



# Hui-O-Judo Beltsville

## March 2017 Newsletter



### Upcoming Events

March 4	Pedro Challenge	Wakefield, MA
Sun Mar 5	Dr Rhaid Ferguson Ne waza clinic	Rockville, MD
Tues Mar 7	New judo session/classes begin	Beltsville, 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
April 8	Summerville Samurai Slam Grand Prix Judo Tournament	Summerville SC



New classes started on Tuesday, March 7. 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 March/April class. The barcode for Children's beginners class is **1675254**, the barcode for adult beginners is **1675258** and the barcode for Mixed ages Intermediate is **1675250**.

### 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.

**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.

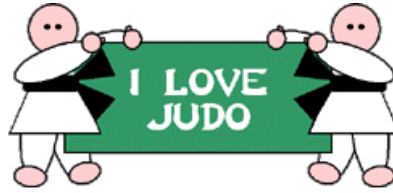
**Ne Waza Clinic** - Dr. Ferguson is holding a clinic on March 5th in Rockville, MD at Pure Performance on the skills, tactics and strategies available for Judoka under the new IJF rules and the transitional judo/newaza skills that are applicable for Brazilian JiuJitsu.



**Join Hui-O-Judo on Face book.** – Hey judoka become a friend of Hui-O-Judo on Facebook. Go to [www.facebook.com/huiojudo](http://www.facebook.com/huiojudo) see recent photos, share your thoughts and comments, see who else is already friends of Hui-O-Judo.

# 精力善用 自他共榮

Develop Yourself to Your Fullest Potential  
So That You and Others May Live Harmoniously



**Liberty Bell Judo Clinic** – A Judo clinic featuring Arik Zeevi will be held March 19th at Liberty Bell dojo in Philadelphia PA. Arik is an olympic bronze and world silver medalist. He is an outstanding judoka and person. Arik's resume includes a 2004 Olympic bronze medal, 2001 World silver medal, 2010 Tokyo Grand Slam silver medal, 2011 Gold Moscow Grand Slam medal, and four European Championships (including being the oldest judoka to ever win the European Championship). He is now the national cadet coach for his home country of Israel. There is no question that during his competition days he was one of the most liked and feared judokas in the world. The address is 260-262 Geiger Road Philadelphia PA 19115. The Dojo opens at 1130, the Juniors Clinic is from 12 to 2 (includes time for pictures and autographs), the Seniors and Teenagers Clinic is from 2 to 4. The costs: Junior clinic - \$20.00 pre-registered, \$25.00 on Sunday 3/19, Senior and Teenagers - \$25.00 pre-registered, \$30.00 on Sunday 3/19. The event is sanctioned by USA Judo. The coordinator is Lou Moyerman, 215- 313-2098, libertybelljudo@gmail.com

### **Seigney Junior Development Tournament**



Congratulations to our 6 judoka who represented Hui-O-Judo at this event. Thank you to the parents, families and friends who also came to support us. This was a good first tournament for some of our new judoka. It was the first judo competition for Ariana and Amelia Vasquez. We encouraged all judoka who need some early competition experience to attend these types of events. Congratulations to James Campbell won a bronze medal, Matthew Campbell won a bronze medal, Amelia Vasquez won a bronze medal, Ariana Vasquez won a bronze medal, Maya Doan won a bronze medal, Kazuki Reeves won a bronze medal.

### **Liberty Bell Junior Development Tournament –**

On Sunday, February, 19 we had a few judoka travel up to Philadelphia PA . It is a good first tournament for some of our new judoka. We encouraged all judoka who need some early competition experience to attend. CJ Fuller, Ariana Vasquez and Amelia Vasquez

Please join us for the **Inaugural Samurai Slam-Prix Judo** tournament directed by Dr. Lisa Capriotti. This tournament will feature competition in Olympic Judo, Kosen-style groundwork, and novice and advanced Kata. All Kata competition will commence at 9 AM, Junior competition at 10 AM, and Senior competition at 1 PM. Keeping to this schedule is **VERY** important to us, so **PRE-REGISTRATION BY 4/6/17 IS REQUIRED** for all competitors. Registration will be accepted by mail, email, or online ([www.summervillemartialarts.com](http://www.summervillemartialarts.com)). Payment can be made by check or credit card through Paypal (payable to American Judo Foundation) and qualifies as a charitable donation. **Early Entry Fee Discounts apply until 3/27/17!**



**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.

**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 (\$40 per session of 2 months). Second, you must join either USA Judo (can be done online or fill out form at dojo – Fee for kids is \$45 for first year, adults are \$70) or USJF (fill out the form and return it to a sensei with \$70. 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.

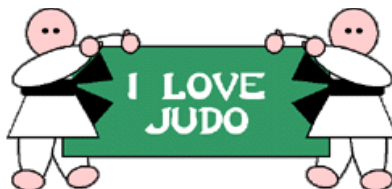
**Hui-O Judo Outstanding Judoka Awards** – Is there someone in the judo club who really stands out to you? Someone who shows the true spirit of judo by helping other people to learn and develop? Is there a parent or other adult who really encourages you to do better? Please let us know. We are happy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

For more information contact :

Sensei Kevin Tamai 703-622-6861 Email – [huiosensei@gmail.com](mailto:huiosensei@gmail.com)  
Sensei Mark Smith 301-674-5438 email – [marquitos@comcast.net](mailto:marquitos@comcast.net)

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



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We Practice for Thousands of Days,  
Whether We Win or Lose is Decided in an Instant

It is not important to be better than someone else, but to be better than yourself was yesterday.

CHARACTER — It's not the pull from the front, or the push from the back. It's the drive from within.

Learn from the mistakes of others, you can never live long enough to make them all yourself

Competitive sports keep alive in us a spirit and vitality. Sports teach the strong to know when they are weak and the brave to face themselves when they are afraid; to be proud and unbowed in defeat, and yet humble and gentle in victory; to master ourselves before we attempt to master others; to learn to laugh, yet never forget how to weep; and to give the predominance of courage over timidity. *General Douglas MacArthur*