



Hui-O-Judo Beltsville

February 2017 Newsletter



Upcoming Events

February

Sun 12	Seigneury Junior Development	Baltimore, MD
Sun 19	Liberty Bell Jr Development	Philadelphia, PA
Fri 24	Mayfield Referee clinic	Jacksonville, NC
Sat 25	Mayfield Challenge	Jacksonville, NC
Sun 26	Mayfield Competitor Clinic	Jacksonville, NC

March 4	Pedro Challenge	Wakefield, MA
Sun Mar 5	Dr Rhaid Ferguson Ne waza clinic	Rockville, MD
March 11-12	Goshin Jutsu Clinic with Frances Glaze.	Charleston, SC
March 11	Katame No Kata Clinic	Forrest Hills, NY
March 11	Kayla Harrison Clinic at Sport Judo	Springfield, VA
March 17-19	Junior Scholastics	Reno, NV

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**.

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

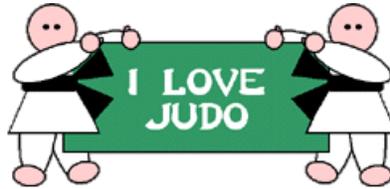
Early dismissal at PG Schools - Community Center is OPEN

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

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.

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.





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 sparatically 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.

Seignury Junior Development Tournament



This is a Sunday event - This is a good first tournament for many of our new judoka. We encourage all judoka who need some early competition experience to attend. Sunday, February 12, 2017 at 1pm, competition starts at 2pm. Contestant fee is \$15. Location is Seignury Dojo, 4411 Kenwood Avenue, Baltimore, MD 21206. Jigoro Kano medals for award winners in each division. We need some senior judoka to help with refereeing and coaching. We need a parent to be the photographer.

Liberty Bell Junior Development Tournament –

This is a Sunday event – It is a good first tournament for many of our new judoka. We encourage all judoka who need some early competition experience to attend. Sunday, February 19, 2017 at 9am. Contestant fee is \$40. We need some senior judoka to help with refereeing and coaching. We need a parent to be the photographer. Fliers with information, entry forms and waivers are available at the dojo.



Maryland State Judo Championships was held on Saturday January 28th and hosted by Hui-O-Judo and College Park Judo clubs at DeMatha Catholic High School in Hyattsville, Maryland. A **BIG THANK YOU** to all of those who came out to help with mat setup on Friday night, help with tournament operations on Saturday and helped with dismantle and return on Saturday evening. We especially want to thank all of the referees and technical officials who gave their time to help. We greatly appreciate each person who helps to make this a successful event.

Our Hui-O Junior Team placed 6th overall in team standings.

Cale Fuller Jr – competed in the Boys 8U under 50 lbs division and placed 4th in the standings. It was a large 16 man bracket. He won his first match against Wyatt Shadwich from Wall2Wall Judo scoring two wazaris, he lost his next match to Connor Sullivan from Wall2Wall Judo, he defeated Andrew Grey from Arlington Judo with an Ippon, he defeated Noah Zion from Arlington Judo with a Wazari, then lost to Jacob Naylor from College Park.

Angel Lopez – Competed in the Boys 8U under 60 lbs division and placed 4th. He lost against Ryon Choi from Sport Judo, lost against Ethan Sinclair from Wall2Wall and lost to Killian Tamai from College Park.

Anthony Lopez - competed in the Boys 10U under 90 lbs division, this was a 8 man bracket. He lost to Mason Malloy form Wall2Wall and to Nicholas Haighty from Jason Morris Judo Center.

Matthew Campbell – Won a silver medal placing second in the Boys 14U Open weight division. He won against Gavin Estrelle from Dale City Judo and lost to Kosie Cuyler from Sport Judo.

James Campbell won a gold medal placing first in the Boys 17U under 160 lbs division. He won his match against Omar Alamin from Dale City and against Ben Polykov from Common Ground.

Crista Campbell – won a silver medal placing second in the Womens Novice 172 lbs division. She won against Karla Gilbride from DCVAMC, won against Tracie Connolly from Noel Smith BJJ and lost to Julia Gould from Jason Morris Judo Center.

Brian Lopez – won a Bronze medal competing in the Mens Advanced 161lbs division. It was an 8 man bracket. He lost his first match to Liam Moriarty from Wall2Wall, he enter the consol bracket where he won an Ippon against Altan Ergincok from College Park, he won an Ippon against Josiah Belgrave from Villa Nova, won an Ippon against Caleb Muckerman from Jason Morris Judo Center which won the consol bracket, finally he lost to Liam Moriarty from Wall2Wall.

Thaison Nguyen – competed in the Mens Novice 161 lbs division. It was a 16 man bracket. He placed 4th overall in the bracket. He lost to Thomas Harrington from Pitt Univ, he got a bye in his first match in the consolation pool, then he won an Ippon against Fracnsco Avedeo from Testudo Judo, he won another Ippon against Nuchen Zhang from Blue Devil, finally he lost to Thomas Harrington from Pitt Univ.

