



Hui-O-Judo Beltsville

May 2016 Newsletter



Upcoming Events

May

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| 3 | Beginners Class starts | Beltsville, MD |
| 10 | Mother's Day | |
| Sun 15 | Beltsville Day | Beltsville MD |
| 21 | Shufu Yudansha Board of Directors Meeting | Washington DC |
| 21 | Shufu Yudanshakai Junior and Senior Promotional | Washington DC |
| 28-29 | Am Can International | Niagara Falls, NY |
| 30 | Memorial Day – Holiday | |

June

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| 4 | Virginia State Judo Championships | Northern VA Community College, Annandale, VA |
| 5 | Summer Slam Judo Championships | Patterson, NJ |
| 24-26 | National Junior Olympic Judo Championships | Irving, TX |

Congratulations to Sensei Lisa Capriotti and Sensei Robert Gouthro, two of our Hui-O-Judo family judoka who live in and practice judo in Charleston SC. At the 2016 USA National Championships in Texas they earned a lot of bling as a mixed pair - Kime no Kata: 1st place; Goshin Jutsu: 1st place; Nage no Kata: 2nd place; Katame no Kata: 2nd place; Ju no Kata: 3rd place; Lisa also competed in the Masters F2 -57kg: 1st place

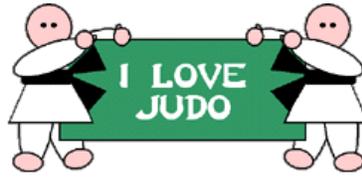
Congratulations to Sensei Diane Jackson and Sensei Karl Tamai. They won 3 gold medals and the overall mixed team champions at the 2016 USA Judo National Championships in Texas. They top honors in Nage no kata, katame no kata and ju no kata.

Congratulations to Hui-O-Judo Sensei Margie Kettl and her teammate Leah Fisher from DC Judo who won two Gold medals at the USA Judo National Championship in Texas. They placed first in the womens paired team in goshin jutsu and nage no kata. Congratulations to both of them. We are all very proud of you. Thank you for representing all of us at the Nationals

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. Please sign up for USA Judo – membership in our national organization. Once you are registered we can test you for your first promotion.

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.



May-June Class fee/Club membership Due Now- 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 May/June class. The barcode for Children's mixed age beginners class is **1647704**, the barcode for adult beginners is **1647715**, the barcode for Judo: Mixed ages, Intermediate is **1647712**.

Beltsville Day – Sunday May 15, 2016 from 12 to 5 – 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 from 145 to 215pm in the gym and have a booth set up outside. We can use some student to come help with the demonstration. 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.

Benefits of Judo - Judo is one of the few sports accessible to almost anyone, including children, adults, senior citizens, even people with disabilities. Because it emphasizes physical and mental development, its influence extends to every area of a person's life. Physically, Judo improves flexibility, coordination, balance and reflexes. It is a means of self-defense that requires skill rather than just size or strength. Mentally, it promotes concentration, self-confidence and leadership. Because Judo requires a clear and focused mind, it encourages participants to be fully present in the moment. They become more observant and better able to channel their mental and physical energy. Judo participants benefit from practice, but just as important, they learn respect for others. With its strict moral and ethical principles, and its humanitarian approach to life, Judo fosters a sense of respect and consideration. Participants are taught to strive for physical, intellectual and moral perfection, so they can not only improve their own life, but also contribute to the greater good.

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 or a location of your choice, & 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.



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

Hui-O Judo Scholar Athlete Awards – With the school year coming to a close, 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 is the way to the most effective use of both physical and spiritual strength. By training you in attacks and defenses it refines your body and your soul and helps you make the spiritual essence of Judo a part of your very being. In this way you are able to perfect yourself and contribute something of value to the world. This is the final goal of Judo discipline.

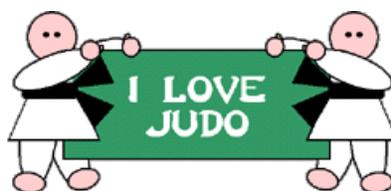
Jigoro Kano...

For more information contact :

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Sensei Mark Smith 301-674-5438

Email – tamaik@juno.com
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

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| 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

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| 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 |

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| 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**

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| 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

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| 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 |

Judo Gi's Unbleached Bleached Blue

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| Size 000 – 1 | \$25 | \$35 | \$45 |
| Size 2 – 5 | \$35 | \$40 | \$55 |
| Size 6- 8 | \$40 | \$45 | \$60 |

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| Pants | | | |
| 00 – 1 | \$16 | \$20 | |
| 2 – 5 | \$20 | \$25 | |
| 6 – 8 | \$23 | \$30 | |