



# Hui-O-Judo Beltsville

## April 2017 Newsletter



### Upcoming Events

April 1	Liberty Bell Classic Judo Championships	Philadelphia, PA
April 8	Summerville Samurai Slam Grand Prix Judo Tournament	Summerville SC
April 28	Senior National Judo Championships	Salt Lake City, UT
April 28	Pan Am Championships	Panama City, Panama
April 28	Kata Judging Evaluation and testing	Salt Lake City, UT

### May

3	Beginners Class starts	Beltsville, MD
10	Mother's Day	
Sun 15	Beltsville Day	Beltsville MD
TBD	Shufu Yudansha Board of Directors Meeting	Washington DC
TBD	Shufu Yudanshakai Junior and Senior Promotional	Washington DC
28-29	Am Can International	Niagara Falls, NY
30	Memorial Day – Holiday	

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**.

**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 sparsatically 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.



**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.

**Congratulations to Sensei Diane and Sensei Karen** - On March 16 and 17, 2017, the Pan American Judo Confederation held Continental-level kata judge testing in Montreal, Canada. Senseis Karen Whilden and Diane Tamai Jackson were tested and successfully became Continental level-kata judges in all five internationally competed katas: Nage no kata, Katame no kata, Ju no kata, Goshin Jutsu, and Kime no kata. Also locally, Sensei Fran Vall of Washington Judo Club also passed on the Continental level. In all, the USA has eight new Continental level judges. Congratulations and thank you for contributing to judo.

精力善用 自他共榮

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

**Judo Clinics** - We encourage all of you to try to attend the various clinics offered throughout the year. Each of the clinics cover a different topic and are presented by various instructors. 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.

**Goshin Jutsu Clinic** – On March 11-12 Sensei Robert Gouthro and Sensei Lisa Capriotti, Hui-O Judo Members, hosted Sensei Frances Glaze in Charleston South Carolina to instruct on Kodokan Goshin Jutsu, a dynamic judo kata of self defense. Goshin Jutsu a set of prearranged self-defence forms in [Judo](#). It is the most recent kata of Judo, having been created in 1956. It incorporates techniques from [aikido](#) through the influence of [Kenji Tomiki](#). It consists of several techniques to defend oneself from: unarmed attack, attack with a dagger, with a stick, and with a gun. 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 was half day on Saturday and half day on Sunday so participants could enjoy the area and some fellowship time. Sensei Margie Kettl and Leach Fisher both attended the event.

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!**

**USA Judo Senior National Judo Championships** – We wish good luck and safe travels to a number of our senseis and judoka who will travel to Salt Lake City Utah to participate in, help run and represent Hui-O-Judo in the Judo Championships. Sensei Diane and Sensei Karen will be kata judges. Sensei Margie, Sensei Rob, Sensei Lisa, Sensei Laurel and Liz Nehrbass will compete in various kata competition. Sensei Reza will compete in the masters shiai. Sensei Mark will be going to coach some of his judoka from the DC VAMC who will be competing.

**Beltsville Day – Sunday May 15, 2016 from 12 to 5** – Please bring your family and come join us for a celebration of community with performances on two stages, food by local non-profit organization, games and rides for kids, lots of displays by local businesses, demonstrations by the Beltsville VFD and the Prince George's County Beltsville Police. The event is free and open to the public. Our judo club will put on a demonstration from 145 to 215pm in the gym and have a booth set up outside. We can use some student to come help with the demonstration. For more information please go to: [www.beltsvillereccouncil.homestead.com/BeltsvilleDay.html](http://www.beltsvillereccouncil.homestead.com/BeltsvilleDay.html)

**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.

**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.

## **PRINCIPLES AND GOALS OF JUDO**

Judo, which is translated as the “gentle way”, teaches the principle of flexibility in the application of technique. This is the flexible or efficient use of balance, leverage, and movement in the performance of Judo throws and other skills. Skill, technique and timing, rather than the use of brute strength, are the essential ingredients for success in Judo. For example, in Judo classes you may learn how to give way, rather than use force, to overcome a stronger opponent. The [principles of Judo](#), “Maximum Efficiency” and “Mutual Welfare and Benefit”, can also be used in our dealings with others in life. The ultimate goal in Judo is to develop oneself to the maximum extent possible, always striving for perfection, so that you can contribute something of value to the world.

### **Two founding principles of Judo**

1. Seiryoku-zen'yo "maximum efficient use of physical and mental energy"
2. Jita-kyoei;"mutual prosperity (Welfare and Benefit) for self and others". «Judo is the acquisition of moral and physical discipline, and martial arts training. These are the three fundamentals of self-discipline. They are beneficial to the human being for the completion of the self, and help us coexist in harmony... «...one must always act with the goal of the common good in mind» *The Canon of Judo* **Kyuzo Mifune**

### **Principles in Action:**

1. **Always be courteous and respectful:** Respect is part of every aspect of Judo and is a discipline that perfects the heart and mind. Always be attentive to your Sensei or one of higher grade, respect their knowledge and endeavor to increase your knowledge. When with one of lower grade, be courteous and treat them with kindness and be a good example to them demonstrating true Judo spirit.
2. **Coexist in Harmony:** The Dojo membership is a family, and the goal is the common good. Always strive for unity and avoid division. Refrain from negative divisive criticism of any fellow judoka. Comments or criticism should be made directly to the person, never to others! Work to understand and appreciate the views of others. Harmony will be realized when we all invest in each other and work together, united by a common vision of Jigoro Kano and the greater goal of Judo.
3. **Ambassadors:** Always conduct yourself in a manner that will not bring shame to the Dojo, your Sensei or fellow students. Let your actions outside of the Dojo reflect the moral teachings of Judo.
4. **Goal:** The ultimate goal of Judo is to perfect your mind, heart, body and spirit, by this you benefit your family, dojo, and community.
5. **Prepared:** Come focused, ready to work hard and push yourself beyond where you have been. Always come prepared with a clean Judogi that has no holes or loose threads. Trim and clean fingernails and toenails before practice. Girls are to wear a plain white T shirt under their Judogi. Remove all jewelry.
6. **Responsibility:** Be responsible for your own actions. How you act is a reflection on all of us. This is our club and being part of is fulfilling your responsibility. You must pay our club membership dues on time, every month. Pay for classes at the front desk.
7. **Positive Atmosphere:** Each person impacts the atmosphere of the club, either positive or negative. As we do our part to create a positive atmosphere, we create a safe environment so all can grow!

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/>