Armel Boutchuen – won a silver medal, placing Second as he competed in the Mens Novice 161 lbs division. It was a 16 man bracket. He won an Ippon against Jeremy Dodson from Joseki, he won an Ippon against Fracnsco Avedeo from Testudo Judo, he won an Ippon against Adam Alamin from Dale City, he lost in the finals to Kaleb Muckerman from Jason Morris, he came back to win against Andrew Farina from Villa Nova.

Sensei Alex Perez – won a Gold medal, placing First as he competed in the Masters Men Open division. He won an Ippon against Mo Shair Bencheik from College Park, he won an Ippon against Shaeed Eshleer from Common Ground, and won an Ippon against Richard Armetin from Arlington Judo.

Fourteen teams competed in Kata.

Sensei Margie Kettl and Leah Fisher won a bronze medal winning third place as they competed in the Advanced Open Kata Division. They also won a bronze medal winning third place in the Advanced Randori o kata division.

Sensei Laurel Faust and Elizabeth Nehrbass won a silver medal placing second as they competed in Advanced Open Kata Division.

Elizabeth Nehrbass and Allison Geewax won a bronze medal placing third as they competed in the Novice Open Kata.

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.

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.

For our Sunday only event judoka – There are a 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.

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.

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 - I encourage all of you to try to attend the clinics that cover a variety of topics throughout the year. 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.

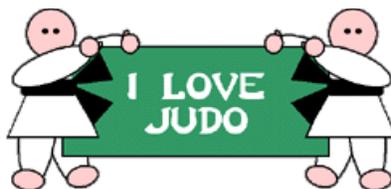
Goshin Jutsu Clinic - March 11-12 Sensei Robert Gouthro and Sensei Lisa Capriotti, Hui-O Judo Members, are pleased to announce that we will have Sensei Frances Glaze traveling to Charleston to instruct on Kodokan Goshin Jutsu, a dynamic judo kata of self defense. This kata is great for adults of all ages and ability levels and is perfect for those studying both judo and jujitsu. Charleston is a wonderful town. The clinic is half day on Saturday and half day on Sunday so you can enjoy the area.

Ne Waza Clinic - Dr. Ferguson is holding a clinic on March 5th in Rockville, MD at Pure Performance on the skills, tactics and strategies available for Judoka under the new IJF rules and the transitional judo/newaza skills that are applicable for Brazilian JiuJitsu.

For more information contact :

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



Putting your energy to work most effectively-*Seiryoku Zenyo*

精力善用

This is the core of the philosophy of judo. Do not waste! Do not waste your mental, physical and spiritual energy on things that do not accomplish your goals. In Judo we try not to waste our energy when trying to throw someone. There is a correct timing and position to executing a throwing technique. If done correctly, the technique will work with almost no strength...like a hot knife through butter. If done incorrectly, then you will find the technique difficult to accomplish and requires a tremendous amount of energy.

Consider Fully, Act Decisively! -Many times, we practice our techniques by “toe-dipping” or “testing the waters” with our techniques. This will often result in your partner applying a counter-attack to our indecisive first attack. It is better to come in with your technique whole-heartedly. If it fails...it fails and we will learn from it. But if we never attempt it, we can never be successful.

Shin Gi Tai – Literally translates into Heart, Skill, Body. One of the goals of a judo player is to develop all three of these elements and to get them to work in harmony to create a higher level of Judo.

Dr. Kano wrote: *“The study of the application of judo ultimately led to the teaching of seiryoku zenyo, which is the principle behind competing in earnest. I have demonstrated in these pages that this principle can be applied to everyday life. With regard to our daily activities and social interaction, the teaching of seiryoku zenyo means bringing about maximum results through the use of every sort of energy. For this reason, human faults like anger, for example, violate this principle. Becoming angry consumes mental energy. How does anger benefit you or anyone else? The results of anger are invariably a depletion of mental energy and being looked down on or disliked by others. By following the principle of seiryoku zenyo, people will not be able to get angry.*

Being disappointed or troubled by failures or setbacks, or harboring grievances are also ways in which mental energy is consumed. Arguments, fights -all these things are violations of seiryoku zenyo. Those who practice judo must take great care to follow this teaching. No matter what the situation, there is only one path that people must follow- in every case, the only course is to consider what is the right thing to do and proceed in that direction.

I have coined a phrase that I regularly say to people: jinsei no koro wa tada itsu aru nomi (There is only one path in life). Conducting oneself in accord with this principle on a daily basis is vitally important.

Though human beings may reach the pinnacle of success, there is only one path down which to proceed. That is to say, because complacency gives rise to the causes of failure, you must always consider things carefully until you find the most appropriate course of action and proceed that way. Even when you fail, there is only one path down which to proceed. Even if once you fail and lose heart, if you regain your courage and find your way along the highest path, circumstances will gradually improve. Because they find their own paths, those who practice judo and follow the principle of seiryoku zenyo always have a calm spirit, enjoy life, and are enterprising. The most advanced human mental life can only be achieved when people thoroughly absorb this principle.”[1]

Shinichi Oimatsu of the Kodokan describes for us the application of this principle:

...Professor Kano synthesized the three purposes of Judo and what he regarded highly was “the realization of the Way of managing human and social life.” This was especially deeply related to moral law.” That is to say, 1) cultivation of morals, 2) refinement of mental development, and 3) application of the doctrine of the challenging spirit of Judo to everyday life. Regarding the third point in particular, what is taught at the dojo (training hall) and what is learned about Judo are not where Judo training stops but where it starts. All that is taught and learned should be made a part of one’s own life as well as a part of society.

