



Hui-O-Judo Beltsville

September 2016 Newsletter



Upcoming Events

September

Tues 6	Beginner Judo Class begins- 8 week session	Beltsville, MD
17	Hometown Heroes Judo Tournament	Fayetteville, NC
24	Faye Allen Kata Championships	Washington, DC
20-21	World Masters Kata Championships	Msida, Malta

October

1	College Park – Beltsville Junior Judo Tournament	College Park MD
8	Morris Cup	Glenville, New York
29	Ken Tamai Memorial Judo Championships	Hyattsville, MD

Paralympic Judo Schedule



Wednesday, September 7: Opening Ceremony

Thursday, September 8: Women's 48kg and 52kg; Men's 60kg and 66kg

Friday, September 9: Women's 57kg and 63kg; Men's 73kg and 81kg

Saturday, September 10: Women's 70kg and 70+kg – **CHRISTELLA GARCIA, SARAH CHUNG**

Men's 90kg, 100kg and 100+kg – **DARTANYON CROCKETT, MYLES PORTER and BEN GOODRICH**

Be sure to sign up for class – EVERYONE on the mat **MUST** be registered for one of the judo classes. New classes start on Tuesday, September 6. Classes run for 8 weeks ending on October 25. Everyone on the mat should be registered for one of our three classes. Each class session is eight weeks. Please stop at the front desk at the Community Center **BEFORE** class begins to pay for the September/October class. The barcode for Children's beginners class is **1655491**, the barcode for adult beginners is **1655489** and the barcode for Mixed ages, Intermediate is **1655490**

Seigneurie Judo Junior development tournament – On Saturday, August 28, members of Hui-O Judo traveled up to Seigneurie Judo in Baltimore to participate in a Junior Development tournament. Please congratulate – ***Kazuki Reeves*** on his 1st place Gold Medal; ***Anton Doan*** on his First Place Gold Medal; ***Maya Doan*** on her Second place Silver Medal; ***Joseph McDougal*** on his Second Place Silver Medal, ***James Campbell*** on his Second place Silver Medal; ***Matthew Campbell*** on his Third Place Bronze Medal; and ***Benjamin McDougal*** on his Third Place Bronze Medal. We would also like to thank Sensei Mark for being a referee, Elizabeth Nehrbass, Andrew McDougal, Tammy Campbell and Mrs Doan for coming to support the team and cheer them on. We are proud of all of our judoka on their performances. They demonstrated good judo character and sportsmanship.



USA Judo Makes History at 2016 Olympic Games In Rio - Team put on a show in Rio. With a Gold, Silver and a 7th Place win, USA ranked 5th overall at the Judo Olympics in Rio de Janeiro, Brazil. "It's amazing the

success that USA Judo athletes have enjoyed these last two Olympic Games; to finish 5th in the world, beating Brazil in Brazil, as well as Cuba's well respected Judo program, speaks to the smart planning and return on investment of our National coaches." – Jose Rodriguez, USA Judo CEO. The 2016 team represented the United States well, giving their best Olympic performance to date. "We shocked and impressed the entire world once

again with our judo team.” Says Jimmy Pedro. “I didn’t think we would be able to outdo our performance in London. To have two athletes make the finals in the Olympic games is absolutely amazing.” Head Coach, Jimmy Pedro is pleased with how the team came together in Rio. “They acted as a family. They won together. They lost together.” “The entire team was competitive in every match. The team put up a good fight. They were courageous and excited to be here. The whole team is happy.” Says Jimmy Pedro. Jose Rodriguez, who has been CEO at USA Judo for 11 years, is excited with how much the entire team and staff has accomplished the past two quadrennials. “I want to not only congratulate Kayla, Travis, and their coaches, but each and every one of our athletes whose strong shoulders our Olympic medalist have been carried!” Says Jose Rodriguez. “This is a Team USA Judo success and every member shares in this historic success.” Not only did the athletes make history with their performance, judo in the United States was represented in the media as never before. For the first time, Judo received LIVE TV coverage. All Judo competitions were available to watch on NBC live stream. Both Travis Stevens and Kayla Harrison’s matches were broadcasted on LIVE TV on NBC Sports network and MSNBC. Additionally, USA Judo Coaching Director, Leo White was even invited to commentate on NBC Sports Network. See his judo recap story here: <http://www.nbcolympics.com/video/leo-white-kayla-harrison-has-historic-day-rio> Overall, this was great success for Judo in the United States. Great work Team USA!



