



Hui-O-Judo Beltsville

Monthly Newsletter for August 2005

Upcoming events:

August 6	Maryland Intern promotions	Glenn Dale, MD
August 8	Budokan Clinic	Dunkirk, MD
August 13	Referee, technical official and senior competitors clinic	Glenn Dale, MD
August 14	Hui-O-Judo Beltsville Summer Picnic	Bowie, MD
August 20	Eastern Open Judo Championships (Junior Competition)	Beltsville, MD
August 21	Eastern Open Judo Championships (Senior Competition)	Beltsville, MD
September 10	Faye Allen Kata tournament	Glenn Dale, MD
October 8	Ken Tamai Memorial Judo Championships	Beltsville, MD
October 9	Shufu Katame No Kata Clinic	Beltsville, MD
October 22	Naval Academy Senior Tournament	Annapolis, MD
November 5	Shufu Junior Promotional	Beltsville, MD
November 6	Shufu Senior Promotional	Beltsville, MD
November 19	Maryland State Championships	College Park, MD

Flyers on all above events are available at class. For more information – see one of the senseis at class.

REMINDER – Please scan your membership card at the front desk BEFORE every class!!

Keystone Games- On Sunday, July 31, Sensei Kevin, Sensei Mark, Chris, Abel, Jack Kettl and Jimmy Kettl traveled up to York, Pennsylvania for the Keystone Games. Sensei Kevin helped to organize and run the tournament. Sensei Mark competed in the masters 36+ lightweight division, placing third and he also was a referee (technical official). Chris competed in the men's 36+ 178 to 198 division, placing third. Abel Kwong competed in two divisions, boys 6-8 middle weight and boys 8-9 middle weight. He placed first in open and second in the other. Jack Kettl also competed in two divisions, boy's 9-10 light weight and boys 9-10 middle weight, placing third in each of them. Jimmy Kettl placed third in his division. We congratulate all of them on their accomplishments and thank each of them for representing us at the event. We hope that others will consider joining us next year for the tournament.

July – looking back July went very quickly. We started a new beginners class on July 5th. We welcomed 7 new adults and two children. We hope that Thomas Fletcher, Charles Lowe, Earnest Robinson, Brian Zimmerman, Cynthia Crosswhite, Stanley Pitt, Frank Michel, Kivas Brick and Luke Hernandez will all enjoy the introduction to judo class and will join our club when they complete the class at the end of August. The first weekend of July was the USJA nationals in Ohio, the second weekend was the USJF Nationals in California, and the fourth weekend was the Junior Olympics down in Georgia.

Summer Picnic – 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 friends. We will have hot dogs, hamburgers, chicken, chips and drinks for lunch and dinner. We ask that each family bring a dish or dessert to share. Bring your bathing suit and a towel to cool off in the pool. Bring your water gun to do battle with your fellow judoka. Come and enjoy LOTS of great food. This is a family event so please plan on attending. Please sign up so we know who is coming and what you will bring. See flyer on back side.

Referee, Technical official and Senior Competitor Clinic – There will be three clinics given on Saturday, August 13 at the Glenn Dale Rec Center. I encourage all judoka and parents to attend these clinics. A regional and national referee clinic allows you to better understand the rules and regulations of the sport of judo. It is designed for local referees who are preparing for the regional exam. It is an excellent opportunity to get a perspective on what referees and judges look for during a match. For people who may not be interested in the refereeing aspect, there will also be a technical official clinic run by Greg Gobel. Technical officials help run the mat tables, including the electronic scoreboards. It will help you to understand the scoring of judo competitions. Anyone may attend. I strongly encourage all judoka, parents and supporters to attend this clinic. We need to have technical officials trained for our events. There will also be a senior competitors clinic given by Maurice Allen of Sport Judo. Forms are available at the dojo.

Budokan Clinic – clinics are an excellent way to get a different perspective from someone else on how techniques are performed. This clinic is two former champions, Ann Maria DeMars and Jim Bregman. They will cover a variety of standing techniques and counters, one handed throws and transiting to mat work. Please note this is a MONDAY night from 630 to 930 pm. The cost is \$10 for kids and \$15 for adults. (plus a \$5 late fee if registering at the door). Flyers are available at the dojo.

Jita Kyohei Judo Club – At the lead of our fellow judoka, Chris Howell, we have a new judo club in the area. It is called Hui-O Jita Kyohei Judo Club, which means “Club of mutual welfare and benefit”. The club is just 15 minutes north of our dojo. It is at the New Hope Seventh-day Adventist Church, 15121 McKnew Rd., Burtonsville, Maryland 20866. Practices are being scheduled for Sunday evening from 7-9 pm. This is a wonderful opportunity to add a weekend practice to your judo development. See Chris, Sensei Kevin or Sensei Mark for more information.

Shufu Website - Shufu has launched a new updated and revised website. (www.shufujudo.com) Please check it out. There is a lot of good information, especially the promotional requirements, as well as links to other sites.

Yudanshakai Forms - Many of you still have not yet returned your Yudanshakai registration forms. In order to practice at the club you are **REQUIRED** to join USJF, USJI or both. The fee is \$50 for one year and \$15 for additional membership. There are many benefits to being a member of Shufu Yudanshakai. If you have lost your form, please see one of the Sensei. If you still have it, please return it to us as soon as possible. Membership is good for one year from when you join. Please remember, with promotions coming up, you can NOT be advanced in rank if you are not a member of USJF.

