

## Judo Saskatchewan Weekly Updates

**Date:** December 15, 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.

**HAPPY HOLIDAYS TO EVERYONE IN JUDO SASKATCHEWAN**

*The weekly updates will be back in mid-January 2009*

### A) Judo Video Clips:

Great Transition: <http://www.judovision.org/?p=2079>

Great Sumi: <http://www.judovision.org/?p=2352>

Note: Leg grab in this match would be a penalty starting 2009

Koga Highlights: <http://www.judovision.org/?p=1251>

Beijing Highlights: <http://www.judovision.org/?p=2730>

### 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.**

**LAST CHANCE: Deadline for Winter Camp is**

**TODAY December 15, 2008.**

**Please contact Lynn Schann for Details.**

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**THERE IS 64 PEOPLE ALREADY SIGNED UP – DO NOT MISS OUT ON THE FUN AND TRAINING!**

### **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:**

### **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:**

#### **Kano Cup Results:**

5<sup>th</sup> 78kg Amy Cotton

Montreal, December 14, 2008 (Sportcom) – Amy Cotton of Judique, N.S., was the top Canadian at the prestigious Kano Cup judo tournament held this weekend in Tokyo placing fifth in women's 78 kilos. Cotton reached her goal for a top-five finish losing a controversial third place match to Jie Zhang of China on Friday.

"It's frustrating because the officials called an Ippon when I was the one who made the movement," she said. "Yes I fell on my back but not completely. My opponent didn't do anything and was awarded the Ippon." "Still I'm pleased with my result. The Kano Cup is a prestigious

event and with the implementation of new rules it's harder to earn a ranking. Now when you lose in the first round it's over. There are no repechages until the quarterfinals. I was fifth and that's what I wanted. I'm happy." After a first round bye, Cotton opened with a victory over Ogata of Japan. In her next bout she lost to Olympic champion Xiuli Yang of China in overtime. Yang went on to win the gold. Cotton earned her second win over Gabi Hofmann of Germany with a stand-up throw in overtime.

On Friday, Michal Popiel of Montreal won his first bout in men's 66 kilos then fell to eventual bronze medallist Tomasz Kowalski of Poland, the under-23 European champion. In the same category, Sasha Mehmedovic of Montreal was beaten by the other bronze medallist Masahi Ebinuma of Japan, third at the world juniors. Frazer Will of Star City, Sask., was eliminated by Olympic bronze medallist Rishod Sobirov of Uzbekistan. Marylise Lévesque of Longueuil, Que., fell to Sayaka Anai of Japan. Joliane Melançon of Blainville, Que., also wasn't ranked.

On Saturday, Alexandre Émond of Varennes, Que., and Nicholas Tritton of Perth, Ont., were eliminated in the first round in men's 90 kilos and 73 kilos respectively. Émond lost to eventual silver medallist Kyu Won Lee of South Korea while Tritton fell to Mario Schendel of Germany,

"It wasn't a super day for the Canadians," said national team coach Nicolas Gill. "Both had good starts to their bouts. Alex and Nick were both caught off guard in the second minute and last minute respectively. Both bouts were tied at that point."

On Sunday, Bianca Ockedahl of Montreal was eliminated in the first round in women's 48 kilos losing in overtime to Kinga Kubicka of Poland. Scott Edward of Calgary lost in the first round in men's 100 kilos to Oredis Despaigne of Cuba, ranked third in the world in 2007.

Dilyaver Sheykhislyamov from Prince Albert was funded by the Prince Albert Judo Club to this event and finished 1W-1L. The Kano Cup is a one of the highest levels of international events after the World Championships and Olympics, it was a very good experience for him and his international judo development. Dilyaver is staying in Japan for the next week participating in the international training camp..

## **E) Coaching Tip:**

### **Judo Coach: The guild to teaching judo**

<http://www.judocoach.com/book/index.htm>

This is a 77 page document with a lot of good games and ideas for judo clubs. It is very simple to read and does not take long to scan through and pick up a few ideas.

### **Junior Judo Hungary Junior National Coach:**

<http://ca.youtube.com/watch?v=6JMCfzkEly4&feature=related>

## Featured Technique/teaching:

### Koga Seionage:

<http://ca.youtube.com/watch?v=7JnYa3aFRXg&feature=related>

### Koga Uranage:

<http://ca.youtube.com/watch?v=h7FH9jJAqA8&feature=related>

## F) Sport Science Update:

### *Holiday Diet Tips:*

<http://astrology.yahoo.com/channel/health/holiday-diet-strategies-316313/>

[http://www.mothersmarket.com/common/news/news\\_results.asp?task=Features&id=11317&storeID=EMAF4UHXAMV58MQM1LG58N4W74AAFP7A](http://www.mothersmarket.com/common/news/news_results.asp?task=Features&id=11317&storeID=EMAF4UHXAMV58MQM1LG58N4W74AAFP7A)

**Note:** Stay active is one of the keys during the holidays. Do your cardio work and weight training

**Personal Note:** When I was an athlete I returned to Winnipeg for every Christmas and I understood that I would be eating and resting more than normal. I made sure to workout 1 hour a day 6 days a week to ensure it would not affect my weight and fitness. I ran on every Christmas morning for 8 years so I could enjoy my meals during the day, it was not fun but it needed to be done because my goals were important to me – this is not for everyone but it is important to stay focused on your judo goals during the holidays. (Have fun and enjoy your time with your family!)

## G) Judo Practice ideas:

Remember that December is a time for grading, fitness, adding new techniques and fun on the mat. Have a great HOLIDAY SEASON!

## H) Judo Fun/Interest:

### Jimmy Pedro Video Clip: “Fury on the Mat”

<http://www.youtube.com/watch?v=2A-8DyzHZOQ>

**Note:** *Very important messages in this 5 minute video clip*

### I) Judo Technique of the week: Uchi-mata

<http://www.alljudo.net/video-de-judo-645.html>

<http://www.alljudo.net/video-de-judo-359.html>

<http://www.alljudo.net/video-de-judo-173.html>

<http://www.alljudo.net/video-de-judo-306.html>

<http://www.alljudo.net/video-de-judo-493.html>

<http://www.alljudo.net/video-de-judo-604.html>

<http://www.alljudo.net/video-de-judo-269.html>

### *Christmas Home Work!*

*These links are to videos of the 2008 Kano Cup where they used the new rules for boundary, leg grabs, no koka and other new rules. It would be a good idea to look at some of the video to become familiar on how the matches are refereed how the athletes attack on the boundary and still are able to do leg grabs without grabbing the judogi. Each video is between 2 and 4 minutes in length.*

Day 1 <http://www.tv-tokyo.co.jp/judo2008/movie1.html>

Day 2 <http://www.tv-tokyo.co.jp/judo2008/movie2.html>

Day 3 <http://www.tv-tokyo.co.jp/judo2008/movie3.html>

### **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)

### *Athletes Christmas Home Work!*

*Do your weights and cardio during the holiday break!*