Kayla Harrison Wins Gold At The Rio Olympic Games

USA Judo Olympian Kayla Harrison earns a Gold Medal in the 78kg weight class at the Rio Olympic Games. Kayla Harrison has made her legacy. With a Gold Medal win on Thursday, she becomes the first ever American judoka to win 2 Gold medals and cements her as one of the greatest judokas in U.S. history. “This win feels twice as sweet. It’s been a long 4 years; it has been hard. To be Olympic champion is amazing, but trying to defend a title is even harder.” Says Harrison. “To do something like that, especially from the United States in judo, is almost impossible.”



Kayla was unstoppable in Rio, winning every match by an ippon (full point, similar to a knock-out in boxing). Harrison dominated in the round of 16, defeating her opponent Zhang of China with ippon by pin in just 42 seconds. Joo of Hungary received a similar fate in the quarter final round, as Harrison ended the match quickly with an ippon by pin. Kayla Harrison controlled the tempo of her next match against Velensek of Slovenia in the semi-finals. With 2:19 left on the clock, Harrison locked Velensek into an arm bar to score an ippon.

The Judo finals played out as they should, were #1 Kayla Harrison (USA) would verse #2 Audrey Tcheumeo (FRA). The match was a nail biter. Even non-sports fans admitted to sitting on the edge of their seat.

“I knew this match was going to be a war. Audrey and I go way back; we fought in the finals in my very first junior world championships, almost a decade ago. It was a battle of will and a battle of heart. I came out hard and I knew that if I played smart that I would win.” explains Kayla. “There was only a couple second left on the clock, she fell down to the mat, and I saw an opening to take the arm and I took it.”

Only seconds remained on the clock when Harrison maneuvered her opponent into an arm bar and forced Tcheumeo to tap; with the ippon, Kayla wins Gold. With a



jump for joy, Harrison finds Head Coach, Jimmy Pedro for a victory hug. “I wanted to hug my coaches.” says Kayla. “My coaches pushed me harder than they did when I won the first time. And it’s because of them that I won today. So I’m extremely grateful.”

Kayla Harrison has made Olympic Judo history and has achieved her goals here in Rio. “I’m at complete and utter peace. I’m at peace with my life and my career. By having all eyes on me, I hope to change the world and make it a better place.”

Travis Stevens Takes Silver At The Rio Olympic Games



USA Judo Olympian **Travis Stevens** earns a Silver Medal on Tuesday in the Men’s -81 kg weight class. It’s a hero’s story for USA Judo, Travis Stevens. After three Olympic appearances, the saying holds true, *the third times’ a charm*. After years of dedication and hard work, Stevens gets to finally bring home a well-deserved, Olympic medal. “It’s hard not to just break down in tears,” says Travis, “Not from losing in the finals, but from what we’ve overcome as a staff and loved ones to get me to this day. This medal is as good as gold.”

Just one year ago, Travis Stevens lay in a hospital bed with MRSA, cellulitis, and a staph infection in his right knee that almost cost him his leg. He was determined to come back and do so in true warrior fashion. In just one year, he recovered from his injury, moved his national rank from #22 to #5, made history in May as the first American male Judoka to win gold at a World Masters event, and now he is an Olympic Silver Medalist for Team USA!

“I’m as healthy as I’ve ever been in my life. Even at the age of 30, I’m fitter and stronger than I’ve ever been, and I felt it today and it showed today.” says Stevens. Travis displayed strong ne-waza (groundwork) throughout the tournament; Winning the majority of his matches by ippon (full point) through pin or submission. After surviving a close match against Sweden’s Robin Pacek in the Round of 32, Stevens bounced back to dominate his next two matches against Sabirov of Uzbekistan and Ivanov of Bulgaria. The semi-final match is one for the record books, as Travis Stevens defeats Tchrikishvili of Georgia, the number one ranked athlete in the division. Stevens applied a chokehold with his legs that Tchrikishvili could not escape, forcing him to tap out with 53 seconds left on the clock. In the final Gold medal match, Stevens came out strong, trying hard to apply a hold, but Khalmurzaev of Russia countered the attack and put Stevens on his back for an ippon to end the match. Stevens’ silver medal win is a Team USA first in the -81 kg weight class. His medal is the first for a U.S. man in 12 years, with Jimmy Pedro’s (USA Judo Head Coach) bronze medal at the Athens 2004 Games being the last.

“The nice thing in life is, I love seeing people get a victory they really, truly deserve. Travis paid the price, stuck it out for four more years, and made it to the podium. I’m so happy for him.” says Jimmy Pedro. “When I see these kids, how much they put into it, how much they sacrifice. They’re not doing it



for money; they're doing it because it's a personal mission and they want to do American judo proud. What I'm most proud of, in our team, is we're like family. Everybody cares about one another; everybody wants each other to win. These guys have been together since 2005. And now they've put USA Judo on the map. It's awesome." Next up for Team USA is Colton Brown, who fights Wednesday in -90 kg weight class. Brown, No. 27 in the world, starts the day off against Sudan's Monier Suliman Iszlam in the elimination round of 32.

