



Hui-O-Judo Beltsville

Monthly Newsletter for December 2009

Upcoming events:

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| December 5 th | Kansetsu Waza Clinic | Beltsville, MD |
| December 5-6 | USJA/USJF Winter Nationals | LaVerne , CA |
| December 22 | Hui-O Holiday Party | Beltsville, MD |
| January 5 | New Beginners class start | Beltsville MD |
| January 5 | New Intermediate/advanced class for Jan/Feb begin | Beltsville, MD |
| January 16 | Shufu Yandanshakai Referee clinic | Beltsville, MD |

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

REMINDER – Please pay the November/December class fee. Judo class is barcode # 153456

Promotions – We would like to congratulate the following individuals on their recent rank promotions: Chris Howell to Senior Ikkyu, Michael Hunter to Senior Yonkyu, Courtney Carrington to Junior Gokyu, Claudia Aguilar to Junior Gokyu, Franco Aguilar to Junior Gokyu and Ferdy Miranda Villafurte to Junior Gokyu, Camilia Howell to Junior Gokyu, Ohm Sapa to Junior Gokyu, Mahendra Sapa to Senior Gokyu, Luke Hinselwood Ahman to Senior Yonkyu, Michael Dillion to Junior Gokyu, Caleb Dang to junior Yonkyu, Zachary Dang to Junior Sanky. Some of you have completed your promotional requirements and testing but have not joined USJF, paid the promotion fee or paid your club class fee. Please take care of this so you can get your new belt and rank certificate.

Welcome new beginners – We would like to welcome the new students who are just starting in the beginners judo program. We hope that you will enjoy the eight-week introductory class. It starts on Tuesday, November 2nd then continues each Tuesday until Dec 22nd. **The Barcode for Adults beginners class is 147338 and the barcode for Childrens beginners class is 147342.** Please make certain you are registered with the front desk at the center. Judo is a wonderful sport to study and to learn. If you have any questions or concerns, please feel free to see one of the senseis (teachers).

Club membership - It is up to each one of you to **PLEASE** pay your bi-monthly membership 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.

Maryland State Championships – Hui-O had few people participate at the Maryland State Championships hosted by College Park Judo. Hui-O-Judo provided our two mats and the equipment for this event. Sensei Mark served as a referee. Sensei Brad and Robert Kirk Served as a technical officials. Sensei Kevin served as a technical administrator. We need to have more support for all of our events, both participants and support team on both junior and senior levels. All of our senior judoka should get qualified for at least a local referee, there are no rank requirements. Please step up to volunteer to help out at as many local events as possible, especially ours!! All parents should be able to work as technical officials.

Holiday Party: Please mark your calendars for the Annual Hui-O-Judo Christmas party. We will have the party on Tuesday night, December 22nd 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.

January Referee Clinic – Hui-O-Judo will be hosting a referee clinic for all levels of referees. It will be held at the Beltsville Academy on Saturday, January 16. There are new rule changes that will be changing the way some people do judo. This clinic is for everyone. We encourage anyone who is thinking about starting to referee, any local, regional, or national referees, coaches, competitors, parents and anyone wanting to get a better understanding of the rules of the sport of judo to attend this clinic.

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

Being ready for class - We are 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 amount of time we have for class. Right now, we get in at 7; it takes between 20 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. Most of you are arriving late for class, not helping with setup or classpreparation and often disrupting 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.

Hui-O website - Have you seen our website at <http://www.huiojudo.com> ?? Several updates have happened on the website. 1st, the home-page picture has been updated! Are you in the picture? If not, perhaps you should attend class more often! We generally try to update the home-page pic whenever we have a larger group present, along with a camera, so come to class as often as possible to get in the next one. 2nd, several new downloads are now available!! On the bottom of the home-page, there are several Hui-O-Judo Buddy Icons for AIM (a popular program for [instant messaging](#) that some of our judoka use, free from AOL to non-subscribers). Also, on the bottom of our history page, these newsletters can now be downloaded in PDF format. The events page is continually updated with new and interesting things to do, including shiai (tournaments), clinics, demos, beginner classes, & believe it or not, parties! Take a peek & let us know if there's something more you would like to see.

