



Hui-O-Judo Beltsville

October 2016 Newsletter



Upcoming Events

October

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| 1 | <i>College Park – Beltsville Junior Judo Tournament</i> | <i>College Park MD</i> |
| 8 | Morris Cup | Brunt Hills, New York |
| 29 | <i>Ken Tamai Memorial Judo Championships</i> | <i>Hyattsville, MD</i> |

November

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| 26/27 | USA Judo Presidents Cup | Irving, TX |
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New classes started on Tuesday, September 6th. Everyone on the mat should be registered for one of our three classes. Each class runs for eight weeks. Please stop at the front desk at the Community Center 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**

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.

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.

College Park –Hui-O-Judo Beltsville Junior Development Tournament – All judoka are encouraged to



participate in this event. It will be held at the College Park Community Center on Saturday October 1. All junior judoka should compete in this event. All parents and senior judoka should be there to help coach, take pictures, be a technical official, referee, or volunteer your time in some way to help with this event. All contestants are encouraged to pre-register to save money. Please let one of the sensei know if you plan to be there to help.

Sensei Diane represents USA at 2016 8th World Kata Championship - Sensei Diane Tamai Jackson (Hui-o Judo) and Karl Tamai (College Park Judo) will be part of the USA National team and competed in the Nage no kata at the 2016 8th World Kata Championship. Five USA teams will compete with over 100 teams in four of the five katas. Five of the 10 team members are from Shufu and all but one member was returning to world championship. The team includes Karl Tamai and Diane Jackson competing in Nage no kata), Lisa Capriotti and Rob Gouthro (Kime no kata), Doug Newcomer and Jennifer Lindsey (Katame no kata), Jeff Guinta and Heiko Rommelmann (Go shin Jitsu), and Jeff Rooney and Blane Bellerud (Kime no kata).



Shufu Judo Yudanshakai Faye Allen Memorial Kata Championship

The tournament drew a wide range of participants from novice competitors, who performed one set, to the international competitors, who wanted one more competition before heading to the World Kata Championships

next week. Hui-o had three teams compete. Laurel Faust and Liz Nehrbass placed first in the advanced category in their first competition as a team. Lisa Capriotti and Rob Gouthro placed first and third in the international category. Sensei Diane and Karl Tamai placed second in the international category. Sensei Eiko Shepherd gave excellent instruction and insights on ju no kata and katame no kata to about 20 participants each clinic. Hui-o had nine participants over the two days of clinics. (Peggy, Karen, Diane, Laurel, Liz, Andrew, Christa, Lisa, Rob)

The 2016 Faye Allen Tournament hosted by DC Judo featured Sensei Eiko Shepard who recently was awarded her hachidan. There were two clinics, one for juno kata and the other for katame no kata. Sensei Shepard emphasized the importance of kata. She said that when she was younger studying at the Kodokan that she didn't want to do kata. She resisted it even when she was told that she needed to learn kata in order to promote. With time she realized how important kata is. Sensei Shepard showed many instances of how the kata principals are translated into a deeper understanding of judo and are useful for randori and shiai. For example, she showed how one should breathe while doing the kata so that the partners can work together for an effective exchange of attack and escape. She said that attack should be made when the opponent has exhaled fully. She said she used this principal while doing shiai to catch her opponent at her weakest moment. The kata tournament was divided into four categories: novice, intermediate, advanced, and international competitors. From the Hui-o Club, Robert Gouthro, Lisa Capriotti, and Diane Tamai with partner Karl Tamai competed in the international competitor division. Rob and Lisa placed first in this division for kime no kata and third for katame no kata. Diane and Karl placed second in the division for juno kata. Liz Nehrbass and Laurel Faust placed first in the advanced division for juno kata. Christa Campbell attended the juno kata clinic and Andrew McDougal attended both the juno and katame no kata clinics. Karen Whilden, Peggy Whilden, Diane Tamai, and Laurel Faust of Hui-o served as judges at the tournament. Mark Smith was there to offer encouragement and support.

Rank Promotions in club(change of belt color) – If you have finished beginners class you are eligible for promotion to your advanced Rokkyu (White/Yellow belt) or if you test well and exceed all of the requirements you may be able to promote to your gokyu (yellow belt). First you must pay your class dues at the desk at the center (\$30 per session of 2 months). Second, you must join USJF (fill out the form and return it to a sensei with \$50. It is valid for one year). Third, fill out the request for in club promotion form and return it with the promotional fee of \$30. Fourth, see one of the sensei, state that you are ready to test and be evaluated. You will be given a written test and a skills demonstration test. You must complete all of the above before being tested. .

