

Judo Saskatchewan Weekly Updates

Date: November 24, 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:

Waetcher, GER vs Dunning, GBR
D.Elmont, NED vs van Leimpd, NED
Huizinga, NED vs Meeuwssen, NED
Malzhan, GER vs de Grier, NED

<http://www.judovision.org/?p=2286>

<http://www.judovision.org/?p=2272>

<http://www.judovision.org/?p=2270>

<http://www.judovision.org/?p=2039>

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.

Note: All athletes from Judo Saskatchewan are invited to take part in the Inner City Judo Competition.

Judo Saskatchewan Grading Update:

- Black Belt grading on **December 6, 2008** in Saskatoon at the YMCA. Start time will be at 10:00 am until finished.

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>

Watrous Open – December 13, 2008

Technical Package: <http://www.judosask.ca/events/Watrousnotice.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.

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/World Canada Update:

Red Star Open, Belgrade, Serbia

2nd 66kg Jean-Philippe Gagnon

5th 60kg Serge Zamotine

E) Coaching Tip:

White-Orange Belts:

Learning from Competition: Winning and Losing

One of the jobs of a coach to help guide the athlete along the way of learning about the sport and about learning about their personal belief systems.

It is important for a coach to reinforce that winning is not everything; making the effort and trying to win is the main goal. The coach should try to develop their athletes to have long term success and not only focus on the end product, focusing on performance will help the athletes stay in the sport and improve.

It is important that following a competition to make sure that the athletes understand that the athlete that wins the gold medal and the person that finish last are at the same position at the next practice. Both athletes have to train hard and try to improve on and off the mat to have future success; if the gold medalist stops trying to improve they will be caught by athletes who are trying to improve.

Remember that every single Olympic or World Champion have lost matches in their career; accepting the defeat and learning from it will help the athletes reach their goals. To be a champion athletes have to learn from winning and losing and know that without training to sort their goals it will be very difficult to improve.

Long Term Development Model Generic (Sport Canada):

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

Featured Technique: Uchi-Mata

Kosei Inoue, 2004 Olympic Judo Champion

<http://www.judovision.org/?p=1909>

F) Sport Science Update:

Parents Nutritional Checklist:

<http://www.coach.ca/eng/nutrition/checklist/parents.cfm>

This is a great tool to help parents with getting information on the athletes diet. Fill in the questionnaire and it will provide information on areas of concern.

G) Judo Practice ideas:

45 second Competition Randori Simulation:

Length of the randori: 5 minutes

Example of a 5 minute Round:

45 seconds randori / 15 seconds rest x 5 sets = 5 min

Concept: With this type of randori you are trying to simulate a competition match when there are several stops in the action. During the matte the athlete should focus on making an adjustment to what has been going on in the round. The athletes should be able to keep a good intensity during the round because of the rest periods.

H) Judo Fun/Interest:

<http://www.judoinfo.com/images/cartoon/getpics.php?id=1>

<http://www.judoinfo.com/images/cartoon/getpics.php?id=80>

<http://www.judoinfo.com/images/cartoon/getpics.php?id=59>

I) Judo Technique of the week: sumi-gaeshi

<http://www.alljudo.net/video-de-judo-176.html>

<http://www.alljudo.net/video-de-judo-76.html>

<http://www.alljudo.net/video-de-judo-592.html>

<http://www.alljudo.net/video-de-judo-526.html>

<http://www.alljudo.net/video-de-judo-499.html>