

Judo Saskatchewan Weekly Updates

Date: November 03, 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:

Latulippe CAN vs Masscotti, ITA
* Final Rotterdam Super World Cup
Derly, BRA vs Uchishiba, JPN
Tanimoto, JPN vs Decosse, FRA
Illiadis, GRE vs Izumi, JPN

<http://www.judovision.org/?p=2045>

<http://www.judovision.org/?p=43>

<http://www.judovision.org/?p=425>

<http://www.judovision.org/?p=54>

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

Winter Camp: Please remember to send in your Winter Camp Entry. The deadline for Early Bird Fees for Winter Camp is December 05, 2008. Please contact Lynn Schann for Details.

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IMPORTANT:

Please note the change of the final selection date for the Senior Nationals. The date has changed from March 01, 2009 to March 10, 2009.

Jim O'Sullivan Open, Prince Albert, Saskatchewan, November 01, 2008-11-03

Intermediate Male born 1999/00

-26 1st Devon Cleghorn	Lloydminster
2nd Ashan Hoffman	St Brieux
3rd Shay Sather	Prince Albert
-30 1st Eban Hoffman	St Brieux
2nd Jaden Kovacs	St Brieux
3rd Connor Ash	Prince Albert
-34 1st Ockert Strydom	Melfort
2nd Caleb Hoffman	St Brieux
3rd Brett Sather	Prince Albert
-38 1st Maxx Karaim	Lloydminster
2nd Skyler Lillis	Prince Albert
3rd Jaycee Waage	Watrous

Intermediate Male born 1997/98

combined -42 +42 1st Sean Cipywnyk	St Brieux
2nd Cole Cleghorn	Lloydminster
3rd Brandt Hardman	Prince Albert

Juvenile Men

	-55 1st Brock Person	Moose Jaw
	2nd Devin Markowski	Prince Albert
	3rd Adam Langdon	Moose Jaw
combined -64 +64	1st Joey Schatz	Saskatoon YMCA
	2nd Craig Sand	Saskatoon YMCA
	3rd Thomas Gendzwill	South Corman Park

IJF Junior Men

combined -52/-57	1st Warren Seib	Watrous
	2nd Chad Griffin	Moose Jaw
	3rd Adam Langdon	Moose Jaw

Senior Men

	-73 1st Andrew Yuen	Regina YMCA
	2nd Blair Dmytrow	St Brieux
	3rd Doyle Ironstand	Prince Albert
	-90 1st Dilyaver Sheykhisyamov	Prince Albert
	2nd Emin Sheykhisyamov	Prince Albert
	3rd Neil Gendzwill	South Corman Park

Intermediate Female born 1999/00

	-26 1st Brooklyn Bedard	Prince Albert
	2nd Miranda Bellisle	Prince Albert
	3rd Katherine dyck	Watrous
	-34 1st Brianna Walz	Moose Jaw
	2nd Shaylin Drieger	Watrous

Intermediate Female born 1997/98

	-53 1st Eden McPherson	Prince Albert
	2nd Olga Savkina	Saskatoon YMCA

Juevenile Female

	-36 1st Eryn Langdon	Moose Jaw
	2nd Josie Lehner	Prince Albert
	3rd	
	-44 1st Kenadee Thompson	Regina YMCA
	2nd Rebecaa Hanson	Moose Jaw
	3rd	
	57 1st Emily Schaan	Watrous
	2nd Haley Walz	Moose Jaw
	3rd	
	-63 1st Nicole Dyck	Watrous
	2nd Nicola Schaan	Watrous
	3rd Janell Hunt	Melfort

IJF Junior Women

	-63 1st Nicole Dyck	Watrous
	2nd Charmaine Keenatch	Prince Albert
	-78 1st Ashley McBride	Prince Albert
	2nd Jenna Harrison	Vibank

Senior Women

no entries

Canada Winter Games - female

	-48 1st	Kenadee Thompson	Regina
	2nd	Eryn Langdon	Moose Jaw
	3rd	Rebeca Hanson	Moose Jaw
	-63 1st	Emily Schaan	Watrous
	2nd	Nicole Dyck	Watrous
	3rd	Nicola Schaan	Watrous
over 63	1st	Haley Walz	Moose Jaw
	2nd	Jenna Harrison	Vibank
	3rd		

Canada Winter Games - male

	-55 1st	Warren Seib	Watrous
	2nd	Chad Griffin	Moose Jaw
	3rd	Devin Markowski	Prince Albert
over 63	1st	Andrew Yuen	Regina
	2nd	Joey Schatz	Saskatoon YMCA

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:

Swedish Open Results:

1 st 60kg	Sergio Pessoa
1 st 78kg	Catherine Roberge
2 nd 78kg	Marylise Levesque
3 rd 73kg	Nicholas Tritton
5 th 66kg	Sasha Mehmedovic
5 th 63kg	Jennie Bonsant

