

Judo Saskatchewan Weekly Updates

Date: February 09, 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=RBVVHzG4Sfw>
Ippon of the week: <http://www.youtube.com/watch?v=wZjajhdTqkg>
Ippon of the week: <http://www.youtube.com/watch?v=FatjdlBeeek>
Ippon of the week: <http://www.youtube.com/watch?v=mPQ8QYgEFxk>
Ippon of the week: <http://www.youtube.com/watch?v=AqP1btTWSs4>

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

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:
vtaylor@sasktel.net

DOJO INSTRUCTOR COURSE:

A Level II Technical (Dojo Instructor) course will be held in Saskatoon at the YMCA on the weekend of April 18, 2009. ***Please respond ASAP to Kate if you are interested in taking this course, as manuals will need to be purchased.*** When times and classrooms are confirmed, those who respond will be given an agenda.

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JUDO SASKATCHEWAN COMPETITIONS:

Vibank Competition

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

Moose Jaw Provincial Championships:

<http://www.judosask.ca/events/MJNotice.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:

Combinations: <http://www.youtube.com/watch?v=UsHKY1LCrCk>

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:

Ju-jigatame: <http://www.youtube.com/watch?v=i-eKT-9qxGA>

Basics of pinning: <http://www.youtube.com/watch?v=U4qHIYUgU2k>

Passing the Guard: <http://www.youtube.com/watch?v=4HxtKQ1nlUk>

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 Canada/ World Update:

2009 Paris Grand Slam Update:

<http://www.judocanada.org/english/news.asp?CodeN=124>

Kalem Kachur: Paris Grand Slam Update

I hope that you are all doing well. With February comes the start of tournaments for 2009. I never did send in my last instalment for the last tournament that I did in 2008 which was in Finland. Normally I am better at sending off emails when the results are good than when they are not as good, but this time proved the exception to the rule. The tournament in Finland was where I finally managed to achieve a goal that I have had for many years: a medal in Europe. I had four matches all of which I won. The first three matches were won in ne-waza (ground-work) and the final I won thanks to a yuko throw (o-ouchi) about halfway through the match. So that meant the I got to take home the gold medal! (and a box of chocolates!) It was a very nice feeling to finally get a gold medal at an international tournament!

With this world cup circuit also comes a few important changes to the rules including : no longer being allowed to grab the pants in standing (sort-of, the exact application of this rule is not yet apparent), no more coaches on the side of the mat (they have to be in the stands...at least for world cups and higher), no more kokas (the smallest point...the first penalty given now is only a warning), overtime is now only 3 minutes instead of 5, and the boundaries have changed in that as long as one person is still touching inside the fighting continues. They have also installed a new tournament classification system which includes (in ascending order of importance) World Cups, Grand Prix, and Grand Slams. There is also no repechage at the Grand Slams and Grand Prix tournaments but rather direct elimination. At the world cups only those who make it to the quarter finals will have a chance to come back and try for a bronze medal. It makes for an interesting adaptation period.

But on to the present. I am doing a fairly long tour here in Europe that is starting with the tournament here in Paris that took place over the weekend. I ended up being seeded 16th which meant that I had a bye in the first round. My first match was against a Swiss guy (Haldi) who recently moved up from -73 kg to 81 kg. He is very short and stocky. The match started quite well with me dominating the grips from the start. He got a shido fairly quickly for defensive posture (with this first shido being just a warning for him). The match continued and we both were in a relatively defensive position and both got a shidos for that which meant that I was now ahead by a yuko. I believe that it was around this point that I scored another yuko with a o-ouchi gari from the two-on-one grip (two hands on one side) – which by the way, was my tactic through the match. He got yet another shido for defensive posture as he really couldn't figure out what to do to counter my gripping strategy to put me up by waza-ari and yuko. Then with less than a minute left he got a fourth and final shido which gave the win to me.

My second match was looking to be a little more difficult as the opponent was a little bit stronger....seeing as he got a silver medal at the Olympics a few months ago (KIM from Korea). I prepared myself mentally and felt ready to fight when the match came around but once the match started I had some difficulties. It was my first match against an Olympic medalist but I do not think that was the problem. I just really wasn't sure how to fight this guy. He moved so much and fast and I was not able to grab a hold of his judo gi practically at all in the first couple of minutes during which time I got 1 shido. He also scored a yuko for an o-soto at about the one minute mark. With some yelling from the stands from my coach I started to try certain things a little more, but did not succeed in getting into advantageous positions and got another shido in approx the 3rd minute and then a third around the 4th minute. At this point I was going after him a fair bit more which was working a little better (very little), but I still was not getting any attacks in and wasn't able to get into very positive positions. Anyways with less than 10 seconds left I tried something

(as I was done 1 waza-ari and a yuko) to try to win the match which didn't work and was thrown for ippon to finish the match. So it really wasn't my best match ever, but I didn't make any big mistakes but was just not able get control. I ended up finishing in the top 16 which is worth something as I will explain.

The International Judo Federation has changed the Olympic selection process such that you have to be among the top 22 ranked athletes in the world in order to qualify to go to the Olympics (plus a few exceptions) which is a lot different than the former criteria. The point accumulation process actually starts now though and finishing in the top 16 is actually worth a few points toward London 2012, so I was nonetheless happy with that. I have 3 more tournaments left on this trip plus 3 training camps: training camp here in Paris starting today, then Budapest, Hungary for a World Cup and training camp, then Hamburg, Germany for a Grand Prix and training camp and then Warsaw, Poland for a World Cup. I am looking forward to the rest of the month here!

Judo Canada Employment Opportunities:

Head Therapist:

<http://www.judocanada.org/english/news.asp?CodeN=120>

Assistant National Coach: Women's National Team Program

<http://www.judocanada.org/english/news.asp?CodeN=121>

IMPORTANT: JUDO CANADA ONLINE SURVEY FOR JUDO CLUBS

This survey takes 5 minutes to complete and it is important for Judo Canada to have information on the Judo programs in Canada so they will be able to services its members better.

<http://www.judocanada.org/english/news.asp?CodeN=122>

E) Sport Science Update:

Endurance Training Ideas for kids: LTDM

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

Push-up Idea:

<http://www.jasoncbrown.tv/?p=150>

F) Judo Practice ideas:

Harry Heaton: Randori and Technical Drilling

This is a very simple way combining technical work with randori and a good use of time between matches. Do a four minute hard tachi-waza randori and then follow this with technique (tachi-waza or ne-waza) to recover from the randori and get ready for the next round. It is important that the athletes know the drills of techniques that need to be executed – no teaching involved just drilling techniques that they already know.

3 min randori followed with 2 minutes of technical drilling or throwing or uchi-komi and then a 1 minute water break.

G) Judo Fun/Interest:

Judo Jokes:

<http://www.judoinfo.com/humor6.htm>

International Judo Stars in Paris:

http://www.intjudo.eu/?Menu=News&Action=Full&type_id=1&id=178&lang_id=2&mid=4

Judo Legend Battles Cancer:

<http://www.thisishullandeastriding.co.uk/news/Judo-legend-returns-cancer-battle/article-672118-detail/article.html>

H) Featured Match of the week:

Vitaly Makarov (RUS) vs Yusuke Kanamuru (JPN)

<http://www.judovision.org/?p=61>