them on running successful event.

Congratulations to Team USA at the International German Judo Championships for the Blind and Visually-Impaired which was held on Feb. 06 - 07, 2016

Myles Porter - bronze, 100kg
Dartanyon Crockett - silver, 90kg
Mike Larsen - bronze, +100kg
Cindy Simon - bronze, 57kg
Liana Mutia - gold, youth lightweight and bronze, 52kg
Also participated - Ricky Ties



Team USA Women Take Two Medals In Belgium

2016 Belgian Ladies Open in 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.



Katelyn Bouyssou defeated Stephanie Gerno of France to take a Bronze Medal in the 48kg division at the Belgian Ladies Open. The event is considered one of the toughest female Judo tournaments in the world. Katelyn's medal is the first by a player from the United States in a Senior division at the Belgian Ladies Open since Marti Malloy took Gold in the 57kg division back in 2010. She also received the award for best technique / overall sportsmanship. Bouyssou was 5-1 for the day.

Paris Grand Slam - The weekend of February 6 was of importance for our athletes in both Team USA and the Paralympic Team. On one side, Team USA



set out to France to compete at the year's first Grand Slam in Paris while our visually impaired athletes kicked off their competition season in Germany at the International German Judo Championships; both teams finished with successful results.

Team USA's medals at the Paris Grand Slam came from current Grand Prix Havana winner Marti Malloy (-57 kg) and Kayla Harrison (-78 kg). Malloy was defeated in the semifinal by South Korea's Jan-Di Kim, consequently moving on to the round for third place. Marti defeated local contender, Automne Pavia, and finished the tournament with the bronze.

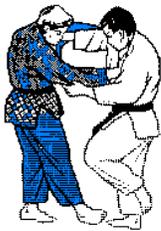


On Sunday, February 7, the last day of the Grand Slam, Kayla Harrison (-78 kg) had a strong showing throughout the competition and made it to the final against former world champion from Brazil, Mayra Aguiar. Kayla lost by ippon and finished in second place. Congratulations!

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.

Understand a little at a time – Learning judo is like eating a big apple. You can not take a big bite and swallow it whole. You have to take small bites and enjoy the flavor of each bite. The more you chew, the better it will digest into you. Do not try to learn judo all at one. It is a love you will have for a lifetime of growth and development. Concepts and techniques of judo keep judoka thinking. Take the time to practice one technique continually until you can perfect it and do it well on anyone. As you become more advanced, you can continually add to your knowledge of the art of judo. The best way to learn judo is to constantly practice with different judoka, learn from each one as you go. Each judoka you work with is a partner to help you to improve yourself.



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.

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. There are also two types of backpacks 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.



Ideals of Judo

On 18 April 1888, Professor Jigoro Kanō presented a lecture called "Jujitsu: The Old Samurai Art of Fighting without Weapons" to the Asiatic Society of Japan. This lecture took place at the British Embassy in Tokyo. Its theme was that the main principle of judo involved gaining victory by yielding to strength. Being an idealist, Kanō had broad aims for judo, which he saw as something that simultaneously encompassed self-defense, physical culture, and moral behavior.

“ 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. ”

In 1915, Kanō gave this definition to judo:

“ Judo is the way of the highest or most efficient use of both physical and mental energy. Through training in the attack and defence techniques of judo, the practitioner nurtures their physical and mental strength, and gradually embodies the essence of the Way of Judo. Thus, the ultimate objective of Judo discipline is to be utilized as a means to self-perfection, and thenceforth to make a positive contribution to society. ”

In 1918, Kanō added:

“ Don't think about what to do after you become strong – I have repeatedly stressed that the ultimate goal of Judo is to perfect the self, and to make a contribution to society. In the old days, *Jūjutsu* practitioners focused their efforts on becoming strong, and did not give too much consideration to how they could put that strength to use. Similarly, Judo practitioners of today do not make sufficient efforts to understand the ultimate objective of Judo. Too much emphasis is placed on the process rather than the objective, and many only desire to become strong and be able to defeat their opponents. Of course, I am not negating the importance of wanting to become strong or skilled. However, it must be remembered that this is just part of the process for a greater objective... The worth of all people is dependent on how they spend their life making contributions.



For more information about Hui-O-Judo Beltsville 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/>