

Judo Saskatchewan Weekly Updates

Date: March 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:

Canadian Athletes:

Frazer Will 2007 Pan-Am Final: <http://www.youtube.com/watch?v=QavNOu9mKvQ>

Scott Edward (VEN vs CAN) <http://www.youtube.com/watch?v=HGW8wZpzay8>

Nick Tritton (NY Open 08): <http://www.youtube.com/watch?v=vd1iiJw3iRs>

Amy Cotton (GER 09): <http://www.youtube.com/watch?v=ThZ9pVuykyE>

Ippon Compilation: <http://www.judovision.org/?p=11>

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:

Saskatoon YMCA COMPETITION April 04, 2009

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

Note: There will be a Judo Saskatchewan/Sport Sask. Weight Training Session following the team training on April 05, 2009.

Important: There might be a lack of hotels in Saskatoon on this weekend. Please book your hotels ASAP.

Radisson: 306-665-3322

Sandman: 306-477-4844

Travelodge: 306-242-8881

Comfort Inn: 306-934-1122

Days Inn: 306-242-3297

C) Technical Corner (athletes and coaches)

Judo Sask Team:

Mark Huizingia: 2000 Olympic Champion

Uchi-Mata: http://www.youtube.com/watch?v=CSKTH1-JRxY&feature=channel_page

O-soto-gari: http://www.youtube.com/watch?v=Q6doZT7ZDec&feature=channel_page

Huizingia Bear Hug :

http://www.youtube.com/watch?v=Dq0QyPsj-L0&feature=channel_page

Grips: Jimmy Pedro 1999 World Champion

<http://www.jimmyspedro.com/grippingglossary.php>

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:

New York Open

1st 60kg Sergio Pessoa

2nd 66kg Sasha Mehmedovic

3rd 66kg Joel Benoit

3rd 81kg Antoine Valios-Fortier

5th 60kg Frazer Will – Start City, Saskatchewan

5th 66kg Sasha Mehmedovic

5th 81kg Kalem Kachur – Regina, Saskatchewan

5th 73kg Olivier Aubin-Mercier

7th 81kg Justin Imagawa

E) Sport Science Update:

Burpee Conditioning Training

<http://www.bodybuilding.com/fun/rossboxing2.htm>

Note: Burpees Intervals / Show Boxing: You can do shadow uchi-komi

Home Gym Training Ideas:

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

F) Judo Practice ideas:

Advance Training:

CUBAN DRILL

20 Seconds Speed Uchi-komi

20 Seconds Double Leg or Te-guruma (lifting each time)

20 Seconds Sit-ups

X 5 sets = 5 minutes of work for one person

The drill is to simulate the energy that you will be using during a match. It is also a test of mental toughness and conditioning.

Note: The Sit-ups are not to be done at Maximum Speed > you need to go at 60% - this is the time to recover so you can go 100% in the uchi-komi

G) Judo Fun/Interest:

Inoue in Scotland:

http://news.sky.com/skynews/Home/UK-News/Japans-Judo-Star-Kosei-Inoue-Moves-To-Edinburgh-To-Enjoy-The-Quiet-Life/Article/200903115236375?lpos=UK_News_Second_Home_Page_Feature_Teaser_Region_0&lid=ARTICLE_15236375 Japans Judo Star Kosei Inoue Moves To Edinburgh To Enjoy The Quiet Life

How to Plan your Olympic Judo Career:

<http://judoadvisor.com/2009/03/an-introduction-to-planning-your-olympic-judo-career/>

H) Featured Match of the week:

Demontfaucon FRA vs Kazusionak BLR

<http://www.alljudo.net/video-de-judo-97.html>