For our Sunday only event judoka – There are a few tournaments coming up on Sundays. Fliers are available at the dojo or online. If you would like to participate in any of these events, please see one of the Sensei. We are happy to travel to the events with you.

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.

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.

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.

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.

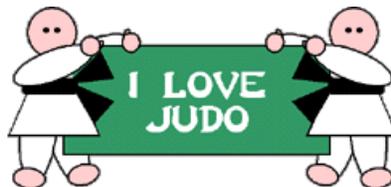
Hui-O Judo Outstanding Judoka Awards – Is there someone in the judo club who really stands out to you? Someone who shows the true spirit of judo by helping other people to learn and develop? Is there a parent or other adult who really encourages you to do better? Please let us know. We are happy to acknowledge Outstanding Judoka.

Judo Clinics - Throughout the year, Hui-O hosts clinics for Shufu 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 at various locations in the regional area. 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.

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/>



Why Judo benefits children **By Mark Lonsdale, Judo Training Development**

“Winning a championship is a temporary accomplishment— being a better person is for life”

More important than just building a better athlete, sports should build a better person. Judo in particular, develops discipline, manners, punctuality, strength, stamina, tenacity, toughness and confidence – all character traits that are essential to success and respected by society. Society also respects a person who wins with humility and loses with grace.

One of the unique aspects of judo training is the respect for others that is taught and required in the dojo. In time, through judo, this respect grows into a heightened level of self-confidence and discipline. For the parents of a rambunctious 6 or 8-year-old, this cultivated respect and discipline can appear “heaven sent.” As a result, very rarely does one find a junior judoka who is poorly behaved or disrespectful to adults.



While judo is a martial art, and therefore a combat sport, the fighting that children do in the dojo is actually a form of preparation for life’s many challenges. In life, as in judo, we do not always win. So doing *randori*, and competing within the rules, teaches children persistence, resolve and perseverance. They also learn that it is not winning that is always important, but the time and effort dedicated to the training, and finding the courage to compete, that separates the judoka from others. In its simplest form, character building in judo comes from the ability to be thrown on the mat, and then to get back up and keep fighting. This determination and toughness should never be under valued. The first step towards success, in any endeavour, is to learn the lesson taught by *Kyuzo Mifune* – “seven times down, eight times up.” Or as John Wayne would have put it, “You need to dust yourself off, Pilgrim, and get back on that horse.”

Junior judoka also learn the lesson of responsibility, or more specifically, taking responsibility for one’s own success or failure. They learn that if they want to succeed in grading, promotion or competition, they must turn up for class, pay attention to Sensei, learn their techniques, and then apply them in *randori*. Failure, on the other hand, can be directly attributed to how little effort they put into their lessons and training. And since children like to have fun, they also learn how much fun it is to succeed in games, pass a belt promotion, or win in *shiai*. In time they learn that the medals and trophies are just the icing on the cake. It is the peer acceptance and respect in the dojo that is more important. Recognition and a pat on the back from stern-faced Sensei are more valued and last much longer than a colored ribbon.

There is also the self defense aspect of judo. With all the weirdoes, stalkers, crazies, and bullies out there, parents constantly worry about their children. But through judo, children gain fitness, strength, stamina, balance, agility, and awareness. *Randori* and competition also develop a rough and tumble level of self-confidence that allows even junior judoka to identify a threat and react appropriately (provided the judo training has been supplemented with sage parental advice).

To conclude, judo teaches many of life’s lessons and develops strong character traits that will serve children through their difficult teen years and into adulthood. These virtues may seem to go well beyond what is practiced in the dojo, but in reality, this is exactly what Professor Jigoro Kano intended when he created Kodokan Judo. *Jita-kyoei*, mutual welfare and benefit, is one of the most important maxims in judo, and exemplifies the greater value of judo training. *Jika no kansei*, strive for perfection, is another significant motto, provided one understands that we strive for personal perfection so that we may better help others.

“The man who is at the peak of his success and the man who has just failed are in exactly the same position. Each must decide what he will do next.”

– Jigoro Kano



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 |

| <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 | |