



Hui-O-Judo Beltsville

August 2017 Newsletter



Upcoming Events

August

5	Womens Self Defense Clinic at Steel Judo	Manassas VA
12	Competitors Workout at Wall2Wall	Fredericksburg, VA
13-19	Kokushikai Judo Camp	Preston Park, PA
19	Nito Cup	Winston Salem, NC
Tues 15	End of 8 week class session – Register for Sept/Oct	Beltsville, MD
Tues 22	Start new Beginner Judo- Introduction to Judo	Beltsville, MD
Tues 22	Start new Intermediate class session.	Beltsville, MD
27	Hui-O Summer picnic and pool party at Sensei Mark	Bowie, MD

September

16 Beltsville Open Judo Championships

Class ends in two more weeks so it is Time to sign up for September/October 8 week class schedule. Everyone on the mat should be registered for one of our three classes. Please stop at the front desk to pay for the July/August class. The barcode for Children’s beginners class is , the barcode for adult beginners is and the barcode for Mixed ages, Intermediate is

Beltsville Open Judo Championships will be held on Saturday September 16, 2017 at the DeMatha Catholic High School. **PRE_REGISTRATION ONLY. NO ONSITE REGISTRATION.** Note: All female competitors are required to wear a plain white tee shirt under their Gi. All Judoka are required to bring a white Gi and a blue Gi or, at least, a white Gi with a white belt and a blue belt for competition. For further information, contact Kevin Tamai at 703-622-6861 or by email at tamaik@juno.com

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.



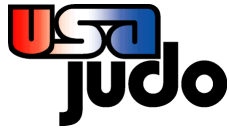
Summer Picnic – Date is set for August 27. Please plan to attend our annual summer picnic at Sensei Mark’s house. It is a wonderful day to spend with your entire family and judo friends. Bring your bathing suits and water guns and enjoy LOTS of great food. This is a family event so please plan on attending. Each family should bring a dish or dessert to share. Families should bring their own drinks. The senseis will provide the hamburgers, hot dogs and paper products.



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. Invite others to join us



Womens Self Defense clinic – Steel Judo, located at 8472 Kao Circle, in Manassas, VA is hosting a women’s self defense clinic on Saturday August 5th at 10am. The fee is \$25. For more information visit their website at www.steeljudo.com or contact Jeff Steel at steel.jeff@gmail.com or (571) 288-2044



more members.

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

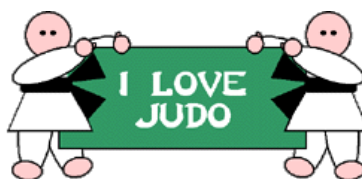
Keystone Games – The Judo portion of Keystone Games/ State Games of America were held on Sunday, July 30 at the Utz Arena (334 Carlisle Avenue) in York, Pennsylvania. David Peilmeier entered the mat again. In his first tournament back, he won third place, bringing home a bronze medal. Be sure to congratulate David when you see him at the dojo. Sensei Mark went as a coach for some of his DCVAMC Adaptive Judoka. He also served as referee.

National Kata Conference – The conference was held in St Louis MO and hosted by Sensei Eiko Sheppard from Konan Yudanshakai with support from the United States Judo Federation. It was held from July 24-28. Each day focused on deep explanation of one kata: NAGE-NO-KATA • KATAME-NO-KATA • JU-NO-KATA KIME-NO-KATA • GOSHIN-JUTSU. It also featured Kodokan Judo Institute Instructors from Japan. Hui-O Judo played a good leadership role in developing kata in the United States. Sensei Diane, Sensei Karl, Sensei Lisa and Sensei Rob all were clinicians presenting at the conference



2017 Kokushikai Judo Camp Website: <http://kokushikai.com/2017kokushikaijudocamp.html> Dates: August 14-20, 2017. Location: Preston Park, Pennsylvania (Poconoes Area) Kokushikai Judo Camp is organized by 3x US Olympian, Celita Schutz. Players of all ages and levels come from across the United States. All inclusive Camp tuition covers training, meals, accommodations and recreational activities. Facility has 3 Training Halls, Olympic size swimming pool, family service dining hall, medical staff and massage therapy. Private and Semi-Private Rooms for adult participants. Counselor supervision for youth campers. Scholarships to attend are available. Kokushikai Judo Camp Core Instructors: Kasper Gawel, Professor David Adiv, T. Yoshinaga, N. Ogasawara, Y. Matsumura and N. Higashi. Please direct questions to: Celita Schutz, Camp Director or Mary Bierle, Registration Coordinator camp@kokushikai.com 201-420-4448 or 201-797-8988 Go to link for full brochure and information: <http://kokushikai.com/kokushikaijudocamp.html>

Faye Allen Kata Championship is scheduled to be in TBD on TBD. It plans to feature competition in Nage no Kata, Katame no Kata, Ju no Kata, Goshin Jutsu and Kime no Kata scored by a five judge panel. The event is designed to support teams seeking a high level of judging in preparation for national and international competition as well as beginner teams just starting out in kata. Competition starts the day followed by two parallel clinic tracks: Nage no Kata with Edwin Takemori (7th Dan) and a second kata track with Karen Whilden (5th Dan) and Diane Jackson (5th Dan). Participants can choose to participate in either track. For more information will hopefully come soon.



