

Judo Saskatchewan Weekly Updates

Date: February 02, 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=2iNubjHrbjo>

Ippon of the Week: <http://www.youtube.com/watch?v=rgf6iewQs6s>

Ippon of the Week: <http://www.youtube.com/watch?v=25NpjwxxdWM>

Ippon of the Week: <http://www.youtube.com/watch?v=ZVZ0yFYbRN4>

Ippon of the Week: <http://www.youtube.com/watch?v=pqMOJLyjtcQ>

Great Ne-waza Transition Competition Video: <http://superjudo.tv/category/youtube-judo/>

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

CONGRATULATIONS RALPH IBANEZ:

Nominees announced for Saskatchewan Sport Awards

Master Athlete-of-the-Year: Ralph Ibanez: At 60 years old, the Saskatoon YMCA athlete won the World Masters Judo Champions for the third time in his career in Brussels, Belgium.

Canada Winter Games Competition:

Edmonton International, March 21-22, Edmonton, Alberta

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

NEW RULES Information:

Toronto 2008: New IJF Rules Clinic: Joe Serianni

http://www.youtube.com/watch?v=znc9yDubmxE&feature=channel_page

http://www.youtube.com/watch?v=dZiYpzR4Uzg&feature=channel_page

Good Examples of side line rules:

http://www.youtube.com/watch?v=xCG_Fz4L5IE

<http://www.judovision.org/?p=3354>

JUDO SASKATCHEWAN COMPETITIONS:

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.

SPORTS FOR ALL PIZZA PARTY: SWIFT CURRENT COMPETITION

Swift Current is one of the tournaments that Sport for All planned a pizza party for athletes and families. It will be at the ***Houston Pizza*** banquet room and they will serve pizza, caesar salad and unlimited pop(?). ***White, yellow and orange belt athletes will be free*** and all others are \$5.00 a person.

Please contact Lynn Schaan to give approximate numbers on who will be able to attend this event! lynn.schaan@sacl.org

C) Technical Corner (athletes and coaches)

Judo Sask Team:

Tachi Waza Basics 101:

Uchi-mata /O-uchi/Ko-uchi: <http://www.youtube.com/watch?v=5CzLrzMBjFs>

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

Hip techniques: 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 your judo techniques. Focus on key points; pull; feet position; body position and speed.

Ne-waza Basics 101:

Basics of pinning: <http://www.youtube.com/watch?v=U4gHIYUgU2k>

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:

Arlon Ladies Open (Belgium) & Vise International Open (Belgium): Sergio Pessoa wins silver

Montreal, February 1, 2009 – Sergio Pessoa of Montreal won the silver medal in men's 60 kilos on Saturday at the Belgian League International Open in Visé. The 20-year-old won five bouts before losing the final to Hirofumi Yamamoto of Japan. In the semifinal, Pessoa defeated Issam Naour of France. "It was a very good final but I ran out of gas," said Pessoa, the gold medallist here two years ago. "My opponent fought well and he won by Ippon in the fourth minute. I'm satisfied but I really wanted that gold medal. A win would have been worth a berth at the world championships."

Last fall, Pessoa grabbed the spotlight winning four consecutive tournaments: the U.S., Open, Rendez-Vous Canada, the Swedish Open and the Finnish Open. But he suffered an arm injury last month. He feels the reduced training probably affected his stamina this weekend.

"The first three minutes were good and I made some solid attacks until I was thrown for a Waza-ari," said Pessoa who is coached by his father Sergio Sr. "I tried to comeback but I was thrown again for a Waza-ari which automatically ended the bout."

Also on Saturday, Guillaume Cavalli lost his opening two bouts and was not ranked.

On Sunday, Antoine Valois-Fortier was the top Canadian placing seventh in 81 kilos. He posted a 5-2 record. In 66 kilos, Jean-Philippe Gagnon, Joel Benoit and Pierre-Alexandre Laforest all lost their opening bouts and were eliminated.

No medals at the Belgium Open

At the Belgium Open women's tournament in Arlon, costly mistakes prevented a podium berth for Marylise Lévesque of La Pocatiere, Que., and Kelita Zupancic of Ontario.

In 78 kilos, Lévesque won her two round robin bouts to claim top spot in her group. She followed with a victory over Anna Von Berg of Germany then lost to Iris Lemmen of the Netherlands in the quarterfinal. "It's too bad because I was dominating the bout," said Lévesque. "But I made an average attack and was quickly pinned." Lévesque was pleased to post a 3-1 record for the day. "It's nice to win bouts," she said. "I felt strong and confident."

After winning her opening two bouts, Zupancic seemed overconfident and was upset by Gaelle Possamai of France. She beat Possamai twice last season. "She was expecting an easy bout and didn't focus properly," said Canadian coach Jean-Pierre Cantin. "The French woman learned her lessons and adjusted accordingly."

Cantin was impressed with Myriam Lamarche of New Brunswick who posted a 3-2 record. "She is still a junior and underwent reconstructive knee surgery last year. It was her first competition in a year. She sparkled here this weekend." Stéfanie Tremblay of Jonquiere and Ariane Bijould of Varennes competed in 75 kilos posting a 2-2 and 1-2 records respectively.

"There is no repechage so you have to win all your bouts to advance to the medal round," said Lévesque.

E) Sport Science Update:

Speed Games/Exercises:

<http://smscsglx.sasktelwebhosting.com/pdfs/LTAD/Learning%20to%20Play%20and%20Practice%20Resource%20Binder%20Speed.pdf>

F) Judo Practice ideas:

Judo Games:

http://books.google.ca/books?id=j6kGoZ30T-IC&dq=judo+games&printsec=frontcover&source=bl&ots=fFwctONrIm&sig=XptMliYXNL1DvGhJq4uguMXE0Yg&hl=en&sa=X&oi=book_result&resnum=10&ct=result#PPA1,M1

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G) Judo Fun/Interest:

<http://www.judoinfo.com/humor8.htm>

<http://www.judoinfo.com/humor10.htm>

H) Featured Match of the week:

Decosse (FRA) vs Won (PRK) <http://www.alljudo.net/video-de-judo-614.html>