



# Hui-O-Judo Beltsville

## December 2017 Newsletter



### Upcoming Events

#### December

Tues Dec 1	Hui-O Holiday party	Beltsville, MD
Sun Dec 3	Northeastern Judo Championships	Patterson NJ
Sat Dec 9	Marti Malloy Clinic at Steel Judo	Manassas, VA

#### January

Tues 2	Beginner classes start – Tuesdays for 8 weeks	Beltsville, MD
Sat 20	Maryland State Championships	College Park, MD



**Holiday Party:** Please mark your calendars for the Annual Hui-O-Judo Holiday 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. See Sensei Kevin, Mark or Brad for more information.

***\*\*\*Please submit your nominations for Outstanding Judoka, Most Improved Judoka, Judo Spirit Awards and Scholar Athlete Award winners (students who get good grades while practicing judo)***

Everyone should be changed over from Smartlink to RecTrac, which is the new MNCPPC system for registering for classes. Please stop at the front desk to make certain you are registered for classes. New classes start on Tuesday, December 5 and will end on Dec 28. Everyone on the mat should be registered for one of our three classes. Please note this class session is only four weeks. Please stop at the front desk at the Community Center to pay for the class. The new codes for Children's beginners class is 21205-105B, the barcode for adult beginners is 21603-105B and the barcode for Mixed ages Intermediate is 21604-105B.

**Important Notice – As of January 1, if your Monthly class membership is not paid up to date AND you do not have a current valid USJF or USA Judo membership, You will NOT BE ALLOWED onto the mat. You will also not be allowed to stay at the dojo if you are not participating in class. You will be asked to have your parent come back to get you.**



**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.

**Congratulations on recent rank promotions** –Ren Solomne to Advanced Rokkyu(White /Yellow), Anna Winsarski to Advanced Rokkyu (white/yellow belt),Tomas Winsarski to Advanced Rokkyu (white yellow belt) Matthew Campbell to Junior Advanced Sankyū (Green/Blue Belt), James Campbell to Junior Advanced Sankyū (Green/Blue Belt), David Pielmeier to Senior Yonkyū, Vladamir Solokov to Senior Yonkyū , Sensei Margie to Sandan, Sensei Reza to Sandan,

**Congratulations to Sensei Reza** – Sensei Reza traveled to Texas to compete in the USA Judo Presidents Cup championships. He did not have anyone registered in his division or the one below him. He did walk away with an uncontested gold medal in his division.

**Sensei Mark to Japan** – Over the Thanksgiving holiday Sensei Mark Smith assisted as a coach for Sensei Lori Pierce and Angie Moran from the DCVAMC Adaptive Judo program to the All Japan Championships for Para athletes in Tokyo, Japan. Sensei Lori placed second to bring home a silver medal and Angie placed 4<sup>th</sup> in her division.

**North Eastern Judo Championships** – Will be held on Sunday December 3, 2017 at J.F.Kennedy High School, 61-127 Preakness Avenue in Patterson NJ. Entry fee is \$55 online pre-registration only. No onsite. There is a \$5 spectator fee. \$3000 in prize money. \$250 to top winners of Senior elite divisions with 5 or more. \$500 to top finishers in elite black belt divisions of 5 or more. \$3000 in total prize money available.

**Upcoming local competitor clinic** - The Shufu Judo Yudanshakai, with the sponsorship of 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

### **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.

**Maryland State Judo Championships** On Saturday January 20<sup>th</sup> College Park Judo club will host the Maryland State Judo Championships at Ritchie Coliseum, in College Park, Maryland. This venue provides an outstanding site for a judo tournament, with plenty of parking and four competition areas. The event is not restricted to Maryland residents. There will be competition in junior divisions, senior divisions, master divisions and various forms of kata. We encourage all judoka to attend this event. Registration forms can be found on the Shufu website at [www.collegeparkjudo.com](http://www.collegeparkjudo.com) , [www.huiojudo.com](http://www.huiojudo.com), or [www.shufujudo.org](http://www.shufujudo.org) We need volunteers to come with, help out. Positions available in many areas including technical official (no experience is necessary we will train you) All senior judoka should assist with this event.

**Mayfield Open Judo Championships** – The weekend of February 22-25, 2018, MOJJJO (the United States Military Outreach Judo and Jiu Jitsu Organization Incorporated) and the Mayfield Martial Arts Academy will host an incredible weekend of judo. This event offers competition in junior, senior, mens and womens master, forms of kata and team competition. The weekend honors all of our military who serve our country. There is also special competition for our blind and low vision judoka. The weekend begins on Friday from 1 to 4pm with a VIP tour from Camp LeJune. From 5 to 9pm there is a referee and coaches examination/evaluation and certification. At 9pm there is a dinner for those who attend the certification. On Saturday the registration for competition and kata begins at 8am, there is a referee meeting at 830 am, open ceremonies are at 10 am and

competition begins following the ceremony. Special awards for Team champions and awards of merit will also be presented. On Sunday, the registration for the clinic is at 9am, the clinic runs from 10 am to 1pm. We encourage anyone needing referee or coaching certification to attend this event.

