



Hui-O-Judo Beltsville

December 2016 Newsletter



Upcoming Events

December

Dec 3	Winter Nationals	Azusa, CA
Dec 4	Northeastern Invitational	Patterson, NJ
Dec 4	Siegeury Judo Development Tournament	Baltimore, MD
Dec 4	Kayla Harrison Clinic at Sport Judo	Springfield, VA
Dec 10	Shufu Yudanshakai Board of Director meeting	Washington, DC
Dec 10	Shufu Yudanshakai Jr and Sr Promotional testing	Washington, DC
Tues Dec 13	Hui-O Holiday party	Beltsville MD
Dec 19- Jan 9	NO JUDO CLASS- Gym closed for resurfacing	Beltsville, MD



January

Tues 10	Beginner classes start – Tuesdays for 8 weeks	Beltsville, MD
Sat 14	Maryland State Championships	College Park, MD
Sun Jan 29	Liberty Bell Development	Philadelphia, PA



Holiday Party: Please mark your calendars for the Annual Hui-O-Judo Holiday party. We will have the party on Tuesday night, December 13 in the multipurpose room at the Beltsville community center during normal practice times (7pm to 9pm). Please bring a side dish and a grab bag item that is less than \$5 and is marked for boy, girl or either. We will all enjoy a variety of great food, visiting with families and friends of the judo club, and lots of music and games. It will be a fun filled evening for everyone. Please bring your entire family. See Sensei Kevin, Mark or Brad for more information.

******Please submit your nominations for Outstanding Judoka, Most Improved Judoka, Judo Spirit Awards and Scholar Athlete Award winners (students who get good grades while practicing judo)***

New classes started on Tuesday, November 1. 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 **1655493**, the barcode for adult beginners is **1655494** and the barcode for Mixed ages Intermediate is **1655492**.

Important Notice – As of January 1, if your Monthly class membership is not paid up to date AND you do not have a current valid USJF or USA Judo membership, You will NOT BE ALLOWED onto the mat. You will also not be allowed to stay at the dojo if you are not participating in class. You will be asked to have your parent come back to get you.

Weather Policy for MNCPPC - Beltsville Community Center

PG government is closed - Community Center is closed

PG Schools are closed - Community Center is OPEN

Delayed PG schools opening - Community Center is OPEN

Early dismissal at PG Schools - Community Center is OPEN

Please listen to radio and television stations concerning the status of schools and government. You can ALWAYS call the community center at 301-937-6613

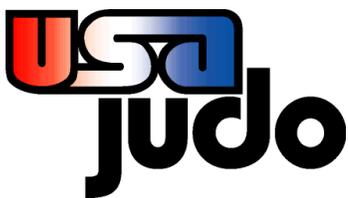
Congratulations to Sensei Lisa Capriotti- Lisa just won a GOLD medal at the International Judo Federation Veterans World Championships in the F2 -57 division. She continues to lead Team USA while advancing judo in the areas of kata, refereeing, competition and much more. We are very proud of her.

Congratulations on recent rank promotions – Angel Lopez to Advanced Rokkyu (White Yellow belt), Anthony Lopez to Advanced Rokkyu (white yellow belt), Cale Fuller Jr to Gokyu (Yellow belt), Maya Doan to Gokyu (Yellow belt), Benjamin McDougal to Gokyu (yellow belt), Joseph McDougal to Yonkyu (orange belt), Lassine Pierre Guido to Yonkyu (Orange belt), Darius Ramnath to Advanced Gokyu (Yellow orange belt), Matthew Campbell to Sankyu (Green Belt), James Campbell to Sankyu (Green Belt) Jacquelynne Callie Stacey to Sr Gokyu (Green belt), Allison Geewax to Sr Gokyu (Green belt), Andrew Reeves to Sr. Gokyu (Green belt), Elizabeth Nehrass to Sr Yonkyu (blue belt)

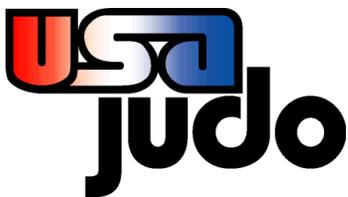
LOCK YOUR CAR – PLEASE lock your car and be certain not to leave any valuable in open sight. There have been a number of cars with items stolen from them while people are inside the center. Windows have been broken to take things out. Purses, money, Navigation systems, IPODS and other items have been 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.

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.