Reigisaho (Etiquette) - We all need to practice and pay closer attention to good judo etiquette. It is the foundation of the sport. It covers everything from proper posture, bowing, salutations and general movements. When you come to class you and your judo gi should be clean. You must take proper care of your judo uniform. It should be properly folded after each practice, and then hung up at home. Your judo gi should always be in order before your bow. Please remember to bow upon entering/exiting the dojo, ALWAYS use your zoris and keep them at the edge of the mat, bow on/off of the mat and to your partners, be mindful of the way that you enter your bow and exit it. When we line up, no one should be talking or playing. After we bow, no one stands up until the senseis have all stood up. Reigisaho starts

with respect for oneself and the others around you. Always present yourself in the proper manner. We have traditions that must be followed. Use proper etiquette.

Cooler weather – Winter and cooler weather is here. All judoka must wear a shirt and a jacket (or sweat shirt) when leaving the dojo. Although you are hot and hopefully sweaty when you leave, it is important to gradually cool down rather than having your body go through rapid temperature changes. Bring a towel to wipe off after practice. Please bring a light jacket to wear home. FOLD your gi properly and neatly into a bag to carry it home. Hang your gi up to dry when you get home.

Loss of judoka Rusty Kanokogi - On November 21, 2009, [Rena “Rusty” Kanokogi](#) passed away. She was 74. Kanokogi, nicknamed “the mother of U.S. women’s judo,” is a former member of the Women’s Sports Foundation’s Board of Trustees (1996-2001) and was the current chair of the International Women’s Sports Hall of Fame Alumnae Association. She held a seventh-degree black belt in judo, making her the highest-ranking American woman in the sport. In 1991, Kanokogi was named to the International Women's Sports Hall of Fame. She is survived by her husband, Ryohei, and one daughter, Jean.

Born in the tough neighborhoods of Coney Island, New York, Kanokogi was a fighter from birth. As early as adolescence, she was the head of a street gang called the Apaches. By taking her fight from the street to the mat, Kanokogi found her true passion: judo. She fell in love with the sport, not for the self-defense it afforded, but because it calmed her down --- she already knew how to defend herself. She decided to channel her immense reserve of energy into this sport that instilled self-control. Coming from an environment where “you were either the hammer or the nail,” she recognized that she loved striking.

It was the sport that brought her to the 1959 New York State YMCA Judo Championships as a member of the Brooklyn Central YMCA team. However, the judges forced her to forfeit her gold medal when they discovered that she was a woman competing in disguise as a man. Kanokogi used this incident as personal motivation to fight for equality for women in sports and went on to become arguably the most influential force in women’s competitive judo. [Just this past August, at a special ceremony at the Brooklyn YMCA, Kanokogi was awarded with the same medal that was taken away from her 50 years prior.](#)

In the mid-1970s Kanokogi shifted from competing to teaching, refereeing and advocating full-time. She and her husband, Ryohei, who she met while competing in Japan, opened judo training centers throughout Brooklyn. There, she reveled in witnessing the physical and mental transformations of her young students. Due largely to Kanokogi’s efforts, women's judo became an Olympic sport in 1988. She was the NBC sport expert commentator at the 2004 Olympic Games for judo. In January of 2009, the creation of the [Rusty Kanokogi Fund for the Advancement of U.S. Women’s Judo](#) was announced. The fund, created through the generosity of the Richard and Pamela Ader Foundation, helps U.S. female judokas finance travel and training.

