

## **Judo Saskatchewan Weekly Updates**

**Date:** March 23, 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:**

Ippons: <http://www.youtube.com/watch?v=Lh4ndDWK-YQ>

### **B) Judo Saskatchewan Updates**

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

### **Edmonton International**

Congratulations to all the participants at the 2009 Edmonton International. Judo Saskatchewan had 100 entries into competition and our athletes showed spirit and determination during the competition. I would especially like to thank all the club coaches who made this competition a great success and supported their athletes no matter the out come of the match. Lastly I would like to thank all of the parents that came and supported the team and their children. It was great to see so many Judo Saskatchewan supporters in the stands!

Andrew Yuen Photo:

<http://www.edmontonsun.com/PhotoGalleries/judochampionship/2009/03/21/8838956.html#top>

## **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.

## **SASKATCHEWAN MASTER ATHLETE OF THE YEAR**

### **Ralph Ibanez, Saskatoon, Judo Saskatchewan**

In 2008, the 60-year old captured his third world masters judo title. The two-time Chilean national champion is also shaping the future of the sport as a high-performance coach at the Saskatoon YMCA.

### **C) Technical Corner (athletes and coaches)**

#### **Judo Sask Team:**

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

**Kata-Guruma : Extreme Grip situation (Same side situation) :**

**[http://www.youtube.com/watch?v=mYkLrG2Mp88&feature=channel\\_page](http://www.youtube.com/watch?v=mYkLrG2Mp88&feature=channel_page)**

**Video history of Mark Huizinga :**

**<http://www.judovision.org/?p=2257>**

**Grips: Jimmy Pedro 1999 World Champion**

**<http://www.jimmpedro.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:**

#### **Bremen Internationa:**

3<sup>rd</sup> U17 81kg Brandon Jobb  
5<sup>th</sup> U20 60kg Derek Langlois  
5<sup>th</sup> U20 81kg Antoine Valois-Fortier

#### **Thuringia Cup:**

7<sup>th</sup> U20 57kg Myriam Lamarche

#### **Competition Report:**

**<http://www.judocanada.org/english/news.asp?CodeN=132>**

### **Belgium Coach Hired:**

**Neil Adams:** 1981 World Judo Champion

Mr. Adams has accepted a head coach position in Belgium, he will be in charge of high performance development for the Flemish Belgium Judo Federation. The Canadian Connection: Neil Adams is married to former Canadian National Team member Niki Jenkins from Selkirk, Manitoba.

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

#### **FLUIDS:**

<http://www.coach.ca/eng/nutrition/documents/SnackFluids2.pdf>

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

**Sleeve Control:** Right vs Right or Left vs Left (same side situation)

It is important that coaches ensure that athletes try to have sleeve control in a same side gripping situation during a match. The sleeve control in a same side gripping situation is one of the most important components of controlling the opponent.

**Why is it important?** In a same side situation your opponent will need to have their lapel grip or over hand grip to be able to do their best throws. If you are able to capture the hand/sleeve before your opponent grips or your strip their grip you have now taken away your opponents best judo attacks because they do not have their best grip.

If you can try to have over 60% sleeve control during a same side judo match there is a good chance that an athlete will have a good performance.

**Remember:** After you have a persons sleeve now is the time to advance your grip, be more aggressive and try to put your opponent into throwing position. When you have the advantage you need to use it!

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

**The Science of a judo throw:**

<http://battlegrounded.com/?p=22>

<http://battlegrounded.com/?p=18>

<http://battlegrounded.com/?p=10>

**Anatomy of an Elite Level athlete:**

<http://judometrics.com/2009/03/the-anatomy-of-an-elite-level-judo-craig-fallon-at-2003-european-judo-championships/>

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

Neil Adams (GBR) vs Kase (JPN)

<http://www.judovision.org/?p=170>