



# Hui-O-Judo Beltsville July 2017 Newsletter



## Upcoming Events

### July

4	Independence Day - Holiday	
6-9	USJF/USJA Grassroots National Championships	West Palm Beach, FL
21-23	Junior US Open	Ft Lauderdale, FL
29	Kaitlyn Bouyssou Clinic at Wall2Wall	Fredericksburg, VA
29	Shufu Board of Directors meeting	TBD
30	Keystone Games	York, PA

New classes started on Tuesday, June 27. Everyone on the mat should be registered for one of our three classes. Each class runs for eight weeks, thru Aug 8. Please stop at the front desk at the Community Center to pay for the July -August class. The barcode for Childrens Mixed ages beginners class is **1677362** , the barcode for adult beginners is **1677364** and the barcode for Mixed ages Intermediate is **1677360**.

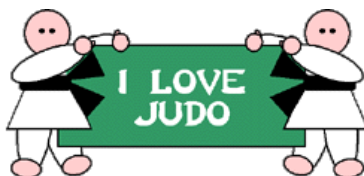
**Summer reading for Hui-O Junior judoka** - The founder of judo, Dr. Jigoro Kano, was a teacher (educator). He wanted us to learn every day and make ourselves better people. The goal (aim) of judo is to be the best person you can be and improve oneself every day. Over the summer, please read a book and write something about it. Bring it in to show one of the sensei to get a special reward. For those too young to read, you can have a sibling or parent read to you then draw a picture of the story. You can read and write about as many books as you would like to. Enjoy your summer.



**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. Invite others to join us



**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 onile or at the dojo. The first year member ship is \$45 for juniors(16 and under) and \$70 for seniors(17 and older). There are family plans for 2 or more members.



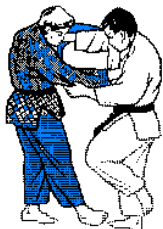
**Keystone Games** - The 36th Annual 2017 Keystone State Games Festival of Sports will take place in the Greater York Area during the week of 26 – 30 July, 2017. Judo competition will be held Sunday, July 27 at the York Expo Center, Memorial Hall West, 334 Carlisle Ave., York. Since its inception in 1981 Keystone State Games, Inc. has attracted more than 500,000 participants of various age groups to their events. The Keystone State Games is modelled after the Olympic Games, and are Pennsylvania’s largest annually held multi-sport competitions. They provide the state’s amateur athletes with the opportunity to compete against athletes in a festival atmosphere that promotes all that is positive in amateur sports. The primary focus is for all athletes, their families, and all volunteers to have a memorable sporting event experience. For more information on Judo - <https://www.keystonegames.com/summer-games-judo/>

**Self Defense for Women** - Sensei Chris Howell recently completed presenting a 1-week self-defense class for girls at Spencerville Adventist Academy in Spencerville, Maryland. He had 19 girls register for the class where he taught them how to fall properly (ukemi), a few basic throws (o goshi, seio name, o soto gari, harai goshi, uke goshi, tani otoshi, o uchi gari, ko uchi gari, sasae tsuri komi ashi,) as well as some basic hold downs (kesa gatame, yoko shiho gatame, kata gatame) and some armlocks and chokes (ude garame, tsuri jime and kataha jime). Emphasis was on safety and escape techniques. The girls were also taught vital striking points on the body (eye, groin, trachea) and learned what parts of their bodies can be used as effective weapons (proper fists, heel of foot, fingers and fingernails, and head for head-butting). We did lots of randori (both tachi waza and ne waza) and had an absolute blast. We started each class with stretches and ended each class with warm-down exercises. Three of the girls have expressed interest in joining Hui-O Judo. Chris gave them information on the club. Spencerville Adventist Academy received excellent feedback from both the attendees and their parents for the 1-week program. Because of this the school has asked Sensei Chris to teach this class as a regular part of their educational curriculum in the coming school year (to which Chris accepted). The class will be taught one day per week (Thursdays) for 1 - 2 hours (times not yet finalized). Photos and videos of the self defense class have been posted on the Hui-O Judo Facebook page.