Delpopolo Wins Silver in Qingdao Grand Prix - Nick Delpopolo won the silver medal in the men's 81 kg. division Saturday at the grand prix in Qingdao, China. Moving up from the 73 kg. division where he was a two-time Olympian, Delpopolo earned a spot in the gold-medal match with a golden score victory over Romania's Elemer Szocs. The 21-year-old former junior European Cup champion fell to Delpopolo, a two-time grand prix bronze medalist, 20 seconds into overtime. With the win, Delpopolo faced Lee Jaehyung for gold. The 2010 Youth Olympic champion from South Korea entered the tournament with no senior results and was seeded 11th to Delpopolo's sixth seed, but he proved to be a worthy opponent. Lee was the aggressor, scoring a waza-ari to claim his first grand prix title. *"I was ranked 158 coming into the tournament and this result moves me up 85 spots on the world ranking list to #73"* explained Delpopolo. *"This was my first time ever competing 81kg at a Grand Prix event and is my first Grand Prix final. I feel good in the heavier weight class because I can focus on my techniques and throwing people, and not worry about my weight the entire time."* Delpopolo will be heading to Kokushikan University in Japan to train for two weeks and then will fight at the Tokyo Grand Slam.



Kata World Championship in Malta - The 2016 Kata World Championships in Malta, had four US teams competing. At Worlds, the competition for each kata is broken into two preliminary pools and the top three teams from each pool go on to a finals block. Two teams took to the mat on day one. Karl Tamai and Diane Jackson got the toughest draw in kata competition—going first in their pool in Juno-Kata. This year was the first time Karl and Diane have competed in Ju at this

level, and their 5th place finish in the pool was a good first outing, especially considering the draw. The team was only 13 points from making the finals block in a tight competition. The second team for the day, Bryce and Chase Oishi, competed in their first Worlds in Katame-no-Kata, finishing 8th in their pool. To come out at this level of competition for the first time and not start out at the bottom was a great result for Bryce and Chase. They know they have a lot of work ahead, but also see that they can compete here.

Two more teams will perform on the second day of competition. Lisa Capriotti and Rob Gouthro also drew the tough first spot in their pool for Kime-no-Kata, so their goal is to go out and set a high standard. Filling in for two top teams who were unable to attend the tournament, Wayne Lifshitz and Monty Burton will have a challenge in their first international competition, but they are game competitors and eager to make the jump to world level. In addition to the players on the mat, Dr. Kuniko Takeuchi is on the other side of the table serving as a judge for the competition. Kata Worlds concluded with day two of competition in Goshin Jutsu and Kime-no-Kata. Lisa Capriotti and Rob Gouthro took the mat in Kime-no-Kata and gave an authoritative performance, missing the finals block by only seven points and impressing judges with their rapid improvement in world competition. Wayne Lifshitz and Monty Burton gave a solid performance in Kodokan Goshin Jutsu at their first World Kata tournament. They are one of three teams staying to participate in a 2-day training seminar hosted by IJF and Kodokan instructors. Just like with shiai, the rules and interpretations in kata competition have evolved. It is important for our players and judges to be competing within the current rules and interpretations or our teams will be eliminated in a heartbeat. The kata team looks forward to learning and bringing this information home to ensure everyone's success.

Think judo's just about fighting in competitions? Think again!

Judo classes are not just about learning to strategically throw and pin an opponent. There are many other benefits of training in judo that you may not have considered.

- Better Health
- Better life balance
- Body control
- Builds self esteem, self control and self discipline
- Weight Management
- Building and increasing strength and stamina
- Learning self-defense techniques
- [Bully proofing & prevention](#)
- Increased Confidence

The physical benefits are obvious, but there are psychological benefits as well. Judo training builds character, confidence and courage as it teaches discipline and philosophy to students of all ages and levels. Adults and children who train in judo learn about themselves and the world around them in addition to developing strength and self-confidence.

Judo teaches respect

Judo was developed in 1882 by Dr. Jigoro Kano, who is often referred to as the father of modern sport in Japan. He created judo while he was a student of Jujitsu and his intention was just to refine Jujitsu as a discipline. But he soon realized that he could create something much bigger and judo became an entirely new sport that combined self-defense with a rigorous discipline involving intense mental, physical and spiritual training. Judo is unique in the martial arts field because it's a martial art, sport and potent form of self-defense.

Judo Classes for beginners – big and small

Dr. Kano was only 5'2" so he cleverly designed judo to stress leverage over physical size, allowing a smaller opponent to challenge a much larger opponent by using a combination of throws, take-downs and grappling. That's what makes it a great sport and a self-defense tool for men, women and children of all sizes. Almost 130 years later, judo clubs and classes still follow Kano's original principles, techniques and standard regimens of sparring/throwing (randori), grappling (newaza), forms (kata) and repetition drills (uchikomi).

