



# Hui-O-Judo Beltsville

## May 2017 Newsletter



### Upcoming Events

#### May

2	Beginners Class starts	Beltsville, MD
10	Mother's Day	
20	Shufu Yudanshakai Promotional testing	Springfield VA
<b>Sun 21</b>	<b>Beltsville Day (noon-5pm)</b>	<b>Beltsville MD</b>
Sun 21	Shufu Yudanshakai Board of Director meeting	Springfield VA
20	Ocean States	Providence, RI
28-29	Am Can International	Niagara Falls, NY
30	Memorial Day – Holiday	

#### June

16-17	National Junior Olympics	Spokane, WA
18	International Junior Olympics	Spokane, WA

New classes started on Tuesday, May 2. Everyone on the mat should be registered for one of our three classes. Each class runs for eight weeks, thru June 22. Please stop at the front desk at the Community Center to pay for the May/June class. The barcode for Children's beginners class is **1677357**, the barcode for adult beginners is **1677349** and the barcode for Mixed ages Intermediate is **1677359**.



**Congratulations to USA Kata Team results from Pan American Championships in Panama:** Wayne Lifshitz and Rahmon Burton - 2nd place Men's Goshin Jutsu  
Gerardo Tello and Sergio Suguieda -1st place Men's Kime no Kata  
Hui-O Judo own – Sensei Lisa Capriotti and Sensei Robert Gouthro - 1st place Mixed Nage no Kata, 1st place Mixed Kime no Kata

**Beltsville Day – Sunday May 21, 2017 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)



**USA Judo Senior National Judo Championships** – Congratulations to all of our Hui-O judoka who competed in the USA Judo Senior National Judo Championships in Salt Lake City, UT. Sensei Reza won a silver medal for second place in the mens master shiai division. Sensei Laurel and Elizabeth Nehrbass competed in the womens Ju No Kata. Sensei Margie and Leah Fisher competed as a womens team in three kata –Nage No kata, Katame no kata and Goshin Jutsu – they won three gold medals and the all around womens champions. Sensei Diane and Sensei Karl competed in the mixed Nage no Kata – they won a gold medal placing first. They also competed in the mixed Katame no kata placin second being Lisa and Rob. Sensei Lisa Capriotti and Sensei Robert Gouthro competed in mixed pairs katas, they placed first in two katas, Goshin Jutsu and Kime No kata, and second behind Sensei Diane and Karl in the Nage no kata. Sensei Mark competed in the mixed kata with Sensei Laurie from DCVAMC

Adaptive judo program. Sensei Laurie also competed in and placed second on the masters shiai. Sensei Mark also coached and had many of his team members place from the DCVAMC adaptive Judo Program.

**MNCPPC Get Out and Get Fit day** – Thank you to Sensei Brad, Schuyler Price and Sarah Tamai for coming to the Maryland National Capital Park and Planning Get Out and Get Fit day on Sunday April 30 at the Beltsville Community Center. Our judoka set up mats in the gym then spent the next 4 hours allowing participants to come try different aspects of the sport of judo. Participants were taught a few the judo basics like how to fall, Ogoshi and kesa gatame. There were lots of outdoor activities for participants to get physical doing like basketball, football, soccer, baseball, tennis and more. Sarah enjoyed the archery range the most.



**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.

**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.



**ATTENTION:** There will be a Shufu Judo Yudanshakai Board of Directors meeting on Sunday, May 21, 2017 from 8am to 10am. This meeting is for current members of Shufu Yudanshakai who hold the rank of Shodan (1st Degree Black Belt) or higher. Additional agenda items must be forwarded at least one month prior to the meeting date to Dr Charles Medani, Shufu Yudanshakai President. Your attendance at this meeting is appreciated. Please make an effort to be on time

**Spring Shufu Yudanshakai Junior and Senior Promotional Examination and Shiai** This year Sport Judo Club, located in Springfield VA, will host the Spring Shufu Yudanshakai Junior and Senior Promotional Examination and Shiai. Both the Junior and Senior Promotions will be held on Saturday, May 20th. Check in will be from 8:30 to 9:00 am. All Judo players with a USJF, USA Judo or USJA membership are eligible. You MUST be recommended for promotion by your Sensei. **There will be NO on site registration.** Make sure you get all of your paperwork (entry forms, Waiver, Photo copy of USJF, USJI, USJA card or Application, Competition and Service Record, and Check or money order for entry fee) to your instructors.



