

Judo Saskatchewan Weekly Updates

Date: March 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:

Otto World Grand Prix Highlights: Hamburg, Germany

<http://www.judovision.org/?p=3849>

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

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.

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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:

Grip Fighting: Jiimy Pedro 1999 World Champion

<http://www.youtube.com/watch?v=dkknriAYD9o>

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:

Bronze Medal for Amy Cotton: Poland World Cup

Montreal, March 1, 2009 – Amy Cotton of Judique, N.S., defeated Catherine Roberge of Beauport, Que., to win the bronze medal bout in 78 kilos Sunday at a women's World Cup judo competition in Prague. Roberge ranked fifth in the tournament. Cotton opened with a victory then lost by Yuko to Yahima Ramirez of Portugal. In the repechage, Cotton defeated Anastasia Matrosova of Ukraine by Waza-ari before facing Roberge.

Roberge opened with two wins. She beat Natalia Kazantseva of Russia and Lucie Louette of France, both by Yuko. Roberge then lost by Yuko to Heide Wollert of Germany in the semifinal. "It is very rare that two Canadians face-off for a medal at such a high level international meet," said Canadian head coach Nicolas Gill, who was pleased with their performances. "In this instance we can't take sides." "The Ukrainian that Amy beat has won a lot of World Cup medals," Gill said. "Catherine defeated the Russian that had beat her a few weeks ago in Bulgaria. It was a high calibre field. Except for Amy's first opponent there were no easy bouts." Cotton and Roberge are having a successful European tour. "Amy has strung together three strong tournaments in a row," said Gill. "And Catherine did well recently in Bulgaria and Germany."

On Saturday, Joliane Melançon of Blainville, Que., was the sole Canadian to be ranked placing ninth in 57 kilos posting two wins and a loss. She defeated combatants from Kazakhstan and Slovenia before losing to Olympic champion Giulia Quintavalle of Italy. "Joliane had a good tournament," said Gill. "The Slovenian she beat was very strong and she performed well against the Italian. You need opportunities to face the best to see where you stack up. It was a close bout so that's good for her confidence. She knows what she needs to do to improve and win World Cup medals."

Laurie Whiltshire of Calgary and Bianca Ockedahl of Montreal were eliminated in their respective first round bouts. Meanwhile at a men's World Cup in Vienna, Kalem Kachur of Montreal lost by Ippon in the first round to Giorgi Baidurashvili of Georgia in 81 kilos

IMPORTANT:

EDMONTON INTERNATIONAL DEADLINE: MARCH 06, 2009

http://www.edmontonjudo.com/packages/2009_Tournament_Package_FINAL_2009_Feb_5th.pdf

Note: Athletes travelling with Judo Saskatchewan Team out of Regina and Saskatoon will have their registration done for you and paid for you. Please make sure to fill out the waiver form.

E) Sport Science Update:

Nutrition and Hydration Needed for Children in Judo

<http://judo4parents.com/2009/02/nutrition-and-hydration-for-parents-of-children-in-judo/>

Simple Strength and Balance Exercise (uchi-mata / o-soto-gari)

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

Specialized Core Training:

<http://www.rosstraining.com/articles/wheel.html>

F) Judo Practice ideas:

3 Person Throwing Drill:

Duration: 1 min

Place two athletes 20 meters apart from each other with the third person being in the middle.

A-----B-----C

The B person will sprint to the A person and throw them; they will then sprint to the C person and throw them; continue this pattern for the full 1 minute duration

G) Judo Fun/Interest:

Another Japanese Judo Player in the UFC:

<http://www.sherdog.com/news/articles/ufcs-akiyama-a-key-to-other-asian-market-16345>

H) Featured Match of the week:

Henk Grol NED vs Krpalek CZE

<http://www.judovision.org/?p=3845>