Brown Enjoys His Olympic Debut - Team USA's Colton Brown may have fallen short of reaching the 90 kg Olympic quarterfinals Wednesday, but he said he wouldn't take anything back – and he's ready for more. "The Olympics is amazing. It's an unforgettable experience," he said after losing to France's Alexandre Iddir in the elimination round of 16. "I left it all on the mat – it's what I came here to do. I can't wait for Tokyo 2020." Brown, ranked 27th and making his Olympic debut, started his competition in dominating fashion, defeating Iszlam Monier Suliman of Sudan by ippon (uchi-mata)



just 21 seconds into their match in the elimination round of 32. "It was faster than I anticipated," he said. "I wanted to get out there and get a rhythm going, but I saw my shot and took it and it worked out in my favor." Brown then faced No. 8 Iddir, who he hadn't fought since the 2010 Junior World Championships. Down a penalty received at 1:56, Brown tried an attack that quickly went against him. "I was coming after him because I was down by a penalty, and he used my momentum and came in and took me over," he said of Iddir's wazari at 2:30. "And I just couldn't get it back after that. He went into defensive mode, and he's very good at that. But I've got to work on getting more attacks off against guys who fight like that. I didn't feel he was stronger than me or better than me, I just got caught." A smiling Brown told the press of his inspirations for these Games, including his family; his San Jose State coach, the legendary Yosh Uchida; and Travis Stevens' silver medal-winning performance the day before. "That was an incredible performance," he said of Stevens, his roommate of the past five years. "That was really inspiring, a really inspirational performance by him. When you see someone that close to you, who works that hard – there's no one more deserving of that medal than him. I can't say it enough how happy I am for him." He was also looking forward to seeing Uchida, who made the long trip to Rio to see his students Marti Malloy and Brown compete. "I'm sure he'll chew me out a little bit and tell me I need to do a bunch of other things, but I love it," Brown said. "He's a great coach, and traveling here at 96 years old, that shows how much he cares about Marti and me. I'm happy I was able to get a win out of that." Stepping onto the Olympic stage for the first time, competing before the largest crowd he's seen in judo competition, Brown said he heard a familiar voice from the crowd. "I heard my mom, actually," he said. "When I came out for my first match I heard her scream something and I was like, 'That's awesome – she's here!' I didn't know if they had made it in. "That's why I wanted to leave it all out there. They traveled a long way. If I had walked out in the first round and lost they still would've been happy. I felt them. I was inspired by that."

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.

International Judo Federation World Masters Kata Championships – We wish Sensei Diane Tamai Jackson, Sensei Karl Tamai, Sensei Lisa Capriotti and Sensei Robert Gouthero (Rob and Lisa are Hui-O members, now residing in Charlotte, South Carolina) the best of luck as the head to Msida Malta on October 1 and 2. They will be representing the United States, USA Judo, Shufu Yudanshakai and our club at the International Judo Federation World Master Kata Championships. Best of luck, safe travels and well wishes to our judoka as they represent all of us.

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.

Faye Allen Kata Championship will be held in Washington, DC on September 24th. It will feature competition in Nage no Kata, Katame no Kata, Ju no Kata, Goshin Jutsu and Kime no Kata scored by a five judge panel. The event is designed to support teams seeking a high level of judging in preparation for national and international competition as well as beginner teams just starting out in kata. Competition starts the day followed by two parallel clinic tracks: Nage no Kata with Edwin Takemori (7th Dan) and Goshin Jutsu with Karen Whilden (5th Dan) and Diane Jackson (4th Dan). Participants can choose to participate in either track.

Ken Tamai Memorial Judo Championships will be held on Saturday October 29, 2016 at the DeMatha Catholic High School in Hyattsville, Maryland. It is off of Route 1, just south of College Park. This tournament is named after our founding Sensei Kenneth Tamai. Registration will be from 8:30 to 9:00 am for Kata, 8:30 to 9:30 am for Junior Shiai and 12:00 to 1:00 pm for Senior Shiai. Note: All female competitors are required to wear a plain white tee shirt under their Gi. All Judoka are required to bring a white Gi and a blue Gi or, at least, a white Gi with a white belt and a blue belt for competition. For further information, contact Kevin Tamai at 703-622-6861 or by email at tamaik@juno.com.

Sensei Ken Tamai will forever be the heart, soul and spirit of Hui-O-Judo. He founded the club in 1968 and developed it over the next 36 years. He laid the ground work and built this club on a solid foundation. He taught us the important principles of judo and how to apply them to our lives. He showed us how judo can develop us as individuals and as part of society. His life was an exemplification of dedication and service to the development of the sport of judo. Sensei Tamai emphasized the building of character. He expected that each day we grow on many levels – physically, mentally, emotionally and spiritually. He believed that the aim of judo was to help develop each of us into the best people we can be. His spirit will guide us for many years to come. He has taught all of us many valuable lessons in human character and in setting examples for others to follow. As we go down the path of our lives, he will always be with us and be watching over us.