What is the Application of Seiryoku Zenyo:

- To Be a Person of Value - As a human being, one must set his/her goal in life and discipline his/her naturally endowed abilities. Moreover, since people “are not something that can exist apart from society” and since the fortune of today is a result of the past, everyone should develop his/her given abilities. If one contributes to society, the personality traits—even if there is a difference in achievements—can develop.

- Determination-Judgement-Effort - To become a person of value one should make it a purpose to believe in one's best, one should judge the steps to achieve this purpose, and once this has been done one should gather all his/her strength and work hard.
- Seiryoku Zenyo–Application - The momentum of determination, judgment, and effort comes from one's own strength. All the phenomena of the universe function on strength. In comparison of similar living beings those with much seiryoku will have a more magnificent life. ...[2]

“This teaching, one of the most important concepts in judo fighting, says, ‘If you win, do not boast of your victory; if you lose, do not be discouraged. When it is safe, do not be careless; when it is dangerous, do not fear—simply continue down the path ahead.’”[3]

自他共栄

Mutual Welfare and Benefit-Jita Kyoiei

The second part of Dr. Kano's philosophy was the emphasis on the betterment of our society. While in the first part he emphasizes bettering yourself, he then believes one should use that new found development of self to then help others and to benefit society. In Judo classes we practice this principle as well. In the beginning, others help you get better with advice and by letting you throw them so that you can get a feel for the techniques. As you improve, perhaps they help you by giving you a tougher workout. Later as you develop your judo, you will do the same for others like give advice, take falls and give your teammates a tough workout.

Footnotes

[1]Excerpt from “Mind Over Muscle-Writings from the Founder of Judo” by Jigoro Kano and compiled by Naoki Murata, published by Kodansha International, page 84-86

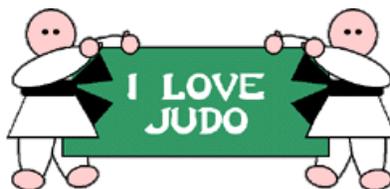
[2]-Excerpt from the article “The Way of Seiryoku Zenyo-Jita Kyoiei and Its Instruction” by Shinichi Oimatsu (Kodokan) published in The Bulletin for the Scientific Study of Kodokan Judo Volume VI, 1984

[3]Excerpt from “Mind Over Muscle-Writings from the Founder of Judo” by Jigoro Kano and compiled by Naoki Murata, published by Kodansha International, page 123

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/>



Rules Clinic -The Shufu Rules Clinic was held on Saturday, January 29, 2017 at Pure Performance, in Rockville MD. The new rules in place are.

- **Duration of contest**

Men and women four (4) minutes. Respect for parity as wished by the IOC and fight time unity for the Olympic mixed team event. Only scores (technical scores) will decide a contest.

- **Golden score**

In the case where there is no score(s), or scores are equal, the contest will continue in Golden Score.

Any score and/or penalties from regular time will remain on the score board.

The decision in the golden score is made by the difference of score or shido.

- **Evaluation of the points:**

There will now only be ippon and waza-ari.

The value of waza-ari includes those given for yuko in the past.

The waza-ari do not add up. Two waza-ari are no longer the equivalent of ippon

Immobilisations (Osae Komi): Waza-ari 10 seconds, Ippon 20 seconds.

- **Penalties**

There are now three shido, instead of previously four.

The third shido becomes Hansoku Make.

In order to simplify the refereeing and its understanding all the actions that have been punished in the past on how to grab the judogi (kumikata) will not more be penalized: pistol grip, 2 hands on the same side, fingers in the sleeve...

Kumikata will not be penalized as long as Tori is preparing an attack, but negative position will be penalized.

The time for taking a grip and making an attack is 45 seconds.

In case of a defensive attitude, shido will be given.

Leg grabbing or grabbing the trousers, shall be penalized first by shido and secondly by Hansoku Make.

- **Safety**

The committee examined the rules with regard to safety to ensure that judo has as little trauma as possible. If Uke attempts to avoid landing on their back by any movement which is dangerous for the head, neck or spine, they shall be penalized with hansokumake. The competitor loses this contest, but can continue in the competition if applicable.

Not to set a bad example for young judoka, false breakfalls won't be considered as valid actions. Falling on two elbows, the action is counted. Falling on one elbow, the action is not counted.

Anti judo is immediately penalized.

- **Judogi**

For a better efficiency and to have a good grip it is necessary for the jacket to be well fitted in the belt, with the belt tied tightly. To reinforce that, the competitor shall arrange their Judogi and belt quickly between Matte and Hajime announced by the referee.