

Judo Saskatchewan Weekly Updates

Date: January 26, 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:

Ippon of the Week: <http://www.youtube.com/watch?v=Dt5JsgmUtbE>
Ippon of the Week: <http://www.youtube.com/watch?v=s7Tua-nrkEk>
Ippon of the Week: <http://www.youtube.com/watch?v=Oe4c-GqoTFU>
Ippon of the Week: <http://www.youtube.com/watch?v=D1TUyLz3qac>
Ippon of the Week: <http://www.youtube.com/watch?v=OiqDVPUGaDE>

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

Canada Winter Games Competition: DEADLINE TODAY!
Inner City Judo Competition, February 14, 2008, Winnipeg, Manitoba.

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:

2009 SASK OPEN

Thank you for all of the clubs and athletes that participated in the competition and team training. I would like to thank competition organizers **Darrel Brown, Bev Yuen and the Regina YMCA Judo Club** for organizing a great competition!

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:

Sumi-gaeshi & Ura-nage : <http://www.youtube.com/watch?v=iQtTTNfDCh0>

Hip techniques: http://www.youtube.com/watch?v=t78EJg_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 your judo techniques. Focus on key points; pull; feet position; body position and speed.

Ne-Waza Basics 101:

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

Passing ½ Guard: http://www.youtube.com/watch?v=st622kos_bM

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 three to four times a week. It is easy to learn new things and try them in practice and randori.

D) Judo/World Canada Update:

2009 Senior World Championship Selection Criteria:

<http://www.judocanada.org/english/news.asp?CodeN=116>

2009 Junior World Championship Selection Criteria (U20):

<http://www.judocanada.org/english/news.asp?CodeN=115>

2009 Cadet World Judo Championships Selection Criteria (U17):

<http://www.judocanada.org/english/news.asp?CodeN=114>

World Cup Reports: Fifth-place finish for Catherine Roberge

Montreal, January 25, 2009 (Sportcom) – Catherine Roberge of Beauport, Que., was the top Canadian at a World Cup judo competition in Sofia, Bulgaria with a fifth place finish in women's 78 kilos. Ontario's Kelita Zupanic was seventh in women's 70 kilos.

Roberge opened with a victory by Ippon over Luise Malzahn of Germany but suffered the same fate in her next bout at the 2:35 mark in a loss to Natalia Kazantseva of Russia "It's unfortunate because it is a bout in which I was attacking," said Roberge. "I got caught in my own game. She ducked a throwing attempt and I wound up in the wrong position." In the repechage, Roberge scored an Ippon victory over Victoria Turks of Ukraine at the 3 :27 mark. In the bronze medal bout against Marhinde Verkerk of the Netherlands, Roberge was assessed two penalties and lost by Yuko. Both of Roberge's losses were to the two bronze medallists. "Even though I'm not in

peak physical shape, I should have been on the podium,” said Roberge. “I couldn’t get a proper hold on her and when I did she removed my hand. I fell in her trap and I shouldn’t have based on my experience.” In the same category, Marylise Lévesque of La Pocatière, Que., lost her opening bout to Tonomi Okamura of Japan who finished fifth. Hitomi Ikeda of Japan won the gold.

Zupanic also registered two wins in the tournament. She defeated Seyda Bayram of Turkey and Anne-Kathrin Lisewski of Germany, both by Ippon. Then she lost by Waza-Ari to Catherine Jacques of Belgium, the eventual silver medallist. In the repechage, Zupanic was eliminated by Rasa Sraka of Slovenia. Sraka went on to earn the bronze.

Coaches in the stands

Coaches are no longer allowed to sit at mat-side in international judo. They are now in the stands among the spectators. A potential problem when there are large crowds. “There are athletes who heavily rely on their coaches,” said Roberge. “It wasn’t an issue here but it’ll be interesting to see what happens in Paris with 15,000 spectators.”

No ranking on Saturday

Joliane Melançon and Bianca Ockedahl both posted a win and a loss in women’s 57 kilos and 48 kilos respectively. Melançon defeated Luize Pevadze of Georgia at the 3 :53 mark then lost to Hedvig Karakas of Hungary at 4 :48. Laurie Whiltshire lost her opening bout to Sophie Johnstone of Britain.

Coach Marie-Hélène Chisholm said the field was strong. “It’s a different circuit now,” she said. “A lot of things have changed. The Olympic selection process gets underway now three years before the Games instead of two. So athletes can already gain points towards Olympic selection. The fields are much stronger than usual in a post-Olympic year.”

Men’s World Cup in Tbilisi

Jean-Philippe Gagnon of Baie-Comeau, Que., lost by Yuko in his opening bout Saturday in men’s 73 kilos to Zaza Kedelashvili of Georgia, who went on to win silver. On Sunday, in 81 kilos, Antoine Valois-Fortier of Quebec City lost his opening bout to Levan Tsiklauri of Georgia, the eventual silver medallist by Ippon.

E) Sport Science Update:

Recovery following a Judo Session:

<http://www.judoinfo.com/recovery.htm>

F) Judo Practice ideas:

This is a good website for ideas on some of the basics for kids and adult judo:

http://www.expertvillage.com/video-series/1537_judo-kids.htm

You can provide this website to any of the kids, parents and adults who have started judo and need a little more information. It is very basic but can help with the development of a judo program or athlete.

G) Judo Fun/Interest:

Growing JUDO (USA Magazine)

http://www.judoinfo.com/pdf/USJA/GrowingJudo2008_12.pdf

Note: Good article on judo club development & with 1999 World Champion James Pedro

Olympic Champion ISHII and the UFC:

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

[Wf4Eoz_A&eurl=http://judoforum.com/index.php?showtopic=33463](http://www.judoforum.com/index.php?showtopic=33463)

H) Featured Match of the week:

YONDANIS ARENCIBIA (CUB) VS DANIEL GONZALEZ (AND)

<http://www.alljudo.net/video-de-judo-708.html>