**Seigneurie Judo Development Tournament** – On Sunday afternoon, June 11<sup>th</sup> the Seigneurie Judo club in Baltimore Maryland held a Development tournament. Hui-O Judo was represented by Benjamin and Joseph McDougal, Andrew McDougal also attended as a parent and coach. Benjamin won both of his matches to earn a gold medal, first place. Joseph won both of his matches to win a gold medal, first place. The medals are very cool. They are a 3D image of Jigoro Kano, the founder of judo. They brought these medals to the dojo the following class to show us. Congratulations to both Joseph and Benjamin. Thank you to Andrew for bringing the boys to represent us. Thank you to Sensei Mike Veader and the Seigneurie Judo Club for hosting this event. Seigneurie will hold more events like this. We encourage all of our new judoka to attend these starter events. It is a good first step into tournaments and competition.

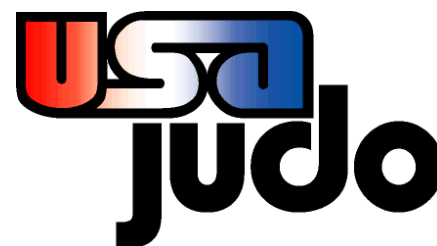
**Veterans with Disabilities Workshop** – On Sunday June 25<sup>th</sup>, Sensei Mark Smith with the Washington DC Department of Veteran Affairs Medical Center Adaptive Judo Unit provided a workshop, which was funded by USA Judo at Capitol MMA Judo Club. It was a wonderful and informative workshop on working with individuals with various disabilities. Among the teachers giving the workshop also included World class Sensei(s) Craig Akena, U.S. Olympian; Lori Pierce, U.S. Paralympics Silver Medalist; Marc Vink, U.S. Paralympics Program, Mark Smith, Jesse Ingram, Uno Crooner, Lamonte Tyler, Udobi Ikeji. Ernest (Tico) Ojito, John Fay, Harvey Guary, Angie Moran, and a new generation of Judoka.

**Referee Clinic**- College Park Judo hosted a referee clinic on Saturday June 24<sup>th</sup>. The lead clinician was Sensei Edwin Takemori from the US Naval Academy. Hui-O Judo was represented with six judoka including Sensei Diane, Sensei Margie, Sensei Reza, Alek and Andrew. It was great to see a strong interest in refereeing from our judoka at College Park Community Center. 21 people participated in the clinic, provided by Clinician Edwin Takemori. Edwin covered many topics including: the new changes to the rules, appreciation for positive scores in tachi waza and ne waza, proper application of matte, hand signals used by the referee, and general advice on administering a match. The clinic concluded with practice for both the referee and judges during live competition. Karl Tamai will try to let all participants know when there will be a certification in the area during which any interested participant will have the opportunity to either referee in preparation for certification, or to test certification as a local referee. Until then, those who attended could practice refereeing at the club. Participants by club: Hui-O: 6. Navy : 5, CPJC: 4, Budokan: 2, Dale City : 2, WJC: 1 and Mt Kim: 1. Thanks to the international and national referees who provided additional perspectives to the participants: Karl Tamai (IJF-A), Edmund Nsheuko (national), Carl Wilson (national), Robert Hunt (national), and Diane Jackson (national).



**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.

**USA Judo memberships** – Many of you have USJF membership that will expire very soon. For 2017-18 year prices are \$70 per year. As a USA Judo club, we encourage judoka to consider switching. USA Judo is offering kids a \$45 first year membership. They also have good family plans for anyone with two or more members. Individual members of USA Judo support the sport at all levels and have the right to participate in the business affairs of USA Judo. Individual members also are automatically members of the state group through which they are registered.



**Individual Membership provides the following advantages:**

1. Protection of amateur standing in all tournaments that USA Judo sanctions in the United States.
2. Ability to participate in any USA Judo-sanctioned [event](#) in the U.S. for which he/she is qualified. This includes clinics and training camps. Furthermore, all tournaments sanctioned by either USJF and USJA are open to qualified USA Judo members.
3. Opportunity to represent the USA at the Pan American Games, Pan American Championships, World Championships, select international competitions and the Olympic Games!
4. Participation in International Judo Exchange Programs.
5. Electronic members-only newsletter.
6. Hotel and other travel discounts for members only.
7. One million dollar liability insurance coaches or officials at sanctioned events or scheduled training sessions. No deductible.
8. Excess Accident Medical Insurance for any injury occurring at a sanctioned event or scheduled training session. Membership includes a \$25,000 medical insurance policy with a \$2,500 deductible. "Excess" coverage means that it goes into effect after any other health insurance you might have.
9. Membership in your state judo organization. Through the state organizations, members can participate in their State Judo Government, subject to each state's by-laws. Members may represent their state as a delegate to the National Board of Directors meetings, serve on National Committees and run for National-elected office.
10. Merchandise discount programs.
11. Eligibility to apply for training funding.

