



Hui-O-Judo Beltsville

October 2017 Newsletter



Upcoming Events

October

Sun 1	Princeton Invitational	Princeton, NJ
Sun 8	Morris Cup	Glenville, NY
21	New England Championships	Danvers, Mass.
Sun 22	Beltsville Fire Dept Open House – Judo Demo	Beltsville, MD

November

?? TBD	Shufu promotionals	TBD??
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Everyone in the dojo should be signed up for the September/October 8 week class schedule. Classes started 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**

For November December classes, will be a shorter schedule due to the holiday and floors being refinished.

Beltsville Fire Department Open House – On Sunday October 22, we have been asked to have a booth at the Beltsville Fire Department Open House. The event is from 12 to 4pm. The format is much the same as Beltsville day. It is a community event that we support. If you are able to attend please do. It is good to support our community, especially the fire department. We need people to be at the booth to answer questions and to show some judo. If you are able to be there please see Sensei Kevin

Sensei Diane and Sensei Karl to World Kata Championships – Sensei Diane Tamai Jackson, Sensei Karl Tamai, Sensei Lisa Capriotti and Sensei Robert Gouthro will be part of Team USA headed to the Kata World Championships in Olbia Italy. Sensei Diane and Karl will be competing in Nage No kata. Sensei Robert and Lisa will compete in Kime No Kata. Good luck and thank you for representing all of us. Thank you for all that you do for the judo community

Congratulations to Sensei Reza and Sensei Margie – On Saturday, September 30 Sensei Reza and Sensei Margie Kettl attended the Shufu Judo Yudanshakai Teacher certification clinic. It is a long day of learning and presentations. They are now both certified Teachers under the United States Judo Federation.

Sensei Chris Howell teaching judo in Micronesia – As part of his mission work with his church, Sensei Chris Howell and his wife Debbie Howell have spent the month of September in the islands of Micronesia (located halfway between Hawaii and Australia). 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. Please ask Sensei Chris about his trip and the mission when you see him at the dojo. Thank you to Sensei Chris for doing such great outreach and support around the world. Thank you for representing the Hui-O-Judo family.



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





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.

Event Announcements for 2018

USA Judo announced the 2018 National Scholastic Youth Championships will be in York PA on March 3-4, 2018. Since this is local for us, we hope that some of our judoka will compete.

USA Judo announced the New York Open Judo Championship will be held on Mar 24 in NYC

USA Judo announced the 2018 US Senior National Championships will be in Round Rock Texas on May 12-13, 2018.

Upcoming local competitor clinic

Steel Judo in Manassas VA will host US champion Marti Malloy on December 9th. Details will be announced soon. This is a great opportunity for local judo to work with a World Champion athlete.

Beltsville Open Judo Championships was held on Saturday September 16, 2017 at the DeMatha Catholic High School. It was a great event with about 300 judoka competing from the regional area. Thank you to all of the judoka who made this event possible. We especially want to thank all of the tournament officials, referees, mat technical officials and volunteers who gave their time for the greater good of judo. Thank you to all of the participants and parents who brought the judoka to this event.

Here are some of the results from the Hui-O-Judo Judoka

Sensei Reza tested and passed for Local referee certification

Sensei Margie Kettl and Leah Fisher placed first in Goshin Jutsu competition

Sensei Reza and Alek placed first in the Katame no Kata

Sensei Mark Smith and Sensei Lori Pierce placed second in the katame no Kata.

Maya Zampronova placed second in the girls 8U 45lbs division. She lost her first match to Erin Lau from Maryland Judo, then came back to win a bye, then win against Kiera Winkler from Kanokoshi Judo.

Congratulations Maya on your Silver Second place finish!!

Antoan Zampronov placed third in the boys 10U 65lbs division. Antoan won his first match by Ippon against James Oltara from Dale City Judo in Woodbridge VA, he won an Ippon in his second match against Linkin DiCola from Wall 2Wall Martial Arts in Fredericksburg VA, he lost his third match to Matt Engle from College Park, then won his fourth match by Ippon against Megel Cohan from the US Naval Academy in Annapolis MD. Congratulations Antoan on your Bronze Third place finish!!

James Campbell placed first in the Boys 16U Open division. James had four ippons on the day. He won against Halas Bouh from Seigneury Judo in Baltimore, won against Briggs Bae Brian from Wall 2 Wall in Fredericksburg, won against Ben Polyakov from Common Ground and won against Jabel Sallah.

Congratulations on your First place Gold finish!!

Matthew Campbell placed first in the Boys 14U Open division. Won both matches against Daniel McGrath from the US Naval Academy. Congratulations Matthew on your first place Gold!!

