



Hui-O-Judo Beltsville

November 2017 Newsletter



Upcoming Events

November

Tues Oct31	- No Judo class – Halloween	Beltsville MD
Sun 5	Seigneurie Judo Development Tournament	Baltimore, MD
Tues 7	New class schedule – 4 weeks end Nov 30	Beltsville, MD
Sat 11	Liberty Bell Development Tournament	Philadelphia PA
Sun 12	Harrisburg Judo and BJJ Tournament	Harrisburg, PA
Sun 12	Shufu Yudanshakai promotional testing	Springfield, VA

December

Tues 5	New class schedule – 4 week class	Beltsville, MD
Sat 9	Marti Malloy Clinic at Steel Judo	Manassas VA
Tues 19	Hui-O Judo Holiday party	Beltsville, MD

NEW CLASS SCHEDULE - For November and December classes, will be two one month classes, each 4 weeks, not a two month 8week class. You must sign up for both classes at the desk. The November Children's beginner class code is 1680066, Adult beginner class is 1680064, those two classes start Tuesday, November 7 and end Tuesday, November 28. Mixed age intermediate is 1680068.

Welcome new beginner Judoka

Hello new judoka. Welcome to our club. We hope that you will enjoy our Beginners Judo program, an Introduction to Judo. Please feel free to ask us any questions you may have.

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 student, parent or other adult who really encourages you to do better and helps you to develop yourself? Please let us know. We are happy to acknowledge Outstanding Judoka



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 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.

Holiday Party: Please mark your calendars for the Annual Hui-O-Judo Christmas party. We will have the party on Tuesday night, December 19 in the multipurpose room at the Beltsville community center during normal practice times (7pm to 9pm). Please bring a side dish and a grab bag item that is less than \$5 and is marked for boy, girl or either. We will all enjoy a variety of great food, visiting with families and friends of the judo club, and lots of music and games. It will be a fun filled evening for everyone. Please bring your entire family.



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 (\$30 per session of 2 months). Second, you must join USJF (fill out the form and return it to a sensei with \$50. 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.

Liberty Bell Development Tournament = On Saturday November 11, Liberty Bell Judo, located at 260 Geiger Road, in Philadelphia PA. Competition for juniors (5 up), seniors, and masters. Seniors will split into novice and advanced. Medals for each division. \$40 pre-register entry, \$45 on site. \$15 second division, \$10 third division. For more information contact Lou Moyerman at 215-313-2098

Seigneurie Judo Development Tournament – Siegneury Judo, located at 4411 Kenwood Avenue in Baltimore will host a development tournament on Sunday November 5th from 2 to 4 pm. Registration can be done onsite. . This is a very small development event designed to give judoka some mat time. Each judoka will have two matches. All judoka will place in a division and receive a medal. Contact Sensei Mike Veader at 410-426-9781. Anyone who would like to assist then as a referee is welcome. Please be encouraged to go to this event.

Harrisburg Judo and BJJ tournament: When: Sunday, Nov. 12, 2017 What: Adult & Kids Gi BJJ Tournament; Kids Judo Tournament, Location: 322 Market Street, Lemoyne, Pennsylvania 17043 *PRE-REGISTRATION ONLY* Cost: \$40 Adults. \$30 Kids (1 sport). \$40 Kids (2 sports). *Registration information (age, rank, weight, team, sport) MUST be received by Sunday, Nov. 5th to participate. THERE WILL BE NO SAME DAY REGISTRATION. Registration can be texted, facebook messaged or e-mailed at the address below. The registration fee may be paid on the day of the tournament. CASH ONLY. Please be honest on your weight. Your weight will be subject to confirmation on the day of the event.

Weather Policy for MNCPPC - Beltsville Community Center

PG government is closed - Community Center is closed

PG Schools are closed - Community Center is OPEN

Delayed PG schools opening - Community Center is OPEN

Early dismissal at PG Schools - Community Center is OPEN

Please listen to radio and television stations concerning the status of schools and government. You can ALWAYS call the community center at 301-937-6613

Finished beginners class ?? – If you would like to continue to study judo, please purchase a gi (judo uniform) they are available from the senseis for about \$30 each. You can now sign up for intermediate class and come to judo on both Tuesday and Thursday. Please stop at the front desk to register. You MUST join one of the national governing organizations, please discuss with a sensei. If you feel that you are ready you can be tested for your first rank promotion, speak to one of your senseis.

