

## Judo Saskatchewan Weekly Updates

**Date:** March 16, 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:

Catherine Roberger vs FIN: <http://www.youtube.com/watch?v=3p75EvX4OTc>

Popiel vs UKR: <http://www.youtube.com/watch?v=iEUAUyhGCTY>

Keith Morgan vs USA : <http://www.youtube.com/watch?v=2o2dROe4vpM>

Keith Morgan vs DOM: <http://www.youtube.com/watch?v=ikus1GUTKtw>

Kalem Kachur vs SUI: <http://www.judovision.org/?p=4034>

Amy Cotton vs UKR: <http://www.youtube.com/watch?v=wJJiJh4TnG4>

### B) Judo Saskatchewan Updates

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

#### **Important:**

Please book your hotels ASAP.

Sandman: 306-477-4844

Best Western: 306-244-5552

Howard Johnson: 306-244-2901

Holiday Inn: 306-384-8844

Northwood Inn & Suites: 306-244-2901

Country Inn & Suites: (306) 934-3900

Colonial Square Motel: (306) 343-1676

**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:**

#### **Mark Huizinga: 2000 Olympic Champion**

##### **Kata-Guruma :**

[http://www.youtube.com/watch?v=CXIWXnLo4pE&feature=channel\\_page](http://www.youtube.com/watch?v=CXIWXnLo4pE&feature=channel_page)

#### **Grips: Jimmy Pedro 1999 World Champion**

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

#### **Judo Basics:**

<http://news.bbc.co.uk/sport2/hi/olympics/judo/7416923.stm>

**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 Canadian Pan-Am Championship Team**

55kg Shujon Mazunder	48kg Bianca Ockedahl
60kg Frazer Will	52kg Laurie Wiltshire
66kg Michal Popiel	57kg Joliane Melancon
73kg Nicholas Tritton	63kg Emilie-Claude Leroux
81kg Kalem Kachur	70kg Kelita Zupancic
90kg Alex Emond	78kg Amy Cotton
100kg Scott Edward	+78kg Alyssa Caughy
+100kg Andrew Goulet	

#### **Where they originated from statistics:**

5 athletes	Quebec	33%
4 athletes	Ontario	27%
2 athletes	Saskatchewan	13%
2 athletes	Alberta	13%
1 athlete	Manitoba	7%
1 athlete	Nova Scotia	7%

#### **IJF World Master Championships:**

<http://www.judocanada.org/english/news.asp?CodeN=130>

#### **Olympic Qualification Period Changes to 2 years:**

[http://www.intjudo.eu/?Menu=News&Action=Full&type\\_id=1&id=194&lang\\_id=2&mid=4](http://www.intjudo.eu/?Menu=News&Action=Full&type_id=1&id=194&lang_id=2&mid=4)

## **E) Sport Science Update:**

### **Interval Challenge:**

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

### **No Excuse Work out:**

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

## **F) Judo Practice ideas:**

### **Combative Warm-up Games:**

#### **Daggers:**

<http://www.mrgym.com/Combatives/Daggers.htm>

#### **Danish Wrestling:**

[http://www.gymsask.com/assets/games/cooperative/danish\\_wrestling.doc](http://www.gymsask.com/assets/games/cooperative/danish_wrestling.doc)

#### **Rooster Fight:**

[http://www.gymsask.com/assets/games/cooperative/rooster\\_fights.doc](http://www.gymsask.com/assets/games/cooperative/rooster_fights.doc)

#### **Chicken Fight:**

<http://www.mrgym.com/Combatives/ChickenFights.htm>

#### **Shaking Hands:**

[http://www.gymsask.com/assets/games/cooperative/shaking\\_hands.doc](http://www.gymsask.com/assets/games/cooperative/shaking_hands.doc)

#### **Crab Fights:**

<http://www.mrgym.com/Combatives/CrabFights.htm>

## **G) Judo Fun/Interest:**

### **David Beckham of Japanese Judo:**

[http://news.sky.com/skynews/Home/video/Judo-David-Beckham-Of-Japanese-Judo-Kosei-Inoue-Retires-To-Scotland/Video/200903215237010?lpos=video\\_Article\\_Related\\_Content\\_Region\\_1&lid=VIDEO\\_15237010\\_Judo%3A\\_David\\_Beckham\\_Of\\_Japanese\\_Judo\\_Kosei\\_Inoue\\_Retires\\_To\\_Scotland](http://news.sky.com/skynews/Home/video/Judo-David-Beckham-Of-Japanese-Judo-Kosei-Inoue-Retires-To-Scotland/Video/200903215237010?lpos=video_Article_Related_Content_Region_1&lid=VIDEO_15237010_Judo%3A_David_Beckham_Of_Japanese_Judo_Kosei_Inoue_Retires_To_Scotland)

### **Kano to step down from Kodokan:**

<http://search.japantimes.co.jp/cgi-bin/sp20090314j1.html>

## **H) Featured Match of the week:**

Dafreville (FRA) vs Nishyama (JPN)

<http://www.judovision.org/?p=3982>

Example of how to beat a classic/Japanese judo player!