Sensei Chris Howell teaching judo in Micronesia – As part of his mission work with his church, Sensei Chris Howell will be in the islands of Micronesia (located halfway between Hawaii and Australia) for the entire month of September. This is an annual trip he goes on, taking his family with him. He will be running a 10-day kids judo program on the island of Majuro (Marshall Islands) and also a 10-day program on the island of Yap (Marianas Islands). He will post pics on our club's Facebook page.

Nito Cup - The 19th annual Nito Judo Cup will be held in Winston-Salem, NC on Saturday, August 19, 2017. This tournament will also serve as the 2017 NC State Championships. The tournament is open to all judoka. It is generally one of the largest judo tournaments held annually in the state of North Carolina. \$100 cash prize for gold medalists in male divisions with nine or more competitors and female divisions with six or more competitors. Online registration is available and required at <http://www.nitojudo.com/>

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.

For our Sunday only event judoka – There are a few 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 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.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.

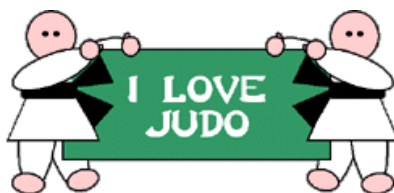
Hui-O Judo Outstanding Judoka Awards – Is there someone in the judo club who really stands out to you? Someone who shows the true spirit of judo by helping other people to learn and develop? Is there a parent or other adult who really encourages you to do better? Please let us know. We are happy to acknowledge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

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.

For more information contact :

Sensei Kevin Tamai 703-622-6861 Email –tamaik@juno.com
Sensei Mark Smith 301-674-5438 email – 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)	\$16.00
Mini Judo Jacket (white or Blue)	\$6.00
Judo Belt key chain (specify color)	\$3.00
Kano Plaque	\$30.00
Judo Flip Pin	\$2.00
Japan Flag Pin	\$2.00
Kodokan Judo Patch	\$3.00

<u>Judo Gi's</u>	<u>Unbleached</u>	<u>Bleached</u>	<u>Blue</u>
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	



Hui-O-Judo Summer Picnic and Pool Party
Sunday, August 27
12 noon- 4pm

Bring your family and join us for an afternoon of food, fun and relaxing with friends. The senseis will provide hamburgers, hot dogs and paper products. We ask that everyone bring a side dish or dessert to share with everyone. Please bring your own drinks. Bring your swim suit and a towel to cool off in the pool. There is a sign up sheet at the dojo or email us back.

Sensei Mark Smith house
4423 Olando Lane, Bowie, MD (301)674-5438

From Beltsville Community Center, 3900 Sellman Rd, Beltsville, MD, turn left out of center on Sellman Rd for 0.52 miles to flashing light at top of hill, Turn right onto Montgomery Rd, Turn right onto US-1 (Baltimore Av), Bear right on ramp to I-95 S (I-495 S, Capital Beltway, I-495 Innerloop), Continue on I-95 S (I-495 S, Capital Beltway, I-495 Innerloop) for 5.8 miles, Bear right onto off-ramp at exit 19A to US-50 E (John Hanson Hwy) towards Annapolis, Continue on US-50 E (John Hanson Hwy) for 6.9 miles, Bear right onto off-ramp at exit 13A-B-C to Exit 13B Take MD-3 N (Crain Hwy) Ramp at exit 13B Continue onto MD-3 N (Crain Hwy) for 1.8 miles Turn hard left onto MD-450 W (Annapolis Rd) follow for 1.1 miles, Turn right onto Race Track Rd, follow for 0.8 miles Turn right onto Overbrook Ln Turn left onto Olando Ln house is on right at end of street.

Sensei Kevin Tamai cell 703-622-6861 or e-mail huiosensei@gmail.com
Sensei Mark Smith cell 301-674-5438 or e-mail marquitos@comcast.net

Remember to sign up on the sheet at the dojo with what you will bring and how many people will attend
We hope to see you there !!

