

## Judo Saskatchewan Weekly Updates

**Date:** February 15, 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:

2009 Paris <http://www.judovision.org/?p=3534>  
2009 Paris <http://www.judovision.org/?p=3526>  
2009 Paris <http://www.judovision.org/?p=3530>  
2009 Paris <http://www.youtube.com/watch?v=N1WBHEkle4s>

### B) Judo Saskatchewan Updates

Judo Sask. Website: [www.judosask.ca](http://www.judosask.ca)

#### [Inner City, Winnipeg, Manitoba](#)

Emily Schaan of Watrous lead the team winning the U17 63kg division beating former Juvenile national champion Manon Soulard of Manitoba 2 times in the competition and she also won the most outstanding cadet/junior athlete of the competition. Judo Saskatchewan had strong performances from Alex Delorme, Jesse Caron, Galen Morrison, Kenadee Thompson and Rebecca Hanson who all won gold medals in their respective weight classes.

The following athletes from Saskatchewan took part in this the event:

Jesse	Caron	Vibank/Regina	U20 90kg	1 <sup>st</sup>
Kevin	Dyck	Watrous	U17 66kg	DNP
Nicole	Dyck	Watrous	U17 63kg	3 <sup>rd</sup>
Emily	Schaan	Watrous	U17 63kg SR. 70kg	1 <sup>st</sup> U17 3 <sup>rd</sup> SR.
Warren	Seib	Watrous	U20 55kg	2 <sup>nd</sup>
Haley	Walz	Moose Jaw	U15 +63kg	2 <sup>nd</sup>
Brianna	Walz	Moose Jaw	U13 40kg	2 <sup>nd</sup>
Rebecca	Hanson	Moose Jaw	U15 44kg	1 <sup>st</sup>
Adam	Langdon	Moose Jaw	U15 55kg	3 <sup>rd</sup>
David	Love	Saskatoon YMCA	U17 +90kg	DNP
Galen	Morrison	Saskatoon YMCA	U17 73kg	1 <sup>st</sup>
Joseph	Schatz	Saskatoon YMCA	U15 +81kg	2 <sup>nd</sup>
Kenadee	Thompson	Regina	U15 52kg	1 <sup>st</sup>
Andrew	Yuen	Regina	U20 66kg	3 <sup>rd</sup>
Cole	Manz	Regina	U13 40kg	DNP
Bryce	Martindale	Regina	U15 60kg	2 <sup>nd</sup>
Jordan	Adams	Lloydminster	U17 +90kg	3 <sup>rd</sup>
Alex	Delorme	Lloydminster	U17 81kg	1 <sup>st</sup>
Ian	MacDonald	Lloydminster	SR. 90kg	2 <sup>nd</sup>

### [Pedro Challenge, Boston, USA](#)

The **Prince Albert Judo Club** attend this event and a training camp hosted by 1999 World Judo Champion Jimmy Pedro.

1 <sup>st</sup> 90kg Senior	Dilyaver Sheykhislyamov, Prince Albert
1 <sup>st</sup> 70kg Junior	Charmaine Keenatch
2 <sup>nd</sup> +78kg Senior	Ashley McBride
3 <sup>rd</sup> 70kg Senior	Charmaine Keenatch
3 <sup>rd</sup> 90kg Senior	Emin Sheykhislyamov, Prince Albert
3 <sup>rd</sup> +78kg Senior	Deborah McKay

### **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](mailto:vtaylor@sasktel.net)

### **DOJO INSTRUCTOR COURSE: April 18, 2009**

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.

Kate Schneider: [judomom.kate@sasktel.net](mailto:judomom.kate@sasktel.net)

NCCP Chair, Judo Saskatchewan

Box 271, Vibank, Sask , S0G 4Y0

### **JUDO SASKATCHEWAN COMPETITIONS:**

#### **Vibank Competition: February 21, 2009**

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

#### **Moose Jaw Provincial Championships: March 07, 2009**

<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:

Tai-otoshi/Seio-nage

<http://www.youtube.com/watch?v=ziwTHX1PcNY>

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](http://www.youtube.com/watch?v=t78EJq_C4nM)

#### Ne- waza Basics 101:

Pinning Techniques

<http://www.youtube.com/watch?v=Ohley6bLD7o>

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.

**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 Austira World Cup:**

**78kg Amy Cotton 3<sup>rd</sup> Place**

### **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:

**Judo Fitness Test:**

<http://www.archive.org/details/LanceWicksSpecialJudoFitnessTest>

# Lose Weight by Doing Judo

## Weight Loss Benefits of Doing Judo

Judo is a moderate way to burn excess calories and reduce weight. In terms of energy expenditure, about 15 minutes of judo burns about 75 calories. Over 12 months, this daily judo workout uses up total of 27,375 calories per year: the equivalent of 7.8 pounds of body fat.

## Judo: Exercise and Health Benefits

A judo workout doesn't just help you to burn calories, it also helps you improve body fat percentage, develop lean body mass and strengthens joints.

## F) Judo Practice ideas:

### Interesting Judo Drills: For Kids

<http://www.youtube.com/watch?v=MrWE58qe2QA>

## G) Judo Fun/Interest:

### 2000 Olympic Champion K. Inoue in London:

<http://www.thisisbath.co.uk/teambath/Bath-base-judo-star/article-671972-detail/article.html>

### World and Olympic Medallist Instructing Judo at Burnaby Judo Club:

<http://www2.canada.com/burnabynow/news/sports/story.html?id=5ced2559-40c2-4a02-a24a-25ab4b0a02e5>

## H) Featured Match of the week:

Takamatsu (JPN) vs Lee (JPN)

<http://www.alljudo.net/video-de-judo-62.html>