

## Judo Saskatchewan Weekly Updates

**Date:** November 17, 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:

Hee-Lee, KOR vs Kevkishvilli <http://www.judovision.org/?p=808>  
Soyer, FRA vs Nomura, JPN <http://www.judovision.org/?p=125>  
Broom, NZL vs Fernadez, FRA <http://www.judovision.org/?p=127>  
Gasinov, RUS vs Unashkotlov, RUS <http://www.judovision.org/?p=1439>

### B) Judo Saskatchewan Updates

Judo Sask. Website: [www.judosask.ca](http://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.**

[lynn.schaan@sacl.org](mailto:lynn.schaan@sacl.org)

### 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 Results:

Judo Saskatchewan had a team of 14 athletes compete at the Hatashita Open on November 15-16, 2008 in Toronto, Ontario. The Hatashita Open is the second largest domestic judo competition in Canada with more than 600 hundred athletes from USA, Canada and parts of Europe.

Dilyaver Sheykhislyamov of Prince Albert had an outstanding day winning the senior men's 90kg weight division. Dilyaver dominated in all his matches and scored an ippon (equivalent to a knock out in boxing) with a shoulder throw in the final against Zachary Martshall from Ontario. Jordan Poliakiwiski continued her outstanding fall season picking up a silver medal and in the process beating the bronze medalist from the senior national championships in the semi-final. Emily Schaan made a breakthrough at this high level domestic competition winning her first three matches with ease but unfortunately losing the final to her opponent from Quebec.

### Saskatchewan Judo Team Full Results:

1 <sup>st</sup> Place	90kg Senior Dilyaver Sheykhislyamov, Prince Albert
2 <sup>nd</sup> Place	48kg Under 20 Jordan Poliakiwiski, Lloydminster
2 <sup>nd</sup> Place	57kg Under 17 Emily Schaan, Watrous
3 <sup>rd</sup> Place	63kg Under 17 Nicole Dyck, Watrous

3 <sup>rd</sup> Place	81kg Under 20 Emin Sheykhislyamov, Prince Albert
5 <sup>th</sup> Place	60kg Under 20 Andrew Yuen, Regina
5 <sup>th</sup> Place	90kg Under 20 Jesse Caron, Regina
5 <sup>th</sup> Place	63kg Under 17 Nicola Schaan, Watrous
7 <sup>th</sup> Place	66kg Under 20 Kendal McArthur, Watrous
DNP	63kg Under 20 Charmaine Keenatch, Prince Albert
DNP	44kg Under 17 Alex Poliakiwiski, Lloydminster
DNP	78kg Under 20 Ashely McBride, Prince Albert
DNP	55kg Under 20 Warren Sieb, Watrous
DNP	81kg Senior Ian MacDonald, Lloydminster

DNP – did not place

### **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>

### **Traditional Kodokan 40 Throws for Grading:**

<http://www.judoinfo.com/gokyo1.htm>

### **JUDO SASKATCHEWAN COMPETITIONS:**

Melfort Open – November 29, 2008

Technical Package: <http://www.judosask.ca/events/Melfortnotice.pdf>

Saskatchewan Open – January 24, 2009

Technical Package: <http://www.judosask.ca/events/SaskOpenNotice.pdf>

**Note:** It is important for Judo Clubs to support the provincial competitions in Saskatchewan.

**Important:** Through judo competition kids, athletes and coaches will discover what techniques are effective and what areas need to be improved. Judo competitions can help everyone to have a better idea of technical, tactical and physical development needed for judo.

### Judo Saskatchewan Tracksuits:

Please contact T.V. Taylor for more information:

[tvaylor@sasktel.net](mailto:tvaylor@sasktel.net)

**Cost: \$150.00**

### **Inventory**

	Top	Bottom
X Small	3	1
Small	6	5
med	3	2
Large	8	9
X Large	5	5
XX large	1	4
	26	26

**All members of Judo Saskatchewan are eligible to purchase a Judo Saskatchewan tracksuit. **Wear the Green and Yellow with PRIDE!****

### **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.jimmpedro.com/grippingglossary.php>

#### **Judo Saskatchewan Provincial Team Techniques:**

[youtube.com/judosask](http://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/ World Judo Update Update:**

#### **New IJF Rules 2009:**

Attached are changes and new rules for the 2009 season.

<http://www.eujudo.com/news.php?nid=116>

## **E) Coaching Tip:**

### **White-Orange Belts:**

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 of 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.youtube.com/watch?v=Ndz5-GzzYxc>

## **Long Term Development Model Generic (Sport Canada):**

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

### **Featured Technique: O-Guruma**

**Mike Swain, 1987 World Judo Champion**

<http://www.youtube.com/watch?v=xshW8OCg2FE>

## **F) Sport Science Update:**

### **Diet Action Plan:**

[http://www.coach.ca/eng/nutrition/everyday\\_eating/action\\_plan.cfm](http://www.coach.ca/eng/nutrition/everyday_eating/action_plan.cfm)

### **Losing Weight for Athletes:**

<http://www.coach.ca/eng/nutrition/documents/LoseWeightEng.pdf>

### **Military Push-up Work Out:**

<http://www.military.com/military-fitness/workouts/try-pushup-push-workout>

## **G) Judo Practice ideas:**

### **Randori:**

3 min tachi-waza randori + 3 min Ne-waza randori

Note: If you do not have much room you can have only 3-4 groups doing the tachni-waza rounds and then when it is time for ne-waza you have everyone in the group doing this round. This ensures that people are always active and no just sitting around during the randori session.

## **H) Judo Fun/Interest:**

**Do not try to take down a World Judo Champion**

<http://www.judovision.org/?p=1250>

**Jordan Poliakiwiski in the news:**

<http://www.vermilionstandard.com/ArticleDisplay.aspx?e=1293722>

## **I) Judo Technique of the week: Tia-O-toshi**

<http://www.alljudo.net/video-de-judo-120.html>

<http://www.alljudo.net/video-de-judo-312.html>

<http://www.alljudo.net/video-de-judo-276.html>

<http://www.alljudo.net/video-de-judo-367.html>

<http://www.alljudo.net/video-de-judo-641.html>

<http://www.alljudo.net/video-de-judo-666.html>