

Judo Saskatchewan Weekly Updates

Date: December 08, 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:

Great Tia-O-toshi <http://www.judovision.org/?p=2335>

Great Ne-waza <http://www.judovision.org/?p=2331>

Great Ashi-waza <http://www.judovision.org/?p=1807>

Great O-soto-gari <http://www.judovision.org/?p=115>

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

**Winter Camp: Please remember to send in your Winter Camp Entry.
Deadline for Winter Camp is December 15, 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.

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>

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:

Korea Cup Results:

2 nd	100kg	Scott Edward
3 rd	78kg	Catherine Roberge
5 th	57kg	Joliane Melancon

Men's Draws: <http://www.alljudo.net/pdf/2008-korea-M.pdf>

Women's Draws: <http://www.alljudo.net/pdf/2008-korea-F.pdf>

Montreal, December 6, 2008 (Sportcom) – Scott Edward of Calgary and Catherine Roberge of Beauport, Que., each won medal this weekend at the Korean Cup judo competition held in Seoul.

On Saturday, Roberge lost a controversial semifinal match in women's 78 kilos to Gyeong M Jeong of Korea in a tight battle. 'She threw me for a Yuko but the officials scored her a Waza-Ari then I scored what I thought was an Ippon and I was given a Waza-Ari,' said a disappointed Roberge. 'I felt I was battling more than one opponent.' In the bronze medal bout, Roberge easily defeated Fenhong Zhang of China by Ippon. She opened the tournament with an Ippon victory over Korea's Hyun-Joo Cho. 'They weren't difficult bouts,' Roberge said. 'In the first bout the Korean gave me some trouble early on. I was a bit surprised and it took me 30 seconds to react.'

On Friday in men's 100 kilos, Scott Edward opened his tournament defeating Alejand Carrera of Spain by Ippon in extra time. He reached the final with an Ippon victory over Geun-Lee Seung of

Korea. In the final, he faced crowd favorite Cheon Choi of Korea. Choi scored an Ippon in the last minute to win a close bout and earn the gold. "It was a small field but the level was very strong," said Edward. "It was a great opportunity to compete against the Asians. It's a good preparation for next week's World Cup (in Tokyo)."

Dilyaver Sheykhislyamov from Prince Albert self funded himself to this event and finished 0W-2L. This is a high quality international event and is very good experience for him and his judo development. Dilyaver is staying in Asia for the next 2 weeks doing training camps in Korea and Japan.

GBR Judo Article: Changes needed for British Judo

<http://www.britishjudo.org.uk/home/patrickroux1.php>

IJF Rule Changes: January 01, 2009

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 ashi-waza:

Ashi-waza is one of the lost aspects in competitive judo today. It is important to teach kids their ashi-waza as a separate throwing technique but to also teach ashi-waza to help set or work in combination with their major throwing technique.

It is important that an athlete understands that ashi-waza can be a valuable tool to set up your major attacks, help control the tempo of a match and as a defensive tool which keeps your opponent off balance. When an athlete is in a hard gripping match it is important that they use ashi-waza to help deal with the pressure. Many times if a hard gripping match your opponent is thinking about their hands but not paying attention to their feet so this is a good opportunity to attack with ashi-waza. If your opponent is always off balance or picking up their feet they will not be able to fight hard for the grip because they are never set into a good position or pattern.

Note: When I use to do randori with Mike Swain (1987 World Champion) I was always picking up my feet and off balance. By the middle of the randori I was so out of balanced and could not set my grip, many times I just I wanted him to throw me so I could think and get a rest. Having great ashi-waza is a bonus to any athlete in todays judo!

Featured Technique/teaching: O-uchi-gari:

Jimmy Pedro 1999 World Champion

<http://www.youtube.com/watch?v=tC5DurCFJg4>

F) Sport Science Update:

Periodization of a training year:

<http://www.sirc.ca/newsletters/mid-nov08/index.html#c>

G) Judo Practice ideas:

Golden Score Randori:

You need to have a group of 20 people. Put 5 people out on the line and then have 5 challengers come out to randori them. Who ever score first will win the match and stay on the line. The goal is to stay on the line as long as possible – this builds endurance and the fighting spirit needed for competition judo. It also forces the athletes to open up and try to score which is very important!

Remember: The lowest score starting 2009 is yuko – it has to be a good score. It is important that both athletes put the intensity into the match and are trying to score.

H) Judo Fun/Interest:

Judo Cartoon:

<http://www.youtube.com/watch?v=PP03EzjIGtQ>

I) Judo Technique of the week: O-uchi-gari

<http://www.alljudo.net/video-de-judo-348.html>

<http://www.alljudo.net/video-de-judo-85.html>

<http://www.alljudo.net/video-de-judo-368.html>

<http://www.alljudo.net/video-de-judo-118.html>

<http://www.alljudo.net/video-de-judo-364.html>