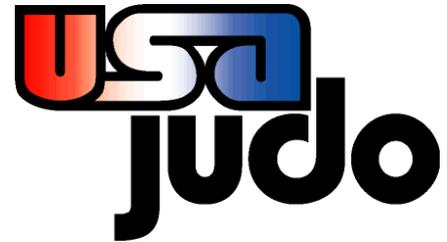
Our club, Hui-O-Judo Beltsville is hosting the event. We need help with setup on Friday night and with running and administering the event on Saturday. It is an all day event and we need lots of help. No experience is necessary. Please come assist us with the operation of this event. Senior competitors can assist in the morning during registration and junior competition. Junior competitors and families can assist after they are done competing with a variety of tasks. Bring friends along to help. If you need volunteer hours for school or church, please let us know.

Remembering Sensei Fukuda legacy : By Diego Osorio: With an undeniable power of the mind and soul, Fukuda Sensei, has left a mark that is hard to follow on the sport of judo. Her encouragement and motivation came in three simple aspects “be strong, be gentle and be beautiful.” This is a trademark quote that changed the lives of many and touched the lives on countless others. After her death in 2013, Fukuda’s legacy is being carried on by those who had the honor of being in her presence, such as Navneet Gill, one of Sensei’s dedicated female students at Soko Joshi Judo Club in San Francisco. ***“Hers was the magical presence on the mat – no questioning, no doubt, no judgment – just the lightness of pure truth. She embodied truth and her truth was judo.”*** Gill, an India native, explains how her life’s course was permanently altered after meeting Fukuda Sensei. Lately she has been on a mission to spread the legacy that she was fortunate enough to personally witness and experience as one of Sensei’s students. Navneet’s



wish to encourage and empower young girls in her home country is now a reality, partly thanks to the help and support of Keiko Fukudo Judo Foundation President, Shelley Fernandez. *“Judo gives girls confidence and opens up doors of possibilities in their mind. They not only learn awareness and self-defense but also the fact that with discipline and dedicated training they can do anything they want,” Gill said.* With Gill’s endeavor to spread judo and open dojos in India, Fukuda Sensei’s spirit will live on in even more hearts and minds. Lives will be changed and opportunities will be endless.

USA Judo memberships – Many of you have USJF membership that will expire very soon. For 2016-17 year prices will increase to \$70 per year. As a USA Judo club, we encourage judoka to consider switching. USA Judo is offering kids a \$40 first year membership. They also have good family plans for anyone with two or more members. Individual members of USA Judo support the sport at all levels and have the right to participate in the business affairs of USA Judo. Individual members also are automatically members of the state group through which they are registered.



Individual Membership provides the following advantages:

1. Protection of amateur standing in all tournaments that USA Judo sanctions in the United States.
2. Ability to participate in any USA Judo-sanctioned [event](#) in the U.S. for which he/she is qualified. This includes clinics and training camps. Furthermore, all tournaments sanctioned by either USJF and USJA are open to qualified USA Judo members.
3. Opportunity to represent the USA at the Pan American Games, Pan American Championships, World Championships, select international competitions and the Olympic Games!
4. Participation in International Judo Exchange Programs.
5. Electronic members-only newsletter.
6. Hotel and other travel discounts for members only.
7. One million dollar liability insurance coaches or officials at sanctioned events or scheduled training sessions. No deductible.
8. Excess Accident Medical Insurance for any injury occurring at a sanctioned event or scheduled training session. Membership includes a \$25,000 medical insurance policy with a \$2,500 deductible. "Excess" coverage means that it goes into effect after any other health insurance you might have.
9. Membership in your state judo organization. Through the state organizations, members can participate in their State Judo Government, subject to each state's by-laws. Members may represent their state as a delegate to the National Board of Directors meetings, serve on National Committees and run for National-elected office.
10. Merchandise discount programs.
11. Eligibility to apply for training funding.



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.

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.

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.

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.



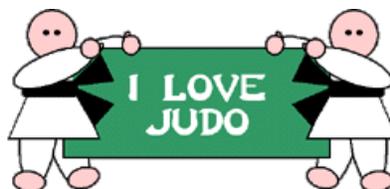
Hui-O Judo Scholar Athlete Awards – If you are doing well in school while practicing judo on a regular basis, at the end of the school year, bring a copy of your report card to Sensei Kevin. We will be awarding Hui-O Judo Scholar Athlete Awards. You must have A's or S's on your report card or have shown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



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

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	