**USA Judo and USJF** – As a reminder, ALL judoka, unless you are just starting in beginners class, MUST be a member of one of the three national judo organizations. We recommend USA Judo. You can apply online or at the dojo. The first year membership is \$45 for juniors (16 and under) and \$70 for seniors (17 and older). There are family plans for 2 or more members.

**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.

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**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 Niagara 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.huijudo.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.

### What is Judo ??

**The Principle of Gentleness** -The word judo consists of two Japanese characters, ju, which means "gentle", and do, which means "the way". Judo, therefore, literally means the way of gentleness. Although the gentleness may not be immediately apparent to newcomers who see bodies flying through the air and people pinned to the ground, it is this principle of gentleness, or yawara (which is the same character as the ju in judo), on which all judo techniques are based.

**A Tremendous and Dynamic Sport** - Judo is a tremendous and dynamic combat sport that demands both physical prowess and great mental discipline. From a standing position, it involves techniques that allow you to lift and throw

your opponents onto their backs. On the ground, it includes techniques that allow you to pin your opponents down to the ground, control them, and apply various chokeholds or joint locks until submission.

**Judo: a System of Physical, Intellectual, and Moral Education** - Judo is much more than the mere learning and application of combat techniques, however. In its totality, it is a wonderful system of physical, intellectual, and moral education. Judo has its own culture, systems, heritage, customs, and traditions. Moreover, the principles of gentleness are carried from the practice mats and into most students' lives, in their interactions with their friends, family, work colleagues, and even strangers. Judo gives its students a code of ethics, a way of living, and a way of being. Practiced today by more than 20 million individuals, judo is undoubtedly the most popular combat sport in the world. In terms of sheer numbers of participants, judo is the second most popular sport of any sport, soccer being number one. In terms of national organizations worldwide, judo is the largest sport in the world, with the greatest number of member nations in the International Judo Federation, or IJF. It is a part of the physical education systems of many countries, and practiced in local clubs, junior high and high schools, colleges, regional and national training centers, and in many other areas in this country and across the world. Millions have discovered the spectacular enriching sport, and way of life, we know of as judo.

**A Role to Play in the Society** - Judo students also learn valuable social skills, and build long-lasting and meaningful relationships with others. The camaraderie, and bonding that occurs among partners who have shared the rigors of physically difficult and mentally demanding training are deep, often providing the basis for relationships that last a lifetime. Through judo, people are able to develop friendships and integrate socially almost anywhere. Regardless of the towns you visit, in your home country or elsewhere, there is bound to be a judo club, or dojo, where you will be welcomed.

**Judo is an International Language** -Judo is not only a physical activity; it is an international language that transcends national borders, cultural barriers, and language difficulties. In this way, judo links up peoples, communities, and countries; it performs an important role not only in our individual lives, but also in the future welfare of our societies in today's interdependent world.

**Rigorous and Physical Activity** - Judo is a rigorous and demanding physical activity. The practice of judo techniques helps people develop basic and fundamental physical fitness in a number of ways, such as the development of strength, flexibility, agility, speed, dynamic and static balance, explosive power, and endurance. The practice of active attack and defense helps develop reaction time, coordination, and overall physical self-confidence. Judo students become physically bigger, stronger, and faster through their practice of judo. Not only does judo produce tremendous gains in overall physical and athletic ability; judo students learn the specific skills and techniques of judo. They learn a variety of techniques in order to throw their opponents to the ground with force, speed, and control. While judo students are often exposed to many of these types of throwing techniques in their judo careers, they usually master only a handful, and a handful is generally all that is needed to be successful in contemporary judo competitions. Judo students also learn the fundamental principles and the dynamics of subduing their opponents on the ground through the application of pinning and submission techniques. Their prowess both on the ground and on their feet, combined with the considerable basic physical fitness gained from daily judo practice, affords judo students with a considerable repertoire of techniques, skills, knowledge, and abilities. These, in turn, allow them to be excellent athletes, with a sound physical base of fundamental skills, and formidable and imposing opponents in competition.

**Much More to Learn** - But beyond the development of physical prowess and athletic ability, judo students learn much more. They learn how to control their feelings, emotions, and impulses. They learn about values of perseverance, respect, loyalty, and discipline. Judo students develop an outstanding work ethic, as well as important social manners and etiquette. They learn to overcome their fears, and to show courage under pressure. Through competition and the rigors of daily practice, they learn about justice and fairness. Through their experience, they learn about politeness, modesty, and many other wonderful values that contribute to their development as successful citizens of society. As such, judo facilitates the development of important moral knowledge and values, those that are important to help people to become active and contributing members of their communities, nations, and the world. In this way, judo students play an important role in developing societies, and creating new and better communities for the future

For more information contact :

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