

## Judo Saskatchewan Weekly Updates

**Date:** January 19, 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.

### A) Judo Video Clips:

Padar, EST vs Takai JPN: <http://www.judovision.org/?p=2857>

Muneta, JPN vs Wojanarowicz, POL : <http://www.judovision.org/?p=2794>

Eitel, POL vs Tolzer, GER <http://www.judovision.org/?p=2797>

- good maki-komi > tightness and control

Ippon of the week: <http://www.judovision.org/?p=3026>

Ippon of the week: <http://www.judovision.org/?p=2904>

### B) Judo Saskatchewan Updates

Judo Sask. Website: [www.judosask.ca](http://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](mailto:tvaylor@sasktel.net)

### JUDO SASKATCHEWAN COMPETITIONS:

#### **Saskatchewan Open – January 24, 2009**

Technical Package:

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

**Note:** If you do not have your registration into the Sask Open please send it to Mr. Darrell Brown: [drbrown@accesscomm.ca](mailto:drbrown@accesscomm.ca)

#### **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) Technical Corner (athletes and coaches)**

#### **Judo Sask Team:**

#### **Tachi Waza Basics 101:**

**Hip techniques:** [http://www.youtube.com/watch?v=t78EJq\\_C4nM](http://www.youtube.com/watch?v=t78EJq_C4nM)

Mr. Mike Swain is a former World Champion from the USA who is a very good teacher of the basics needed for high performance judo. Take time to review the video and think about how you execute or teach your judo techniques. Focus on key points: *pull; feet position; body position and speed.*

#### **Tachi Waza Basics 101:**

**Passing the Guard:** <http://www.youtube.com/watch?v=4HxtKQ1nIUk>

Mr. Katsuhiko Kashiwazaki is a former World Champion from Japan and is known as one of the top ne-waza players in the history of judo. The clips are in Japanese but are full of useful information.

**Please review this information two or three times a week. It is easy to learn new things and try them in practice and randori.**

### **D) Judo/World Canada Update:**

#### **NEW IJF RULE: No coaches on mat side:**

[http://www.intjudo.eu/pictures/news/173\\_1\\_1.pdf](http://www.intjudo.eu/pictures/news/173_1_1.pdf)

#### **NAMES on back of Judogi:**

[http://www.intjudo.eu/?Menu=News&Action=Full&type\\_id=1&id=174&lang\\_id=2&mid=4](http://www.intjudo.eu/?Menu=News&Action=Full&type_id=1&id=174&lang_id=2&mid=4)

### **E) Coaching Tip:**

#### **Judo Throws begin with the correct posture and grip:**

Make sure that the kids grasp the collar by the collar bone; this will ensure the execution of the throwing techniques easier. Many beginners hold the collar of the judogi too low and then have a difficult time executing throwing techniques because their placement of their hands is not in the correct position.

By having a grip at the collar bone the athletes will have a proper posture (straight and strong) and the collar bone grip will also help them during randori for controlling their opponent.

**Note: During the Winter Camp in Watrous there was a number of young judoka who are gripping very low on the collar. After the judoka have learnt the basic gripping position then it is possible to change grips but it is important to focus on the basics.**

#### **F) Sport Science Update:**

##### **Training Principles:**

<http://smscsq1x.sasktelwebhosting.com/services/exphys/trainingprinciple.pdf>

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

This is a good website for ideas on warm-ups, games and agility development for young judo athletes: <http://www.coachingjudo.com/>

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

<http://www.judoinfo.com/images/cartoon/getpics.php?id=45>

<http://www.judoinfo.com/images/cartoon/getpics.php?id=47>

<http://www.judoinfo.com/images/cartoon/getpics.php?id=69>

#### **I) Judo Technique of the week: O-soto-gari**

<http://www.alljudo.net/video-de-judo-613.html>

<http://www.alljudo.net/video-de-judo-626.html>

<http://www.alljudo.net/video-de-judo-395.html>

<http://www.alljudo.net/video-de-judo-574.html>