

Judo Saskatchewan Weekly Updates

Date: October 27, 2008

The Judo Saskatchewan updates are intended for all members of Judo Saskatchewan. Please forward these updates to club members and athletes that you feel can benefit from having a copy of the weekly update.

A) Judo Video Clips:

Ippon Clips 2008 Olympics <http://www.judovision.org/?p=2152>

Makarov RUS vs Kanamaru <http://www.judovision.org/?p=61>

*One of the best World Championship Finals ever

Muneta JPN vs Tangreiv UZB <http://www.judovision.org/?p=1587>

Utarbayev, KAZ vs Miller, GBR <http://www.judovision.org/?p=978>

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

Abbotsford: BC Open Results:

Gold Medals:

U20 Warren Sieb

U17 Alex Poliakiwski

U17 Emily Schaan

U17 Nicola Schaan

U15 Sydney Poliakiwski

Silver Medals:

Sr. Ryan Potts

U20 Nicola Schann

U20 Emily Schann

U17 Nichole Dyck

Bronze Medals:

Sr. Ian MacDonald

U20 Nicole Dyck

U20 Jesse Caron

U15 Keegan Lund

I would like to congratulate all the athletes on their performances. The athletes showed key attention to their grips and tactics in the matches and fought with spirit during their matches.

I would like to thank Shelly Dyck for attending the event as a chaperone and Ian MacDonald for providing coaching and driving support during the event. I would like to give a special thank you for Dean McGarry for organizing the event,

coaching during the weekend and doing the bulk of the over night driving on the trip. It was a great event but without the help of these individuals the weekend would have not been possible.

C) Teaching

Judo Sask Team:

Grips:

Gripping is key to success in national and international competitions. The information on this website is basic grip glossary that all athletes and coaches need to understand and practice these gripping situations.

<http://www.jimmypedro.com/grippingglossary.php>

Judo Saskatchewan Provincial Team Techniques:

<youtube.com/judosask>

Judo Saskatchewan encourages all coaches to teach these techniques and concepts during the year in efforts to support the Judo Saskatchewan provincial team program. These are the techniques that were outlined at the 2008 Coaches Retreat in September 2008 in Saskatoon, Saskatchewan.

Judo Saskatchewan encourages all members who qualify for 2008 National Championships to understand the techniques and the concepts of the techniques:

D) Judo Canada Update:

World Junior Championships Results: <http://www.eujudo.com/result.php>

48kg	Nicole Tuskishima	0-1
52kg	Renee Guggino	1-1
63kg	Maude-Helene Benoit	1-1
70kg	Kelita Zuapancic	1-1
60kg	Serge Zamotine	0-1
66kg	Joel Benoit	0-1
73kg	Scott McGrandle	1-1
81kg	Antoine Valois-Fortier	0-1
90kg	Lukasz Mozdezen	0-1
100kg`	Stephane Zwiers	0-1

It was a very difficult World Junior Championship for the Canadian team but most of the Canadian athletes will be eligible next year and I believe they will have a stronger performance. The Canadian team fought hard in their matches and lost to many of the podium athletes, with one more year of international experience under their belt I believe their can be 1 or 2 athletes close to the podium.

IJF Day 1 Update:

http://www.intjudo.eu/?Menu=News&Action=Full&type_id=1&id=149&lang_id=2&mid=4

IJF Day 2 Update:

http://www.intjudo.eu/?Menu=News&Action=Full&type_id=1&id=151&lang_id=2&mid=4

IJF Day 3 Update:

http://www.intjudo.eu/?Menu=News&Action=Full&type_id=1&id=152&lang_id=2&mid=4

IJF Day 4 Update:

http://www.intjudo.eu/?Menu=News&Action=Full&type_id=1&id=154&lang_id=2&mid=4

Rule Changes and Olympic Qualification Changes: (to be approved)

<http://www.yomiuri.co.jp/dy/sports/20081021TDY22105.htm>

Testing New Rules: (to be approved)

http://www.intjudo.eu/?Menu=News&Action=Full&type_id=1&id=142&lang_id=2&mid=4

E) Coaching Tip:

White-Orange Belts:

Judo Technique 4 basic areas of review when teaching a throwing technique:

- a) Static Uchi-komi and throwing
(proper grip, posture, pulling and body position is important when teaching)
- b) Moving forward and back wards uchi-komi and throwing
(proper timing is important – uki has an important role)
- c) Combinations with one of two different techniques
- d) Gripping situations needed to execute throw in competition

Fundraising:

http://www.coach.ca/admin/pdf_admin/pdf/Fundraising.pdf

Mike Swain, 1987 World Champion: Tai-O-toshi

http://www.youtube.com/watch?v=0_AndrGzZyQ

F) Sport Science Update:**Mental Checklist:**

<http://smcsqix.sasktelwebhosting.com/services/mental/checklist.pdf>

Mental Toughness Article:

<http://www.finalkicksports.com/articles/?article=25>

G) Judo Practice ideas

Grip Drill: Cuban

1 min grip fighting + 30 sec crunch sit-ups + 30 sec Push-Up + 3 throw each x 5
– 1 minute rest between each round

* Important the grip fighting has to be at very high intensity and the throws need to be quick and explosive

H) Judo Fun:

<http://www.judoinfo.com/humor16.htm>

<http://www.judoinfo.com/humor11.htm>

I) Judo Legends

Mark Huzininga, NED 2000 Olympic Champion

<http://www.judovision.org/?p=723>

<http://www.judovision.org/?p=1741>

<http://www.judovision.org/?p=1897>

<http://www.judovision.org/?p=1664>

<http://www.judovision.org/?p=1795>

* 2 Olympic Champions meet in first round at 2008 Olympics