

Judo Saskatchewan Weekly Updates

Date: February 22, 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:

Paris 2009 Competition Highlight Reel : BIG IPPONS

<http://www.judovision.org/?p=3571>

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

Pacific International 2009

Judo Saskatchewan had a good performance winning 5 medals at the Pacific International in Vancouver, B.C.. Leading the team was Marc Beausoliel from Lloydminster winning a silver medal in the 66kg division. Marc returned to judo competition this season following a three year lay off and has been improving every competition, this weekend he had a very dynamic performance. Alex Delorme had a solid performance winning a gold medal in the Senior men 81kg intermediate weight division with explosive pick ups and dynamic judo.

Senior Advance Women

2 nd	70kg	Charmaine Keenatch	Prince Albert
DNP	70kg	Bishop Sommerfeld	Regina
DNP	78kg	Ashely McBride	Prince Albert

Senior Advance Men

2 nd	66kg	Marc Beausoliel	Lloydminster
3 rd	90kg	Dilayver Sheykhislyamov	Prince Albert
5 th	81kg	Ian McDonald	Lloydminster
5 th	90kg	Emin Sheykhislyamov	Prince Albert
7 th	66kg	Andrew Yuen	Regina
DNP	66kg	Kendal McArthur	Watrous

Senior Intermediate Men

1 st	81kg	Alex Delorme	Lloydminster
3 rd	90kg	Jesse Caron	Vibank / Regina

Canada Winter Games Competition:

Edmonton International, March 21-22, Edmonton, Alberta

Note: All athletes from Judo Saskatchewan are invited to take part in the Edmonton International. Please contact Ewan Beaton if you are interested:

beaton_judocan@yahoo.ca

Deadline: February 24, 2009

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
NCCP Chair, Judo Saskatchewan
Box 271, Vibank, Sask , S0G 4Y0

JUDO SASKATCHEWAN COMPETITIONS:

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:

Ashi-waza/O-soto

<http://www.youtube.com/watch?v=HIOf2T1j3KQ>

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

Ne-waza Basics 101:

Armlocks

<http://www.youtube.com/watch?v=mLIs27xB2rU>

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:

Cotton and Roberge reach quarterfinals

Montreal, February 22, 2009 – Amy Cotton of Judique, N.S., and Catherine Roberge of Beauport, Que., were the top Canadians this weekend at a Grand Prix judo tournament in Hamburg, Germany. Both combatants were eliminated in the quarterfinals.

“As was the case in Paris last week, this was a high level tournament,” said Canadian national team coach Nicholas Gill. “Now that you don’t have a second chance it makes it a lot tougher.” In women’s 78 kilos, Cotton opened with a victory against Rachida Ouardane of Algeria scoring two Yukos. In her next bout she scored an Ippon at the 90-second mark to eliminate Kaliema Antomarchi of Cuba. She lost her next match to Stéphanie Possamai of France that lasted 30 seconds. Possamai then fell to compatriot Céline Lebrun. It was Lebrun that eliminated Roberge in the third round by decision. Neither combatant has scored in the bout. Roberge received a first round bye then defeated Houda Miled of Tunisia. Lebrun wound up with the gold.

“It was a good competition for Amy and Catherine,” said Gill. “The officials had to make the call in Catherine’s match against the eventual gold medallist because neither scored in regulation or overtime.”

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:

Food to fuel your muscles:

<http://smcscglx.sasktelwebhosting.com/services/nutr/GlycemicIndex.pdf>

F) Judo Practice ideas:

Kids Judo Developmental Judo (introduction)

<http://www.youtube.com/watch?v=RqZUtT8IFRA&feature=related>

G) Judo Fun/Interest:

101 Ippons Fighting Films Contest: Pick the final IPPON

<http://www.judovision.org/?p=3554>

H) Featured Match of the week:

Wang (KOR) vs Arencibia (CUB)

<http://www.judovision.org/?p=3573>