

## Judo Saskatchewan Weekly Updates

**Date:** December 01, 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:

|                                |   |
|--------------------------------|---|
| Muller, LUX vs Hofstad, NOR    | <a href="http://www.judovision.org/?p=2317">http://www.judovision.org/?p=2317</a> |
| Legrand, FRA vs Kamer, NED     | <a href="http://www.judovision.org/?p=2301">http://www.judovision.org/?p=2301</a> |
| Legrand, FRA vs Krizan, SRB    | <a href="http://www.judovision.org/?p=2296">http://www.judovision.org/?p=2296</a> |
| Legrand, FRA vs Gorjanacz, HUN | <a href="http://www.judovision.org/?p=2299">http://www.judovision.org/?p=2299</a> |

Ugo Legrand is 2008 World Junior Champion 66kg – note the quality of his grips, ashi-wazai, tempo and variety of power attacks

### 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.

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:**

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](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/World Canada Update:**

#### **China Open:**

2<sup>nd</sup> 78kg Catherine Roberge

3<sup>rd</sup> 78kg Amy Cotton

#### **IJF Rule Changes: January 01, 2009**

[http://www.intjudo.eu/?Menu=News&Action=Full&type\\_id=1&id=158&lang\\_id=2&mid=4](http://www.intjudo.eu/?Menu=News&Action=Full&type_id=1&id=158&lang_id=2&mid=4)

## E) Coaching Tip:

### White-Orange Belts:

Teach in Twos:

One way for a young judo player to learn the principle of action reaction is to teach two standing throwing techniques at the same time that exemplify the action principle. The two techniques have to have a similar start position and have the same starting grip. It is important to teach all of the principles of the first technique before introducing the second technique. Teach the second technique as you have taught the first technique outlining all the principles need for the execution of the technique. Finish with teaching how the two techniques can work together as action reaction – the first technique is the major action and then teach how by changing to the second technique you can use your partners reaction to the first technique against them.

### **Examples:**

|                                  |   |                             |
|----------------------------------|---|-----------------------------|
| Ippon Seio-nage                  | > | Ko-uchi-maki-komi           |
| Hari-Goshi                       | > | O-uchi-gari                 |
| Uchi-mata                        | > | Tani-otoshi or Ko-soto-gari |
| Tia-O-toshi or Morotoe-Seio-nage | > | Ko-uchi-gari                |
| Ko-uchi or Push-Pull             | > | Seio-nage                   |

**Example:** <http://www.alljudo.net/ippon-seoi-nage.html>

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

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

**Featured Technique/teaching: Okano, 1964 Olympic Champion: Ashi-waza**

### **De-Ashi-Hari-Drills**

[http://ca.youtube.com/watch?v=K9A0Q\\_SjOjY&feature=related](http://ca.youtube.com/watch?v=K9A0Q_SjOjY&feature=related)

<http://ca.youtube.com/watch?v=SexxqU51jGk&feature=related>

### **Ni-Dan Ko-soto-gari:**

<http://ca.youtube.com/watch?v=Cgz7TuVhct0>

## F) Sport Science Update:

### **Judo Saskatchewan Weight Training Follow-Up:**

I would like to start to with thanking everyone who participated in the event and a thank you to all the parents and coaches who participated in the program.

### **Program Set-up for the different age groups:**

|                   |                                       |
|-------------------|---------------------------------------|
| Age Group U15:    | 2 x weight training a week            |
| Age Group U 17:   | 2 x weight training a week + 1 cardio |
| Age Group U20:    | 2-3 weight training a week + 2 cardio |
| Age Group Senior: | 3 weight training a week + 2-3 cardio |

Athletes that have coaches who develop their program for them please have the coach review the material given and he/she will develop your program for you.

I would thank Bruce Craven for helping Judo Saskatchewan and he will be at the **2009 Winter Camp** in Watrous to help everyone progress to the next part of the program. PLEASE REMEMBER TO DO YOUR HOME WORK FOR THE WEIGHT TRAINING. (look at your DVD's for Help!)

### **Weight Training Equipment:**

Here is some links for Canadian Tire if you need to purchase any weight training equipment:

*Skipping Rope:*

[http://www.canadiantire.ca/search/search\\_results.jsp](http://www.canadiantire.ca/search/search_results.jsp)

*Rubber Bands:*

[http://www.canadiantire.ca/search/search\\_results.jsp](http://www.canadiantire.ca/search/search_results.jsp)

*Exercise Ball:*

[http://www.canadiantire.ca/search/search\\_results.jsp](http://www.canadiantire.ca/search/search_results.jsp)

*Dumbbells:*

[http://www.canadiantire.ca/search/search\\_failure.jsp](http://www.canadiantire.ca/search/search_failure.jsp)

Note: I use to have a small home gym at my parents home that had equipment because it was easier to sometimes to do the weight training at home because of time constraints. In my life time I watched a lot of Winnipeg Jets games while doing my weight training. Remember what Mr. Craven said "you can become one of the strongest people in the world in your backyard"

Note: you should record all the information in a note book so it can be reviewed by the coaches at winter camp or by your personal coaches.

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

#### **Go and Throw Randori:**

This is a simple randori that will incorporate throwing and into the randori.

2 or 3 or 4 minute tachi-waza > before the actual randori starts the athletes have to throw each other 3 times each. The throws should be alternating and the athletes need to bounce up after being thrown. It has to be crisp throws and with tempo.

You can also do this type of randori with newaza: 3 throws each and then follow with 2 or 3 minute round of ne-waza.

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

### **Judo Cartoon:**

<http://www.youtube.com/watch?v=3dE98Z21bxw>

### **Japanese Games Show:**

[http://www.youtube.com/watch?v=P9\\_J04cVEeQ](http://www.youtube.com/watch?v=P9_J04cVEeQ)

## **I) Judo Technique of the week: De-ashi-bari**

<http://www.alljudo.net/video-de-judo-42.html>

<http://www.alljudo.net/video-de-judo-318.html>

<http://www.alljudo.net/video-de-judo-491.html>

<http://www.alljudo.net/video-de-judo-316.html>

<http://www.alljudo.net/video-de-judo-547.html>