

Judo Saskatchewan Weekly Updates

Date: November 10, 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:

Matsev, RUS vs Carabetta, FRA <http://www.judovision.org/?p=2100>

* Powerful grip fighting – with good ne-waza transition

Harel, FRA vs Perisic, SER <http://www.judovision.org/?p=1284>

Van Tichelt, BEL vs Uematsu, ESP <http://www.judovision.org/?p=1290>

Gravenstijn, NED vs Pitman, GBR <http://www.judovision.org/?p=1297>

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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Canada Winter Games Competition:

Inner City Judo Competition, February 14, 2008, Winnipeg, Manitoba. Please see the attached document regarding the participation and registration to this event.

Hatashita Open Judo Saskatchewan Team:

44kg	Under 17 Years Cadet Woman	Alex Poliakiwiski, Lloydminster
57kg	Under 17 Years Cadet Woman	Emily Schaan, Watrous
63kg	Under 17 Years Cadet Woman	Nicola Schaan, Watrous
63kg	Under 17 Years Cadet Woman	Nicole Dyck, Watrous
81kg	Under 17 Years Cadet Men	Alex Delorme
48kg	Under 20 Years Junior Woman	Jordan Poliakiwiski, Lloydminster
78kg	Under 20 Years Junior Woman	Ashely McBride, Prince Albert
55kg	Under 20 Years Junior Men	Warren Sieb
60kg	Under 20 Years Junior Men	Andrew Yuen, Regina
66kg	Under 20 Years Junior Men	Kendal McArthur, Watrous
90kg	Under 20 Years Junior Men	Jesse Caron, Regina
81kg	Senior Men	Ian MacDonald, Lloydminster

Kata Seminar and Grading Update:

- Black Belt grading on **December 6, 2008** in Saskatoon at the YMCA. Start time will be at 10:00 am until finished.
- There will also be a Kata Clinic on **November 22, 2008** at the Saskatoon YMCA from 10:00 am to 12:00 noon and from 1:30 pm to approx. 4 - 4:30 pm. All grading paperwork will be required to be submitted by this date.

Nage-No-Kata:

<http://www.youtube.com/watch?v=3wsQE6K3a6s>

Long Term Development Model Generic (Sport Canada):

<http://www.ltad.ca/content/home.asp>

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:

Finnish Open Results:

1 st 60kg	Sergio Pessoa Jr.
1 st 73kg	Nicholas Tritton
1 st 81kg	Kalem Kachur (former Regina YMCA/Judo Sask. member)
2 nd 63kg	Emilie-Claude Leroux
3 rd 48kg	Marie-Pier Grauveau
3 rd 63kg	Jennie Bonsant
3 rd 66kg	Jean-Philippe Gagnon
3 rd +100kg	Andrew Goulet

Kalem Kachur wins gold for Canada

Montreal, November 9, 2008 – Kalem Kachur of Regina won gold in men's 81 kilos to highlight a quadruple medal performance for Canadian judokas on Sunday at the Finnish Open in Vaanta.

Kachur defeated Thomas Iburg in the final by Yuko after winning his previous three bouts by Ippon. "This is my first medal in Europe since 1999," said Kachur. "I'm short for words right now. I think I'm smarter and more tactical now when I compete. These have been the best two months of my competitive career."

"Kalem's victory is a surprise, but well deserving" said Pessoa. "He is rewarded for his hard work in training."

Émilie-Claude Leroux of Terrebonne, Que., posted Canada's second best result Sunday. She lost in the final to Johanna Ylinen to win the silver medal in women's 63 kilos. Leroux won her opening two bouts by Ippon. Jennie Bonsant of Quebec City took the bronze in the same category.

On Saturday, Sergio Cavallini Pessoa of Montreal and Nicholas Tritton of Perth, Ont., earned gold medals. In men's 60 kilos, Pessoa extended his international winning streak to five competitions in a row. He had a close call in the semifinal trailing with five seconds remaining in the bout. In men's 73 kilos, Tritton was nearly flawless winning his five bouts including four by Ippon.

Jean-Philippe Gagnon of Baie-Comeau, Que., also took the bronze in men's 66 kilos. He lost his first bout but came back through the repechage to win the third place match by Yuko over Antti Nintamaki of Finland. Olivier Aubin-Mercier of St-Bruno-de-Montarville was fifth in the same category. Andrew Goulet of Mont-St-Hilaire, Que., collected bronze in his international debut in men's over 100 kilos. In women's 48 kilos, Marie-Pier Gauvreau of Varennes

E) Coaching Tip:

White-Orange Belts:

Moral Code of Judo:

It is important that all athletes that enter judo understand that judo is both a sport and an education system. Judo has a moral code and through judo training a young athlete is to become a better person that is a benefit to his/her community. Remember to educate the athletes of the basic principles of judo and that the goal is to become proficient in judo and more important become a great person.

Moral Code of Judo:

Politeness	Respect
Courage	Modesty
Sincerity	Dedication
Honour	Friendship/Team Work

Mike Swain, 1987 World Champion: O-Goshi:

http://www.youtube.com/watch?v=2_TlejQ8zg

F) Sport Science Update:

Sport Nutrition: Body Image:

http://www.coach.ca/admin/pdf_admin/pdf/BodyImage_EN_08.pdf

Protein: Everyday Eating

http://www.coach.ca/eng/nutrition/everyday_eating/protein.cfm

G) Judo Practice ideas:

Triple Drill: (Grip Emphasis)

Note: Take 10 minutes to work on grip control of fighting before starting this drill.

- A) 30 sec. Speed Uchi-Komi
- B) 30 sec. Stripping or Controlling Grips
- C) 30 sec. Throwing

3 sets of this drill will help develop speed, grips and throwing needed for competition.

Important: Uki needs to take a strong grip and the tori then strips the grip and attacks with their best attack.

H) Judo Fun/Interest:

Judo Cartoon:

<http://www.judovision.org/?p=2221>

Olympic Gold Medallist Switches to MMA:

http://ca.news.yahoo.com/s/afp/081104/sports/judo_jpn_ishii_2

I) Judo Legends

Kenji Suzuki, 2004 Olympic Champion +100kg, 2005 World Champion -100kg

<http://www.judovision.org/?p=1519>

<http://www.judovision.org/?p=1517>

<http://www.judovision.org/?p=1500>

<http://www.judovision.org/?p=421>