**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.

**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.

**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 sparatcally 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.

**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.

For more information contact :

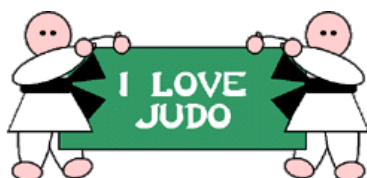
Sensei Kevin Tamai 703-622-6861

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/>







## Hui-O-Judo Beltsville

### Judo items available for order from Pacillo

#### Judo DVD's

29 Ne Waza Techniques of Kodokan Judo	\$40
101 Judo Ippons 1999 to 2002	\$30
Early American Judo	\$30
First 100 Years fo Judo	\$30
Japanese Judo	\$30
Jeon: Korean Judo Master	\$45
Judo: Hayward Nishioka Part 1	\$30
Judo: Hayward Nishioka Part 2	\$30
Judo: Hayward Nishioka Part 3	\$30
The Gokyu	\$45
Koga : New Wind	\$45
Kodokan Judo with Mifune	\$30
Moscow grand Prix 2001	\$36
World Championships 2003(part 1 and 2)	\$90
Xtreme Judo	\$30

#### Judo Books

Ippon Masterclass Technical Series	
Armlocks (Adams)	\$22
Ashiwaza (Sato)	\$22
Ashiwaza II (Swain)	\$22
Grips (Adams Ferrie)	\$22
Harai Goshi	\$22
Oasekomi (Kashiwaza)	\$22
Osoto gari (Yamshaita)	\$22
Pickups (Van De Walle)	\$22
Russian Judo(Latskivich)	\$22
Seoi nage (Nakanishi)	\$22
Shime Waza(Kashiwazaki)	\$22
Tai Otoshi (Adams)	\$22
Tomoe Nage (Kashiwazaki)	\$22
Uchimata (Sugai)	\$22
Ippons special interest series	
Attacking Judo(kashiwazaki)	\$26
A-Z of Judo (Hoare)	\$26
Decisive Judo (Marwood)	\$27
Fighting Spirit of Judo (Yamashita)	\$26
Best of Judo	\$26
The Canon of Judo	\$35
Complete Seven Katas of judo(Kawaish)	\$15
Father of Judo (Watson)	\$28
First action Skills: judo for Kids	\$8

Foot Throws (Nishioka)	\$10
Get to Grips with Judo (Holme)	\$ 9
Ju No Kata	\$22
Judo Strategy	\$22
Judo Basic: Principles, Rules and Ranks	\$35
Gene LaBell's Handbook of Judo	\$13
Judo Formal Techniques	\$25
Judo from a Russian Perspective	\$27
Judo Heart and Soul	\$15
Judo Techniques and tactics (Pedro)	\$17
Judo Textbook in practical application	\$17
Judo through the looking glass	\$22
Judo Training methods	\$25
Judo: Sport and Way of Life	\$15
Judo skills of the game(Inman)	\$18

#### **Kodokan Judo** **\$24**

Mastering Judo	\$25
Modern Judo	\$25
Putin's Judo	\$22
Secrets of Judo	\$15
Sport of Judo	\$13
Sports Science of Elite Judo Athletes	\$22
Techniques fo Judo	\$17
Textbook for Judo (Ogasawara)	\$30
Judo for Juniors	\$24

#### Judo Accessories

Judo Duffle Bag (white or blue)	\$16
Mini Judo Jacket (white or Blue)	\$6
Judo Belt key chain (specify color)	\$3
Kano Plaque	\$30
Judo Flip Pin	\$2
Japan Flag Pin	\$2
Kodokan Judo Patch	\$3

#### Judo Gi's      Unbleached      Bleached      Blue

Size 000 – 1	\$25	\$35	\$45
Size 2 – 5	\$35	\$40	\$55
Size 6- 8	\$40	\$45	\$60
Pants			
00 – 1	\$16	\$20	
2 – 5	\$20	\$25	
6 – 8	\$23	\$30	