



Hui-O-Judo Beltsville April 2016 Newsletter



Upcoming Events

April

8-10	USA Judo Senior National Championships	Irving, TX
16	Commonwealth Games	Roanoke, VA

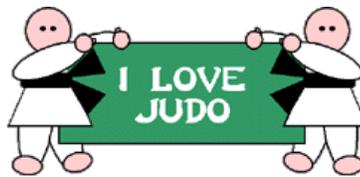
May

10	Mother's Day	
Sun 15	Beltsville Day	Beltsville MD
21	Shufu Junior and Senior Promotional	Washington DC
28-29	Am Can International	Niagara Falls, NY
30	Memorial Day – Holiday	

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 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.



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 March/April class. The barcode for Children's beginners class is , the barcode for adult beginners is , the barcode for Judo: Mixed ages, Intermediate is

Virginia Commonwealth Games – The Virginia Commonwealth Games are taking place at the. We encourage all of our judoka to go down to support this event. It is a small tournament. The event director is Temo Moneir. His phone number is 330-704-1034 or 540-309-7070. He can be emailed at tek-bright58@gmail.com

Beltsville Day – Sunday May 15 from 12 to 5pm. We need volunteers to help with our judo booth and a demonstration. 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



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.

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.huijudo.com/> to see pictures of these items or see Sensei Kevin.



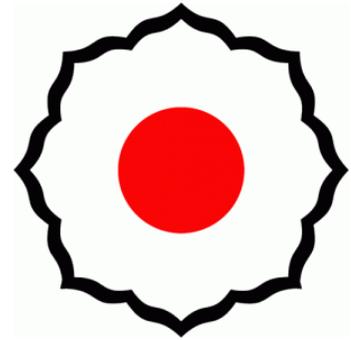
Hui-O Judo Scholar Athlete Awards – If you are doing well in school while practicing judo on a regular basis, at the end of the school year, bring a copy of your report card to Sensei Kevin. We will be awarding Hui-O Judo Scholar Athlete Awards. You must have A's or S's on your report card or have shown 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.

Mutual welfare and benefit (Jita Kyoei) in training

Thoughts on the judo maxim of ‘mutual welfare and benefit’ in training By Stuart Jones



Something I have come to realize as student of martial arts is that we all can have a positive impact on our club regardless of our age, gender, economic standing or rank within the art itself. There are many things big and small that we can do as individuals that will have a positive impact on our club. I really think it's a matter of starting with the Judo principle of ‘mutual welfare and benefit’ and looking to apply it in whatever ways we can. I want to explore how we apply the principle of ‘mutual welfare and benefit’ specifically in our training sessions.

To put this into context, I am talking about what we do during a training session as individual students that impacts positively on another student's individual development. Expanding further, as one student increases their knowledge and ability, those around them are encouraged to increase their own knowledge and ability too. For Example in Judo when Tori is learning to throw, Uke is learning to fall, as Uke becomes better at falling Tori can perform more advanced throws. This is what I would like us all to take a moment to reflect on individually, so we can all be mindful of ‘mutual welfare and benefit’ during training and become even better training partners for each other.

I think back to when I first started Judo and I can remember I would attempt to apply whatever techniques I had been shown at the time in ne-waza or randori and when they failed or were countered I would get frustrated and want to give up – especially if I was tired. I can remember during those times the senior students saying “keep thinking, keep trying”, “don't give up”. I remember tapping out because “there was no way I was going to escape” or “they were just too fast, too big or too strong”. I remember them saying “Okay, take a rest if you need to” with a frustrated smile. How I thought back then was that it was all about my own improvement, my fitness, increasing my technical ability, I did not really consider the other students at all. I was not really worried if they improved. I was all about what I got out of training and my own progress. What I didn't realize at those early stages, was that my progress was very closely related the progress of those around me and I could increase my knowledge much more efficiently when the other students were also increasing theirs. I eventually realized that the other students weren't just ‘other students’ they were my training partners. Each and every judo encounter was and still is a partnership, where the learning and improvement of both students is significantly enhanced when each person adopts that basic mentality of mutual welfare and benefit.

We all go through times where we need to take a little more at training to improve our own knowledge – and there can be very good reasons for this – but we should always look for ways to give back whenever possible.

Let's be honest, how many times have you found yourself exhausted in ne-waza or randori with your training partner in a stronger position and you gave up just because you are in an uncomfortable position? Could you have continued on? Even, if it was only to be put into another uncomfortable position or perhaps a submission? Could you have continued for that little bit longer? While I understand that we all have varying degrees of experience, fitness and physical ability, this is the worst time to give up. I know the reasons because I have been there too – “I couldn't escape”, “they were only going to get me in an arm-lock/choke anyway!” Okay I get it, it is really tough to keep going in those situations but let's think in terms of mutual welfare and benefit and ask:

- Has your partner been given a chance to test themselves?
- How can they improve when they don't actually get to attempt to apply the techniques under pressure and resistance?
- How are you going to improve and learn how to defend or counter those techniques?

Consider that perhaps you would have escaped, if you had only tried, or perhaps they do apply the submission – that's when the real benefits all start to come and we all have an opportunity to improve together. They may learn that they need to refine their technique, you learn timing on an escape or counter, they have the opportunity to practice another technique in response if you escape and get to try another counter... and so on and on it goes!

Don't get me wrong – you should take a rest if you need one – this is a safety issue – but please, be mindful of the impact on your training partner. Next time let's ask ourselves:

- Can I safely continue for just one more minute?
- Can I safely push my spirit a little harder just so my partner can push theirs?
- Can I safely make the effort to keep going until Sensei calls Matte and then take that rest?

We all want to improve individually and we will – but we will all improve so much more efficiently if we work together. The Judo maxim of ‘mutual welfare and benefit’ means we all positively encourage each other to increase our knowledge, fitness and Budo spirit together as individuals and as a club.

For more information contact :

Sensei Kevin Tamai 703-622-6861
Sensei Mark Smith 301-674-5438

Email –tamaik@juno.com
email – marquitos@comcast.net

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