Self-defense is an invaluable tool

Whether you're the little guy who gets bullied or someone who wants to learn self-defense as a preventative measure, judo uses a combination of throws, take-downs, sweeps and grappling techniques and pins. Over time,

more advanced students learn chokes and arm locks, but only when they're ready. These techniques, which are often practiced during judo classes are very effective when someone is being assaulted, grabbed, attacked and/or brought to the ground, making judo a defensive martial art and an excellent form of self-defense.

Judo Training Builds Character & Confidence

Your senseis will help you to discover the mental and physical benefits of judo. This age-old sport develops a sound mind and body as well as instill confidence and humility, which makes it great for kids of all ages. Participating in tournaments and earning belts, medals and trophies teaches kids important sportsmanship lessons while it builds character, increases confidence and teaches that with hard work comes rewards.

More Benefits of Judo- Judo is a world-wide known martial arts discipline and sport. It involves strength, tactics, endurance and will of the one who chooses Judo as his or her sport. Most Judo masters advise taking this sport at an early age. This attitude exists primarily because Judo can be very useful for the development of children, whether it considers their body or their psyche. Children may gain many things from this sport. First of all, as with all other sports, they are provided with a fitness activity which will help their body to reach a correct form and fully develop in time. Additionally, Judo gives them something they can organize their lives around, teaching them to be responsible for their actions and their arrangements further in life. Being extremely good for reducing body weight, it can help children who are depressed and have lower self-esteem because of this fact. What makes Judo different from other sports is the useful characteristic of its violent factor. Namely, judo does involve teaching one how to defend him or herself but it also does that in a friendly environment. Children are exposed to each other, sharing experiences relying on each other while training. Also, if one child shows violence to another, the other will respond in the same way making children realize that the harm to others may be punishable and that violence, as such should be avoided. Judo also involves the belts which stand for different levels achieved by those training this discipline. This characteristic gives children a positive motivation and boosts their competitive spirit and skills while constantly putting the accent on fair play. Concentrated on self-defense, Judo helps children to be able to stand up against bullies which might have tortured them daily before. This ability reduces the number of bullies and aggressive children in general since they are, most of the time fed on the fear of other children. That fear being gone and the child having enough self-esteem to stand up to the bully is another benefit Judo may bring to your child's life. It is not a coincidence that judo is becoming more and more involved into the educational system. Clearly, it is a sport which can bring so much positive things to a child's life and the life of children in general presenting a haven of physical and psychological development along with the learning of important social skills usable later in life.

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, & 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.

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.

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.

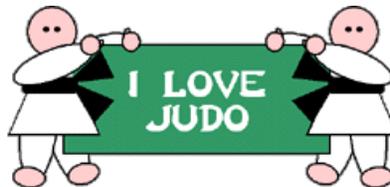
Hui-O Judo Outstanding Judoka Awards – Is there someone in the judo club who really stands out to you? Someone who shows the true spirit of judo by helping other people to learn and develop? Is there a parent or other adult who really encourages you to do better? Please let us know. We are happy to acknowledge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

Judo Clinics - Throughout the year, Hui-O hosts clinics.. 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. This area 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/>





***Hui-O-Judo Beltsville Holiday Party
Tuesday, December 13, 2016
7pm to 9pm
Multipurpose Room at BCC
Bring your family!***

***Bring a food item(side dish) to share
Bring a \$5 or less wrapped item for kids the grab bag
Take time to look at the scrap books from
over 30 years of Hui-O-Judo history***

***Sensei Ken Tamai Spirit Award for 2016 was presented to Sargent Major Mayfield from
Military Outreach of Judo and Jujitsu Organization and the 2016 James Gosnell
Inspirational Award was presented to Sensei Roy Englert Jr from the Washington Judo Club***

***We will be presenting a few other special awards. Please nominate someone for an
outstanding judoka award or an Outstanding Competitor Award.***

***Please let us know how many people are coming and what dish you are bringing. There is a
sign sheet at the dojo or contact one of the senseis.***

***Please let us know by Tuesday Dec 6th if you or your child is eligible for the Hui-O Scholar
Athlete Award. Good grades in school (bring copy of report card) and judo character and
spirit at class.***

Seasons Greetings to all and Happy Holidays to each of you

If you have any questions, please contact :

Sensei Kevin Tamai cell phone - 703-622-6861

e-mail – tamaik@juno.com

Sensei Mark Smith cell phone : 301-674-5438

email – marquitos@comcast.net

Please visit our website at <http://www.huiojudo.com/>