In 2004, Kanokogi recalled the early days of the Women's Sports Foundation with great fondness and gratitude, and marveled at the persistence and drive of founder Billie Jean King. The support she felt from the organization was much needed. “It was like belonging to a church,” she said. Saturday, Billie Jean King gave her own tribute to the women’s sports pioneer: “It is with great sadness that we face today knowing that our friend and colleague Rusty Kanokogi has passed away. Rusty was one of the greatest influencers in the world of women’s sports and a person who never really received the acclaim and recognition she so richly deserved. Working behind the scenes, Rusty brought judo for women to the United States and, in my opinion, she is responsible for securing a place for Women’s Judo in the Olympics. She is the “Mother of Judo” in this country and around the world. She once told me of how special it was to walk in the opening ceremonies at the Seoul Olympics in 1988 and realize that not only

were there more women competing in judo at the most elite, international level, these women were being recognized – maybe for the first time – as champions – as greats in their sport. Their day had finally arrived.

Rusty held a 7th degree black belt in Judo and was the first American woman to reach this level in the sport. She first started competing in judo leagues in the 1950s when women were barred from competition. In disguise she competed as a member of an all-men's team until she was discovered and disqualified. The International Judo Federation recognized her with their prestigious World Pioneer of Women's Judo award and in 2007 the USA Judo Referee Commission voted unanimously to award her the John Osako Award for excellence in refereeing.

One year ago this week, she was honored by the Japanese government with the "Emperor's Honor of the Rising Sun." I was fortunate enough to attend the ceremony and share the experience with Rusty and her family. Then, this past October, Rusty joined women athletes from around the world at the annual Women's Sports Foundation Salute to Women in Sports dinner in New York. It was so touching to see Rusty greeted by these world-class athletes as we knew it might be her last appearance with the Foundation. Long a part of the Women's Sports Foundation, Rusty was inducted into the International Women's Sports Hall of Fame in 1991 and received the Foundation's President's Award in 1991. She was a member of the Foundation's Board of Trustees from 1996 – 2001. Nothing thrilled Rusty more than helping others – especially the children. She said that helping a child who thinks he or she can't do something and then showing them that they CAN DO IT, was one of the greatest feelings in her life.

So many of us were touched by her generosity, dedication and unconditional friendship. Today, as we celebrate everything Rusty did for us; our hearts go out to her two children, her grandchildren and especially her loving and caring husband Kano, who stood with her from the very beginning to the very end. Rusty Kanokogi was one of a kind, a true leader, an inspirational woman of influence and one of the most generous souls I have ever known and I know she made a difference in my life and in the lives of so many others."

Club logo apparel – The holidays are coming up fast so buy some Hui-O-Judo apparel. 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 backpacks 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.

Sensei Kevin Tamai Phone (703)497-1530 or cell(703)622-6861 e-mail – kevin@huiojudo.com
Sensei Mark Smith Phone – 301-674-5438 email – mark@huiojudo.com



Visit our club website at www.huiojudo.com





Hui-O-Judo Beltsville

Judo items available for order from Pacillo

Judo DVD's

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| 29 Ne Waza Techniques of Kodokan Judo | \$40 |
| 101 Judo Ippons 1999 to 2002 | \$30 |
| Early American Judo | \$30 |
| First 100 Years fo Judo | \$30 |
| Japanese Judo | \$30 |
| Jeon: Korean Judo Master | \$45 |
| Judo: Hayward Nishioka Part 1 | \$30 |
| Judo: Hayward Nishioka Part 2 | \$30 |
| Judo: Hayward Nishioka Part 3 | \$30 |
| The Gokyu | \$45 |
| Koga : New Wind | \$45 |
| Kodokan Judo with Mifune | \$30 |
| Moscow grand Prix 2001 | \$36 |
| World Championships 2003(part 1 and 2) | \$90 |
| Xtreme Judo | \$30 |