**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.



**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.

**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.

**Think judo's just about fighting in competitions? Think again!**

Judo classes are not just about learning to strategically throw and pin an opponent. There are many other benefits of training in judo that you may not have considered.

- Better Health
- Better life balance
- Body control
- Builds self esteem, self control and self discipline
- Weight Management
- Building and increasing strength and stamina
- Learning self-defense techniques
- [Bully proofing & prevention](#)
- Increased Confidence

The physical benefits are obvious, but there are psychological benefits as well. Judo training builds character, confidence and courage as it teaches discipline and philosophy to students of all ages and levels. Adults and children who train in judo learn about themselves and the world around them in addition to developing strength and self- confidence.

***Judo teaches respect***

Judo was developed in 1882 by Dr. Jigoro Kano, who is often referred to as the father of modern sport in Japan. He created judo while he was a student of Jujitsu and his intention was just to refine Jujitsu as a discipline. But he soon realized that he could create something much bigger and judo became an entirely new sport that combined self-defense with a rigorous discipline involving intense mental, physical and spiritual training. Judo is unique in the martial arts field because it's a martial art, sport and potent form of self-defense.

***Judo Classes for beginners – big and small***

Dr. Kano was only 5'2" so he cleverly designed judo to stress leverage over physical size, allowing a smaller opponent to challenge a much larger opponent by using a combination of throws, take-downs and grappling. That's what makes it a great sport and a self-defense tool for men, women and children of all sizes.

Almost 130 years later, judo clubs and classes still follow Kano's original principles, techniques and standard regimens of sparring/throwing (randori), grappling (newaza), forms (kata) and repetition drills (uchikomi).

### ***Self-defense is an invaluable tool***

Whether you're the little guy who gets bullied or someone who wants to learn self-defense as a preventative measure, judo uses a combination of throws, take-downs, sweeps and grappling techniques and pins. Over time, more advanced students learn chokes and arm locks, but only when they're ready. These techniques, which are often practiced during judo classes are very effective when someone is being assaulted, grabbed, attacked and/or brought to the ground, making judo a defensive martial art and an excellent form of self-defense.

### ***Judo Training Builds Character & Confidence***

Your senseis will help you to discover the mental and physical benefits of judo. This age-old sport develops a sound mind and body as well as instill confidence and humility, which makes it great for kids of all ages. Participating in tournaments and earning belts, medals and trophies teaches kids important sportsmanship lessons while it builds character, increases confidence and teaches that with hard work comes rewards.

**More Benefits of Judo**- Judo is a world-wide known martial arts discipline and sport. It involves strength, tactics, endurance and will of the one who chooses Judo as his or her sport. Most Judo masters advise taking this sport at an early age. This attitude exists primarily because Judo can be very useful for the development of children, whether it considers their body or their psyche. Children may gain many things from this sport. First of all, as with all other sports, they are provided with a fitness activity which will help their body to reach a correct form and fully develop in time. Additionally, Judo gives them something they can organize their lives around, teaching them to be responsible for their actions and their arrangements further in life. Being extremely good for reducing body weight, it can help children who are depressed and have lower self-esteem because of this fact. What makes Judo different from other sports is the useful characteristic of its violent factor. Namely, judo does involve teaching one how to defend him or herself but it also does that in a friendly environment. Children are exposed to each other, sharing experiences relying on each other while training. Also, if one child shows violence to another, the other will respond in the same way making children realize that the harm to others may be punishable and that violence, as such should be avoided. Judo also involves the belts which stand for different levels achieved by those training this discipline. This characteristic gives children a positive motivation and boosts their competitive spirit and skills while constantly putting the accent on fair play. Concentrated on self-defense, Judo helps children to be able to stand up against bullies which might have tortured them daily before. This ability reduces the number of bullies and aggressive children in general since they are, most of the time fed on the fear of other children. That fear being gone and the child having enough self-esteem to stand up to the bully is another benefit Judo may bring to your child's life. It is not a coincidence that judo is becoming more and more involved into the educational system. Clearly, it is a sport which can bring so much positive things to a child's life and the life of children in general presenting a haven of physical and psychological development along with the learning of important social skills usable later in life.

**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 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 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.

**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

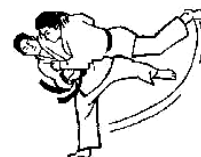
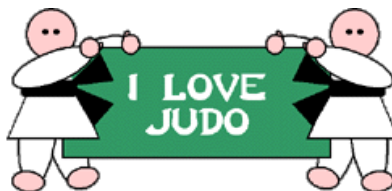
Early dismissal at PG Schools - Community Center is OPEN

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

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/>



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 Wall2Wall Martial Arts in Fredericksburg, VA and the 2017 James Gosnell Inspirational Award was presented to Grunberg Family from College Park Judo in College Park MD.***

***We will be presenting a few other special awards. Please nominate someone for an outstanding judoka award or an Outstanding Competitor Award.***

***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 6th 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 e-mail – huiosensei@gmail.com  
Sensei Mark Smith cell phone : 301-674-5438 email – marquitos@comcast.net

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