



Hui-O-Judo Beltsville

January 2017 Newsletter



Upcoming Events

January

Tues 10	Beginner classes start – Tuesdays for 8 weeks	Beltsville, MD
Sat 28	Maryland State Championships	Hyattsville, MD
Sun 29	Shufu Yudanshakai Rules Clinic	Rockville, MD



February

24-26	Mayfield Challenge	Jacksonville, NC
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New classes started on Tuesday, January 10. 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 January/February class. The barcode for Children's beginners class is **1661417**, the barcode for adult beginners is **1661409** and the barcode for Mixed ages Intermediate is **1661419**.

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.

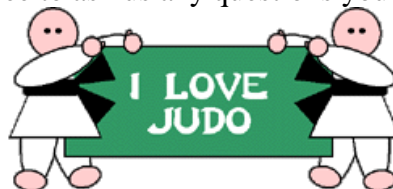
Weather Policy for MNCPPC - Beltsville Community Center

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

Happy New Year – Greetings to all and best wishes for a Happy New Year. We wish each of you a very and prosperous New Year. Thank you for supporting the club and making 2016 a great year for us. We are looking forward to an even better 2017. Our dojo continues to grow and change. We welcome our new beginners, some new friends join our judo club and welcomed back some old friends who have been off the mat for a while. We are happy that all of you can share your judo and we can learn from each other. Please continue to bring family and friends into judo and help our dojo to grow and develop. Best wishes to all of you.

Welcome new beginners

Hello new judoka. Welcome to our club. We hope that you will enjoy our 8 week Beginners Judo an Introduction to Judo class. Please feel free to ask us any questions you may have.



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 attend 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.

Maryland State Judo Championships On Saturday January 28th College Park Judo club will host the Maryland State Judo Championships at DeMatha Catholic High School in Hyattsville, Maryland. This venue provides an outstanding site for a judo tournament, with plenty of parking and four competition areas. The event is not restricted to Maryland residents. There will be competition in junior divisions, senior divisions, master divisions and various forms of kata. We encourage all judoka to attend this event. Registration forms can be found on the Shufu website at www.collegeparkjudo.com, www.huijudo.com, or www.shufujudo.org Come with, help out as a volunteer or technical official (no experience is necessary)

Mayfield Open Judo Championships – The weekend of February 24-26, 2017, MOJJJO (the United States Military Outreach Judo and Jiu Jitsu Organization Incorporated) and the Mayfield Martial Arts Academy will host an incredible weekend of judo. This event offers competition in junior, senior, mens and womens master, forms of kata and team competition. The weekend honors all of our military who serve our country. There is also special competition for our blind and low vision judoka. The weekend begins on Friday from 1 to 4pm with a VIP tour from Camp LeJune. From 5 to 9pm there is a referee and coaches examination/evaluation and certification. At 9pm there is a dinner for those who attend the certification. On Saturday the registration for competition and kata begins at 8am, there is a referee meeting at 830 am, open ceremonies are at 10 am and competition begins following the ceremony. Special awards for Team champions and awards of merit will also be presented. On Sunday, the registration for the clinic is at 9am, the clinic runs from 10 am to 1pm. We encourage anyone needing referee or coaching certification to attend this event.

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 rule changes, coaching, refereeing, standing techniques, mat techniques, advanced competition skills, different katas, tournament operations, and a variety of other topics. 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.

Rules Clinic - Washington Judo Club will host the Shufu Rules Clinic and on Saturday, January 29, 2017 at Pure Performance, located at 4980 Boiling Brooke Parkway, in Rockville MD. This clinic is open to all Judoka with a current USJF, USJI, or USJA membership. Membership can be obtained during registration. If you are a referee, teacher, coach, competitor, technical official, interested judoka or parent, you should attend to find out the latest interpretation of the rules and how they are applied. It will cover all of the topics Refereeing. There have been many new changes and interpretations of the rules. Roy Englert has given numerous clinics on this topic. It is good general knowledge for any judoka to stay current on the rules and regulations, as well as all of the current changes. I strongly encourage all judoka who currently compete or are planning to referee in judo to attend. It is also a good way to learn rules and regulations of the sport. We also need some judoka to have some practice contest, randori, for the people attending the clinic to practice their skills. Please try to attend. It is open to all skill levels.

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.

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.

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For more information contact :

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Sensei Mark Smith 301-674-5438 email – marquitos@comcast.net

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