Beltsville Fire Department Open House – Thank you to Sensei Diane, Sensei Reza, Sensei Margie, Sensei Greg, David, Andrew, Benjamin and Henry who helped with our demo on Sunday October 22. Members of Hui-O judo presented at Beltsville Fire Department Open House. The event was from 12 to 4pm. The format is much the same as Beltsville day. Part of judo is sharing our judo knowledge and traditions with the community to make a better society. We thank all of the judoka who represented us at this event. Pictures are posted on our Facebook page.

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 competed at the Kata World Championships in Olbia Italy. Sensei Diane and Karl competed in Nage No kata. Sensei Robert and Lisa competed in Kime No Kata. Thank you for representing all of us. Thank you for all that you do for the judo community

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

The Shufu Judo Yudanshakai using the James H. Takemori Memorial Fund is honored to present Marti Malloy – World Silver Medalist, Olympic Bronze Medalist, 2x Olympian, Pan American Gold Medalist, Twelve International Level Medals, Six Time World Cup Medalist, Six Time National Champion, Three Time Pan American Silver Medalist, Six Time World Team Member ...and more!!! SATURDAY December 9th at 10am-Noon for Juniors; 1.00-3.00pm for Seniors. Location: Steel Judo, 8472 Kao Circle, Manassas, VA 20110 (571-288-2044) Sanctioned by: United States Judo Federation #17-12-01. Entry Fee is by Checks or Cash only; Checks payable to “Shufu Judo” If received by Nov 25: \$35 for Juniors session; \$45 for Seniors session; \$60 for both sessions

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 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. 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 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/>

What is "Seiryoku-Zenyo"?

"Seiryoku-Zenyo (maximum efficient use of energy) applies to all types of endeavours, and it is to fully utilise one's spiritual and physical energies to realise an intended purpose.

Seiryoku-Zenyo is the most effective use of the power of the mind and body. In the case of Judo, this is the principle upon which attack and defence are based, and what guides the process of teaching as well. Simply, the most effective use of mind and body may be described as the maximum efficient utilisation of energy. In summary, this can be described as "maximum efficiency".

This idea of the best use of energy is one of the central tenets in Judo, but it is also important for achieving various aims in one's life." *1

"This concept of the best use of energy is the fundamental teaching of Judo. In other words, it is most effectively using one's energy for a good purpose. So, what is 'good'? Assisting in the continued development of one's community can be classified as good, but counteracting such advancement is bad... Ongoing advancement of community and society is achieved through the concepts of 'Sojo-Sojo' (help one another; yield to one another) or 'Jita-Kyoei' (mutual benefit). In this sense, Sojo-Sojo and Jita-Kyoei are also part of the greater good. This is the fundamental wisdom of Judo.

Kata and Randori are possible when this fundamental wisdom is applied to techniques of attack and defence. If directed at improving the body, it becomes a form of physical education; if applied to gaining knowledge, it will become a method of self-improvement; and, if applied to many things in society such as the necessities of life, social interaction, one's duties, and administration, it becomes a way of life...

In this way, Judo today is not simply the practice of fighting in a dojo, but rather it is appropriately recognised as a guiding principle in the myriad facets of human society. The practice of Kata and Randori in the dojo, is no more than the application of Judo principles to combat and physical training... From the study of traditional Jujutsu Kata and Randori, I came to the realisation of this greater meaning. Accordingly, the process of teaching also follows the same path. Furthermore, I recognised the value of teaching Kata and Randori to many people as a fighting art and as a form of physical training. This not only serves the aims of the individual, but by mastery of the fundamental wisdom of Judo, and in turn applying it to many pursuits in life, all people will be able to live their lives in a judicious manner.

This is how one should undertake the study of Judo that I founded. However, in actuality there are many people throughout the world living their lives on the basis of Judo principles without knowing that this is the real essence of Judo. If the Judo that I espouse is propagated to society at large, the actions people undertake will become Judo without even thinking about it. I believe that if more people gain an understanding of the guiding principles of Judo, this philosophy will also help guide their lives. Thus, I implore you all to make great efforts, and initiate this trend in society." *2

* 1 Kano Jigoro, "The Best Use of Energy", Taisei, Vol.1, No.1, 1922.