Judo Books

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| Ippon Masterclass Technical Series | |
| Armlocks (Adams) | \$22 |
| Ashiwaza (Sato) | \$22 |
| Ashiwaza II (Swain) | \$22 |
| Grips (Adams Ferrie) | \$22 |
| Harai Goshi | \$22 |
| Oasekomi (Kashiwaza) | \$22 |
| Osoto gari (Yamshaita) | \$22 |
| Pickups (Van De Walle) | \$22 |
| Russian Judo(Latskivich) | \$22 |
| Seoi nage (Nakanishi) | \$22 |
| Shime Waza(Kashiwazaki) | \$22 |
| Tai Otoshi (Adams) | \$22 |
| Tomoe Nage (Kashiwazaki) | \$22 |
| Uchimata (Sugai) | \$22 |
| Ippons special interest series | |
| Attacking Judo(kashiwazaki) | \$26 |
| A-Z of Judo (Hoare) | \$26 |
| Decisive Judo (Marwood) | \$27 |
| Fighting Spirit of Judo (Yamashita) | \$26 |
| Best of Judo | \$26 |
| The Canon of Judo | \$35 |
| Complete Seven Katas of judo(Kawaish) | \$15 |
| Father of Judo (Watson) | \$28 |

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| First action Skills: judo for Kids | \$8 |
| Foot Throws (Nishioka) | \$10 |
| Get to Grips with Judo (Holme) | \$ 9 |
| Ju No Kata | \$22 |
| Judo Strategy | \$22 |
| Judo Basic: Principles, Rules and Ranks | \$35 |
| Gene LaBell's Handbook of Judo | \$13 |
| Judo Formal Techniques | \$25 |
| Judo from a Russian Perspective | \$27 |
| Judo Heart and Soul | \$15 |
| Judo Techniques and tactics (Pedro) | \$17 |
| Judo Textbook in practical application | \$17 |
| Judo through the looking glass | \$22 |
| Judo Training methods | \$25 |
| Judo: Sport and Way of Life | \$15 |
| Judo skills of the game(Inman) | \$18 |
| Kodokan Judo | \$24 |
| Mastering Judo | \$25 |
| Modern Judo | \$25 |
| Putin's Judo | \$22 |
| Secrets of Judo | \$15 |
| Sport of Judo | \$13 |
| Sports Science of Elite Judo Athletes | \$22 |
| Techniques fo Judo | \$17 |
| Textbook for Judo (Ogasawara) | \$30 |
| Judo for Juniors | \$24 |

Judo Accessories

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| Judo Duffle Bag (white or blue) | \$16.00 |
| Mini Judo Jacket (white or Blue) | \$6.00 |
| Judo Belt key chain (specify color) | \$3.00 |
| Kano Plaque | \$30.00 |
| Judo Flip Pin | \$2.00 |
| Japan Flag Pin | \$2.00 |
| Kodokan Judo Patch | \$3.00 |

| <u>Judo Gi's</u> | <u>Unbleached</u> | <u>Bleached</u> | <u>Blue</u> |
|------------------|-------------------|-----------------|-------------|
| Size 000 – 1 | \$25 | \$35 | \$45 |
| Size 2 – 5 | \$35 | \$40 | \$55 |
| Size 6- 8 | \$40 | \$45 | \$60 |

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| Pants | | | |
| 00 – 1 | \$16 | \$20 | |
| 2 – 5 | \$20 | \$25 | |
| 6 – 8 | \$23 | \$30 | |



*Hui-O-Judo Beltsville Holiday Party
Tuesday, December 22, 2009 from 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 2009 was presented to Sensei Fran Vall
and James Gosnell Inspirational Award was presented to the Wilson Family.
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.*

Seasons Greetings to all and Happy Holidays to each of you

Important Notice – As of January 1, if your club membership is not paid up to date and/or you do not have a current valid USJF 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.

If you have any questions, please contact :
Sensei Kevin Tamai cell phone - 703-622-6861 e-mail – Kevin@huiojudo.com
Sensei Mark Smith cell phone : 301-674-5438 email – mark@huiojudo.com

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