Club logo apparel – Take pride in the judo club while helping promote and advertise it. We have a variety of club shirts available. Club logo t-shirts are offered in two styles. One has the traditional club logo just like our patch in Red, White and Blue on a white t-shirt. The other shirt is blue and has the other logo. They are offered in sizes S to XXXL. The price for club members is just \$10 per shirt. There are also a limited number of navy blue golf style collared shirts available with one of the two club logos. These shirts are \$20 each. Also there are a limited number of grey fleece pullovers, sweatshirts and two types of backpacks. We encourage all club members, family members and club supporters to have and to proudly wear the club logo items. Visit our website to see pictures of these items or see Sensei Kevin.

Being ready for class - I am asking for everyone to help get ready for class. We get the gym at 7 pm. It takes time to get the mats out and set up for class. The longer this process takes, the shorter the amount of time we have for class. Right now, we get in at 7, it takes between 20-30 minutes to set up the mat that only leaves 1 hour for practice. Of that time, 20 minutes are spent on taiso(warm ups) and zempo kaiten (forward break falls). That only leaves 40 minutes for practice if we are lucky. Every time we have to stop for water breaks or other problems takes away from YOUR practice time. Those of you who arrive late for class often disrupt the class as you enter and break the routine of practice time. Please be prompt - arrive early. HELP to set up the mats - DO NOT stand around and talk to everyone.

Zoris – Part of every judo uniform is zoris. These are slip on “flip flops” or some type of slipper. You MUST have these at practice. They are part of your judo uniform. You should never leave the mat area without first asking the sensei, then bowing off the mat and putting zoris on at the edge of the mat area. All of the dirt your feet pick up on the floor is brought onto the mat area and gets on our gis and our bodies. Many of the kids have been caught going to the bathroom and out to get drinks of water without putting on zoris. Class is only one hour, you should NOT have to stop for bathroom breaks and

water breaks. We are only at class for a very short period of time. Please purchase a pair of zoris, bring them to class and USE THEM.

Care for judo gis – Many of you are not taking care of your judo gis. I see very dirty judo gis at class. Your gi must be taken care of. It is your uniform. It should be folded properly after each class and carried in a bag so it does not get dirty. The club has two different judo back packs to carry your gi in, as well as offering larger judo bags for other manufactures. Your gi should always be washed and clean. I recommend NOT putting it in the dryer, instead, hang it up to air dry. The heat of the dryer will reduce the life of your judo gi. When you get home at night after practice, you should hang our gi up to air out. Your gi should NOT be worn when you are eating. There are four parts to your gi. Make certain you have all of them with you for every class. It is your responsibility, not your parents. When you outgrow your gi, consider giving it to another judoka who can use it. Get a friend to join you in judo and offer your old gi to them.

Many of the tournaments are requiring that you provide you own blue or white belts for competition. Please consider purchasing your own belts and putting your name on them. Upper level tournaments require you to have both a blue gi and a white gi to change for every match. National and international tournaments require you to have two of each gi available at site.

Promotions:

The Shufu Promotionals are the first weekend in November. Everyone should attend these. **Please review your requirements** and look to see if you feel that you have meet all of the “minimum” requirements for promotions. If you feel that you are eligible, please see Sensei Tamai. If you are not yet eligible to be promoted then you should attend for competition only or to support the other club members. If you can not compete then you should come to assist with all of the support staff functions. It is a great learning time. You also never know what may happen. **Even if you think you meet the “minimum requirements” DO NOT expect be promoted.**

Since the last promotional in the spring we have given written examinations for you to practice. We will give one more before the fall promotional. These happen at the very beginning of class. Be on time if you want to take advantage of this opportunity. Everyone should be studying their promotional information. Everyone should be reviewing their general testing materials and terms. Everyone should be reviewing their terminology, throws, pins, and if applicable, chokes and arm locks. If you are unsure of anything, please ask us to review it in class. There is a great deal of material to cover. Everyone should have all of the basic information in their head. I realize the Japanese is difficult for some of you but you must at least be able to associate the techniques with the names.

Everything that you need to know is covered in the study book. The club has some books and video tapes available. Please borrow these and do not keep these. I had multiple copies of all of the tapes but never seem to get any of them back. Now only a few exist. There are also hand outs available. The local book stores also have some books. Another place is your **local library**. If you have other information at home, please copy it and share it with all of us. For anyone who has been away from judo for a period of time or is new to this area, I really need to get any kind of back up information that you can get a hold of to attach to your file. I also need it for promotional record keeping. But anyone who has additional information can pass it along to me also.

Other notes:

- Please remember to scan your card at the front desk and sign in the registration book BEFORE you get on the mat. We MUST have an accurate attendance record for every class
- Please remember to check with Sensei Tamai for information about upcoming events and tournaments.
- Please remember to pay your dues each month. The Center keeps a running list and will remove people.
- This is a judo club. Hui-O-Judo means Club of Judo. I encourage you to give input into the club. If you have suggestions or comments, share them with me. Help us to continually make the club better. We always are in need of more members. Talk to your friends and coworkers; invite them to come to join judo.

Please remember this is a club. It is not just for me and the people who volunteer their time to teach. It belongs to all of us. It is a part of all of us. Together we all make it up. If you have ideas, comments or suggestion to make this a better place, please let me know. All of you have many talents. I do not know what most of them are. Please let me know what you can do or would like to do to help out.

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