Rose Villatoro placed third in the Women's Advanced Open Division. This was Rose's first completion since starting in judo. She recently completed the beginners class. Rose lost her first match to Yasmin Alamin, lost her second match to Nidan (2nd degree black belt) Lori Pierce from the DC VA MC. She came back to win her last match against Star Silva from Dc Judo. Congratulations rose on your Bronze third place.

Armel Boutchen placed third in the Men's Novice 165 lbs division

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.

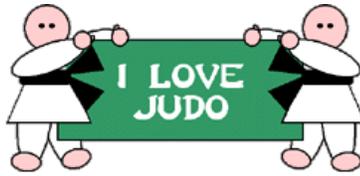
The basic goal of kata is to preserve and transmit proven techniques and to practice self-defense. By practicing in a repetitive manner the learner develops the ability to execute those techniques and movements in a natural, reflex-like manner. Systematic practice does not mean permanently rigid. The 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.



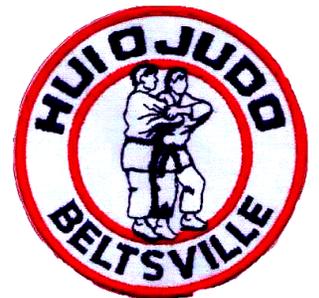
Faye Allen Kata competition and clinic was held in Washington DC on Saturday, September 23rd. It featured competition in Nage no Kata, Katame no Kata, Ju no Kata, Goshin Jutsu and Kime no Kata scored by a five judge panel. The event is designed to support teams seeking a high level of judging in preparation for national and international competition as well as beginner teams just starting out in kata. Competition started 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 were able to choose to participate in either track. Thank you to Sensei Terrance McPartland and DC Judo for hosting this annual event.

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.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

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.

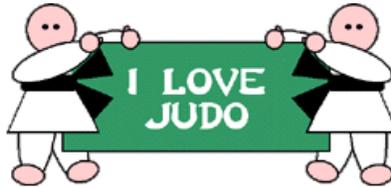


LOCK YOUR CAR – PLEASE lock your car and be certain not to leave any valuable in open sight. There have been a number of cars with items stolen from them while people are inside the center. Windows have been broken to take things out. Purses, money, Navigation systems, IPODS and other items have been taken.

For more information contact :

Sensei Kevin Tamai	703-622-6861	Email – huiosensei@gmail.com
Sensei Mark Smith	301-674-5438	email – marquitos@comcast.net

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

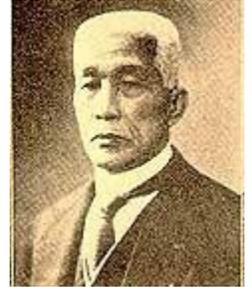


Judo is the way to the most effective use of both physical and spiritual strength. By training you in attacks and defenses it refines your body and your soul and helps you make the spiritual essence of Judo a part of your very being. In this way you are able to perfect yourself and contribute something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

Jigoro Kano...

Do's and Don'ts in Learning Judo by Yoshiaki Yamashita, judan

By Yoshitsugu (Yoshiaki) Yamashita The First 10th Degree Black Belt



- 1.
2. Study the correct way of applying the throws. Throwing with brute force is not the correct way of winning in JUDO. The most important point is to win with technique.
3. First learn offensive. You will see that defense is included in offensive. You will make no progress learning defense first.
4. Do not dislike falling. Learn the timing of the throw while you are being thrown.
5. Practice your throws by moving your body freely as possible in all directions. Do not lean to one side or get stiff. A great deal of repetition in a throw will be rewarded with a good throw.
6. Increase the number of practices and contests. You will never make any progress without accumulating a number of practices.
7. Do not select your opponents (which means do not say that you do or don't like to practice with a certain person). Everyone has his own specialty. You must try to learn all of them and make them your own.
8. Never neglect to improve the finer points. Practicing without any effort to improve will result in slow progress. Always recall your habits, as well as those of your opponent, while making improvement.
9. In practice put your heart and soul into it. It will interfere with your progress in practice if you keep on without this spirit.
10. Never forget what your instructor or higher ranking members teach you. During practice you will make great progress if you keep in mind what they have said to you.
11. Try to continue your practice as much as possible. Applying half-way will result in a very grave situation in your progress.
12. Watch and study throws as much as possible when trying to improve and advance. The technique and mind are just like the front and back of ones hand, meaning they are very closely related.
13. Refrain from overeating and drinking. Remember that overeating and drinking will bring an end to your practice and JUDO.
14. Always try to think of improvement, and don't think that you are too good. The latter is very easy to do while learning JUDO.
15. There is no end in learning JUDO.

