

Judo Saskatchewan Weekly Updates

Date: January 12, 2009

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 NEW YEAR TO EVERYONE IN JUDO SASKATCHEWAN

All the best in the New Year and may all of your judo goals come true!

A) Judo Video Clips:

Juj-ji-Gatame: <http://www.judovision.org/?p=2772>

Drop Kata-Guruma: <http://www.judovision.org/?p=2747>

Sasha Mehmedovic (CAN) <http://www.judovision.org/?p=2373>

Delgado: <http://www.judovision.org/?p=2366>

Nicolas Gill (19 years old) Bronze Medal Match 1992 Olympics:

<http://www.judovision.org/?p=3013>

Please Note: He uses good tactics, pace and different gripping ideas to keep his opponent off balanced during the match. It is important to note that Nicolas went to take control of the match and the pace of the match.

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

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. Please contact T.V. Taylor if you are interested:

tvaylor@sasktel.net

JUDO SASKATCHEWAN COMPETITIONS:

Saskatchewan Open – January 24, 2009

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

Swift Current Open – February 07, 2009

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

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:

IJF Rule Changes: January 01, 2009

http://www.intjudo.eu/?Menu=News&Action=Full&type_id=1&id=158&lang_id=2&mid=4

2008 World Open Championships:

<http://www.france24.com/en/20081221-teddy-riner-becomes-open-category-world-champion-judo-france>

Video of Teddy Riner of France World Open Champion:

<http://www.judovision.org/?p=2854>

E) Coaching Tip:

Notes from: Mark Huizinga Clinic – Montreal January 9-11, 2009

Mark Huizinga is one of the most renowned judo players in the world because of his well developed attacking plans, his approach to making a tactical plan, and his ne-waza attacks. He was the 2000 Olympic Judo Champions, 12 time medalist at the European Championships and holds the record of 17 straight medals in World Cups (2000-2007).

<http://www.youtube.com/watch?v=JodzWEIvOZ8>

I will have video and further information in the months to come from the clinic. It was one of the best judo clinics that I have attended but he wanted to make sure that everyone realizes that dynamic judo starts with learning the basics.

Basics:

- a) Focus on judo with 2 hands
- b) Build judo with classical judo throws and then add other smaller techniques
- c) Athletes need to know how to throw with big throws and then it is possible to add more advanced judo and tricks.
- d) Big body movements when doing uchi-komi and throwing > stretch you're the body. Distance between tori and uki is important when doing uchi-komi so the athlete can create power and have proper body position
- e) Develop front and back attacks that work together from a normal gripping situation to create action reaction
- f) Ne-waza is important to develop all the time and easier to improve than tachi-waza. It is important to develop when you are young and focus on every step of each technique.
- g) In new-waza it is always important to try to finish and attack your opponent; think about how you can catch your opponent even though you might be defending.
- h) Practice new techniques during training and randori. (basics first) It is important to work on new techniques in randori in efforts to develop the technique fully.
- i) Have fun and be creative when doing randori.

Quote about ucki-kom and throwing:

“ When throwing and doing uchi-komi you want to have big movements to create power. It is like having a sledge hammer when you are breaking down a wall, you need to take a big swing and use your whole body to knock down the wall. If you just take a small swing there is no chance to break the wall down”

Featured Technique/teaching: Sankaku-Jime:

<http://www.alljudo.net/sankaku-jime.html>

<http://www.youtube.com/watch?v=yiJzbcLO8rY>

<http://www.judovision.org/?p=2924>

F) Sport Science Update:

Goal Setting:

http://www.ehow.com/how_4669759_setting-skills-new-years-resolutions.html?ref=fuel&utm_source=yahoo&utm_medium=ssp&utm_campaign=yssp_art

<http://stress.about.com/od/programsandpractices/a/goalsvsresoluts.htm>

http://www.musicmarketing.com/2008/01/goal_setting_fo.html

GREAT STRENGTH AND CONDITIONING TRAINING BOOK FOR JUDO AND MMA: www.trainingforwarriors.com

G) Judo Practice ideas:

Back from the Holiday Circuits:

A good way to bring you club back from the holiday is a 10 minute fitness circuit at the start or at the end of the trainings. Pick 10 exercises and time 30 seconds at each station; the athletes will have to go through the stations 2 times to complete the circuit:

Example:

Station 1: Push-up; Station 2 Sit-up; Station 3 Shoulder Bridges; Station 4 Burpee; Station 5 Jumping Knees to the Chest; Station 6 Judo Push-up; Station 7 Sit-up with a twist; Station 8 Jumping Jack; Station 9 Jump Squats; Station 10 AB Bridge (you will have to write on a paper and tape each station on the wall)

H) Judo Fun/Interest:

Judo Games:

<http://www.kokakids.co.uk/html/NewDesign/nd-gamespage-jt4.htm>

<http://www.kokakids.co.uk/html/NewDesign/nd-gamespage-gycp5.htm>

<http://www.kokakids.co.uk/html/NewDesign/nd-gamespage-pas4.htm>

Bring the Inner City to the Mat: (GBR)

<http://www.independent.co.uk/sport/general/others/judo-sport-that-aims-to-save-kids-from-guns-and-knives-1224352.html>

I) Judo Technique of the week: Pick-ups:

<http://www.judovision.org/?p=2366>