Catherine Roberge wins all-Canadian final

Montreal, November 2, 2008 (Sportcom) In her second competition at 78 kilos, Catherine Roberge of Beauport, Que., defeated Marylise Lévesque of La Pocatière, Que., for the gold medal in an all Canadian final at the Swedish Open judo tournament in Boras. Roberge, a previous combatant in 70 kilos, won the final by Koka. She also defeated Iris Lemmen of the Netherlands by the same score in the semifinal. In her opening bout, Roberge eliminated Paulina Tomczyk of Poland by Ippon. Lévesque, the silver medallist, won her opening three bouts against Karolina Lampkowska of Poland, Martine Demkes of the Netherlands and Raimonda Gedutyte of Lithuania in the semifinal.

In men's competition Montreal's Sergio Pessoa added a victory in men's 60 kilos, Pessoa defeated Ludovic Chammartin of Switzerland by Yuko. Pessoa overcame a Koka deficit twice to win the match. In the preliminary round, Pessoa defeated Nadir Sadikov of Denmark by Ippon. Then he took Ariel Kuskan of Poland by Koka. In the semifinal, Pessoa won by Koka over Juho Reinvaall of Finland. Pessoa was born in Brazil and has lived in Canada since 2005. He trains at the Shidokan Club. This past September, he also won gold at the U.S., Open in Colorado Springs.

In men's 73 kilos, hard work paid off for Nicholas Tritton of Perth, Ont., as he earned the bronze medal. He won four of his five bouts including his final match over Michael Mayr of Austria by Ippon. Tritton opened with a win over Avtandil Shoshiashvili of Georgia by Ippon. In his next match, he scored a second Koka to break a tie and beat Mitar Mrdic of Bosnia-Herzegovina. Tritton also defeated Martin Thiblin of Norway by Yuko. He then lost to Attila Ungvari of Hungary by Yuko.

In men's 66 kilos, Sasha Mehmedovic of North York lost the bronze medal match by Ippon to Sugoi Iriarte of Spain for fifth place. Mehmedovic lasted only 15 seconds in the semifinal falling to eventual gold medallist Bence Zambori of Hungary. Prior to his losses, Mehmedovic defeated Gur Zamkir by Ippon and Antti Rintamaki by Waza-ari.

In women's 63 kilos, Jennie Bonsant of Quebec City took fifth spot. She lost her third place bout to Stam Esther of the Netherlands by Waza-ari and Koka. Bonsant opened with wins over Hari Samantha of Switzerland and Julia Hansson of Switzerland. She lost her semifinal bout to Hilde Drexler of Austria by Yuko. On Saturday, Kalem Kackur was ninth in men's 81 kilos winning two matches and losing two matches.

E) Coaching Tip:

White-Orange Belts:

This information is repeated but it is important that everyone reviews these simple concepts to ensure that the basic o-soto-gari is practiced following the basic principles:

Osoto-Gari Important Points:

- A) Basic Grip – sleeve and collar bone label grip or over hand grip
- B) Pull sleeve across the body and slight down to the belt with first step
- C) Support Leg has to come into line with partners leg
- D) Sweeping Leg sweeps forward and comes behind the partners need to reap the leg

Important: Sweep – back on the knee of the thrower comes into contact with the back of the knee of the uki. This will ensure that position of the leg is in the correct place when throwing

Important: Uchi-komi – just practice the sweep forward do not worry about reaping the leg until it is time to throw

<http://www.judoinfo.com/images/video/higashi/o-soto-gari.mov>

Mike Swain, 1987 World Champion: Uchi-Mata

<http://www.youtube.com/watch?v=uFITzD-BPA8>

F) Sport Science Update:

Nutrition Check:

<http://www.smscs.ca/>

G) Judo Practice ideas:

Uchi-komi: Relay Races

Teams of 4 or 5 people: Line them up in a straight line: 1,2,3,4,5

The first person in line does 10 speed uchi-komi and sprints the length of the dojo and tags the next person in line on their return to start their 10 speed uchi-komi. Each person has to do a total of 40 uchi-komi each until the relay is finished.

*Important: you have to be critical about how the uchi-komi is performed. The athletes should not be sacrificing technique to win the race.

H) Judo Fun/Interest:

Mr. Bean Judo Practice

<http://www.judovision.org/?p=1734>

Olympic Gold Medallist to Join MMA

<http://mma.fanhouse.com/2008/10/28/olympic-judo-gold-medalist-satoshi-ishii-to-make-mma-debut-on-ne/>

I) Judo Legends

Yashiro Yamashita, 1984 Olympic Champion (small documentary)

<http://www.judovision.org/?p=112>