* 2 Kano Jigoro, "Jujutsu and Judo, Recognising the Distinction of Judo", Judo, Vol.7, No.2, 1936.

What is "Jita-Kyoei"?

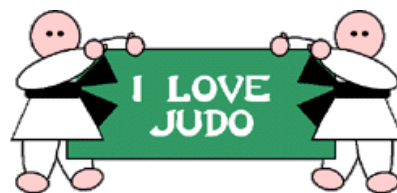
As long as we coexist, each member of society and the groups organized within must function in harmony and cooperation with the others. Nothing is more important than living prosperously together. If everyone acts with the spirit of mutual cooperation, each person's work benefits not only himself, but also others, and attaining this together will bring mutual happiness. Activities should not be engaged in simply for self-interest. Once started, it is only a matter of course that a person will find goodness in harmony and cooperation upon realizing that his efforts will increase the prosperity of all. This great principle of harmony and cooperation is, in other words, the concept of Jita-Kyoei, or mutual prosperity for self and others.

Where should one seek the rationale for acting for the sake of others? Further, if one acts out of concern for his own wellbeing, there will inevitably be a collision of interests with others. Acts for the sake of self-interest will ultimately become a great inconvenience. In this way, sacrificing oneself without any purpose or reasoning runs counter to the greater good of humanity. If one merely enforces his own selfish claims, not only will he become hindered by opposition from others, but such selfishness will lead to self-destruction. When considered in this light, there is no other way forward but Jita-Kyoei in which all people play their part in society to prosper mutually. For example, if three people join together in travel, one person may wish to go to the mountains, one to the sea, and one may want to stop and rest. The three eventually come to a point where they all wish to separate. Assuming that they wanted to enjoy the benefits of travelling together at the start, they must cooperate and accede to each other's wishes. In truth, there is no choice other than to select a common destination to satisfy everyone.

Looking at the ways of the world, we find that all things great and small interrelate in this manner... If one acts in accordance with his own interests while refusing to recognize the needs of others, this will lead to mutual destruction, and nothing is more disadvantageous or calamitous to society than this. When we observe at the actual lives of people, it seems that there is a great deal of wasted energy. Even if it appears that people are utilizing their energies effectively, it cannot be denied that there is still much room for improvement. We should cease meaningless conflict, and instead abide by the principle of Jita-Kyoei. If we proceed by maximizing the efficient use of energy, this will result in the vitality of the country increasing dual-fold. Thus, culture will advance in leaps and bounds, and we will all be enriched and strengthened as a matter of course. Moreover, I believe that if we follow the ideal of Jita-Kyoei, international relations will become more amicable, and it will promote wellbeing for the entire human race.

For this reason, I beseech you all to integrate and embrace all these teachings and proclamations, raise the flag of Seiryoku-Zenyo and Jita-Kyoei, notions that are based on the immovable principles of truth, and move forward together with all the people of the world.*1

* Kano Jigoro, "Why it is necessary to advocate the principles of Seiryoku-Zenyo and Jita-Kyoei", Sakko Vol. 4, No. 12, 1925.



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...



***Hui-O-Judo Beltsville Holiday Party
Tuesday, December 19, 2017
7pm to 9pm
Multipurpose Room at BCC
Bring your family!***

***Bring a food item(side dish) to share
Bring a \$5 or less wrapped item for kids the grab bag
Take time to look at the scrap books from
over 30 years of Hui-O-Judo history***

***Sensei Ken Tamai Spirit Award for 2017 was presented to Sensei Charles Wall Sr. from the
Wall 2 Wall Judo in Fredericksburg, VA.
and James Gosnell Inspirational Award was presented to the Grunberg family from College
Park Judo Club in College Park Maryland.***

We will be presenting a few other special awards.

***Please let us know how many people are coming and what dish you are bringing. There is a
sign sheet at the dojo or contact one of the senseis.***

***Please let us know by Tuesday Dec 12th if you or your child is eligible for the Hui-O Scholar
Athlete Award. Good grades in school (bring copy of report card) and judo character and
spirit at class.***

Seasons Greetings to all and Happy Holidays to each of you

If you have any questions, please contact :

Sensei Kevin Tamai cell phone - 703-622-6861

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Sensei Mark Smith cell phone : 301-674-5438

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Please visit our website at <http://www.huiojudo.com/>