



Hui-O-Judo Beltsville

September 2017 Newsletter



Upcoming Events

September

16	Beltsville Open Judo Championships	Hyattsville MD
16	NY State Judo Championships	West Point Military Acad.
23	Faye Allen Kata Clinic and kata competition	Washington DC
23	Yonezuka Cup Memorial Shiai	North Bergen, NJ

October

Sun 1	Princeton Invitational	Princeton, NJ
21	New England Championships	Danvers, Mass.

It is time to sign up for September/October 8 week class schedule. Classes start September 5 and run until October 26. Everyone on the mat should be registered for one of our three classes. The barcode for Children's Mixed Ages beginners class is **1680065**, the barcode for adult beginners is **1680063** and the barcode for Mixed ages, Intermediate is **1680067**

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

Faye Allen Kata competition and clinic is scheduled to be in Washington DC on Saturday, September 23. 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 Diane Jackson and Karl Tamai and a second kata track on Goshin Jutsu with Lisa Capriotti and Robert Gouthero. Participants can choose to participate in either track. Fliers with more information are available on line or at the dojo.

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. We hope you had a great 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 see recent photos, share your thoughts and comments, see who else is already friends of Hui-O-Judo. Invite others to join us



Judo is the way to the most effective use of both physical and spiritual strength. By training you in attacks and defenses it refines your body and your soul and helps you make the spiritual essence of Judo a part of your very being. In this way you are able to perfect yourself and contribute something of value to the world. This is the final goal of Judo discipline.

Jigoro Kano...

Learning and Practicing Kata - Kata is a teaching tool, a learning tool, demonstration tool, tool to maintain tradition and a tool to develop new techniques and ideas. Judo has several kata, mostly created in the late 19th century by Jigoro Kano, the founder of judo. The judo kata involve two participants. Judo kata preserve a number of techniques that are not permitted in competition or in *randori*, including punches, kicks, and the use of the katana and other weapons. The study of kata is usually begun typically at around the green belt level. The most commonly studied judo kata is Nage-no-kata, which consists of fifteen throwing techniques. The Katame-no-kata is composed of pinning techniques, chokes, and joint locks. Kime-no-kata is a long kata consisting of self-defense techniques against both unarmed attacks, and attacks with swords and knives

Kata originally were teaching and training methods by which successful combat techniques were preserved and passed on. Practicing kata allowed a company of persons to engage in a struggle using a systematic approach, rather than as individuals in a disorderly manner.

The basic goal of kata is to preserve and transmit proven techniques and to practice self-defense. By practicing in a repetitive manner the learner develops the ability to execute those techniques and movements in a natural, reflex-like manner. Systematic practice does not mean permanently rigid. The goal is to internalize the movements and techniques of a kata so they can be executed and adapted under different circumstances, without thought or hesitation. A novice's actions will look uneven and difficult, while a master's appear simple and smooth

There are many aspects of judo, which can only be fully understood through the practice of kata. It is difficult to fully comprehend judo by just reading books and articles or even watching videos. Getting on the mat and practicing kata is as important as randori practice or competing in a tournament for learning judo. For example, there are historical features of judo, which are retained only within kata. Jigoro Kano in his infinite wisdom wanted to show us that judo is forever changing. Through kata, he is guiding us to recognize and develop new techniques

Another important aspect of kata is that it provides an excellent foundation and tools for teachers. Kata enables teachers to instruct students in a variety of throws in a non-threatening environment. This can be advantageous in recruiting and retaining a broad spectrum of participants at the dojo. When you reach a teaching level at a dojo, many students will ask you how the techniques are applied and practiced. Despite numerous years of your training, as a new teacher, you're only proficient in a handful of techniques and consider two to three of these to teach. Your knowledge of kata becomes essential in providing you with broad basic knowledge and teaching tools. You will be able to offer expertise in a variety of techniques that can be performed by most students and in a standardized process.

When referees who have studied kata, their eyes for techniques will become more clear and acute making for better accurate decisions. Since the seven official Kodokan Katas are comprised of more than 150 techniques, the referees equipped with a functional understanding should be more qualified to handle difficult calls. Any improvements in the accuracy of referee's calls should have impact on the path that judo takes in the future.

I believe Jigoro Kano wanted judo to be dynamic, eclectic, electrifying and forever evolving. To me, kata was put in place to maintain the beauty of the old original techniques among the changes that are inevitable and necessary to ensure the future of judo. Some see strategies and tactics slowly replacing the pure skilled technicians of yesterday. But because of kata, I see the new merging with the old, coexisting in harmony. If kata was never incorporated into judo, judo may have transformed into a sport similar to pro wrestling and unrecognizable. Kata is the glue that holds on to the past and is the catalyst for tomorrow.

Summer Picnic – Thank you to Michelle and Sensei Mark for letting have our annual picnic at their house. It was a wonderful day to spend with our judo family and judo friends. While some of our judoka, families and friends were not able to make it. About 65 of us enjoyed time together.

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.



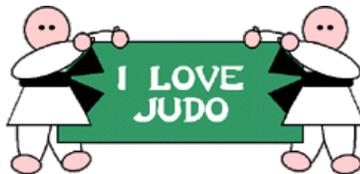
USA Judo and USJF – As a reminder, ALL judoka, unless you are just starting in beginners class, MUST be a member of one of the three national judo organizations. We recommend USA Judo. You can apply online or at the dojo. The first year membership is \$45 for juniors(16 and under) and \$70 for seniors(17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

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.

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 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.

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 :

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

