



# *Hui-O-Judo Beltsville*

## *March 2010 Newsletter*

### Upcoming Events:

#### March

2	Beginners class starts	Beltsville, MD
6	Spartak Team Championships	Flushings, NY
13	Beltsville Open	Beltsville, MD
14	New Rochelle Open	New Rochelle, NY
19-20	Edmonton International	Edmonton, Alberta, Canada
20	Ocean State Judo Championships	West Warwick, RI

#### April

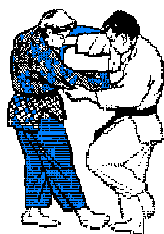
10-11	Liberty Bell Judo Championships	Philadelphia, PA
17	Shufu Yudanshakai Junior Promotionals	College Park, MD
18	Shufu Yudanshakai Senior Promotionals	College Park, MD
18	Garden State Judo Classic	Lodi, NJ

Please stop at the front desk to pay for the March/April class. The barcode for Children's beginners class is **156871**, the barcode for adult beginners is **157817**, the barcode for Judo: Mixed ages, Intermediate is **209964**

**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, March 2<sup>th</sup> then continues each Tuesday for 8 weeks until April 19<sup>th</sup>. **The Barcode for Adults beginners class is 157817 and the barcode for Children's beginners class is 156871.** 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).

**New Center Hours** – The Center is now closed at 9pm. Doors are locked and everyone is clear of the grounds at 9pm. **Judo class ends at 830.** Please make certain that you have a ride at the center at 830 or by 845 at the latest. Some parents are not picking up their children on time. The Park Police are often there to check the facility at 9pm to make certain that everything and everyone is clear.

**New Hand stamps**- We will be stamping the judokas hand with a judo stamp to show that they have paid for class. It will be a small round kanji of ju-do. We will be checking stamps at each class. 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.



**Virginia State Championships** – We had a great turn out at the Virginia State Championships. Hui-O- Beltsville provided all of the mats and support equipment to make the event possible. Sensei Mark Smith and Sensei Terrance McPartland place first in the advanced division of Kime no Kata and Katame No Kata. Sensei Kevin helped to run and administer the event. Sensei Mark and Sensei Bradley refereed. Sensei Bradley, Chris and Robert also assisted with moving the mats and equipment.

**Beltsville Open Judo Championships** – Hui-O-Judo will host the 2010 Beltsville Open Judo Championships at the Beltsville Academic Center on March 13<sup>th</sup>. We will need everyone's assistance to make this a successful event. Mat set up is on Friday night at 7pm. Registration starts Saturday morning at 830 am. We also need help with the referee food area, concession stand, mat tables, raffle ticket sales, t-shirt sales and general tournament operations. Please enlist the assistance of your family. Bring in some food for the tournament officials who volunteer their time to help. We look forward to seeing you at the tournament. Please help make this event successful by volunteering your time to help us. Please see one of the sensei's to ask how you can assist.

**Goshin Jutsu Kata Clinic** - Here is your opportunity to work with kata competitors and judges with international and national experience. Peggy and Karen Whilden will provide instruction on Goshin Jutsu. They bring insight as "A-Level" Kata Judges and are experienced kata competitors. They have won many national and international championships in Katame, Goshin jutsu, Ju No, and the overall champion award. Karen is also the Shufu Yudanshakai Kata Development chairperson. The Kodokan Goshin Jutsu was created in 1956 by a [Kodokan working group](#) to update the older kata with more modern forms of [self-defense](#). Many people feel it also shows the influence of [Kenji Tomiki](#), one of Professor Kano's students, who also studied Aikido under the founder of Aikido. It consists of 21 techniques against an unarmed, as well as armed, attacker. It is divided into two unarmed sets (toshu no bu) and three sets with weapons (buki no bu). The first seven techniques are against an attack close in. The next five are against attacks from strikes and kicks. Then there are three attacks with a knife, three with a stick and three with a gun. The techniques here cannot be used in free exercise practice or in competition, but only in kata. Never-the-less, as one practices this kata, the attack speed increases and one's reflexes and reactions sharpen to meet the attack. Eventually, this kata can be practiced with real weapons. The intent in this kata is different than with normal Judo practice, in that this is a self-defense kata, the intent on the part of both participants is to fully perform the attack and defense techniques. While the actions are controlled, so that the attacker is not hurt, the defender's actions can easily be modified to disable the attacker. It is important to realize that all of the techniques in this kata are consistent with the principles of "Judo", the way of gentleness or yielding. Whether you are a judoka with an interest in the traditional kata, or one with little kata experience, this clinic is an excellent opportunity to learn about a different aspect of judo!

**Promotionals:** The promotionals are rapidly approaching again. There is a great deal information that each of you needs to review and know. Promotional requirements should not be studied just before an examination. All of the students should be constantly studying their examination requirements throughout the year. It is very important that you all know the terminology, in both Japanese and English. We are able to spend a limited amount of time reviewing all of the materials. All of you should have the judo study book. There is a great deal of information contained in this book. I realize that all of you have many other responsibilities in your lives. Please take the time to look over the requirements at home and bring your questions to class. Anyone who is going to try for their promotion should see Sensei Kevin or Sensei Mark as soon as possible. Even if you are not going to be promoted you should try to attend. It will be a great learning experience. There is **NO ONSITE REGISTRATION. You MUST pre-register by March 17<sup>th</sup>** if you plan to be promoted.

**Thursday Practices** – There has been a significant drop in attendance at Thursday Judo practices. If we want to keep the use of the facility, we need to have people on the mat. Please make an effort to attend both days of practice.

**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, 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.

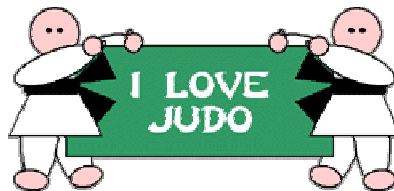
**Club logo tee shirts** – Take pride in the judo club while helping promote and advertise it. The club logo t-shirt has the traditional club logo just like our patch in Red, White and Blue on a white t-shirt. The Tee shirt from the Ken Tamai Memorial Judo Championships is also available. Both styles 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 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  
Sensei Mark Smith

703-622-6861  
301-674-5438

Email –[kevin@huiojudo.com](mailto:kevin@huiojudo.com)  
email – [mark@huiojudo.com](mailto:mark@huiojudo.com)

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





## Hui-O-Judo Beltsville

### Judo items available for order from Pacillo

#### **Judo DVD's**

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**

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
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
<b>Kodokan Judo</b>	<b>\$24</b>
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**

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

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

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

