

## Judo Saskatchewan Weekly Updates

**Date:** March 30, 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:

**BIG THROWS:** [http://www.youtube.com/watch?v=qd0ZSCN\\_jQ8](http://www.youtube.com/watch?v=qd0ZSCN_jQ8)

Note: Look for Isabel Latulippe from Canada's ippon!

### B) Judo Saskatchewan Updates

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

#### **Judo Saskatchewan Black Belt Grading:**

Location: Saskatoon, Saskatoon YMCA

Date: June 13, 2009

Time: 10h00AM to 16h00AM

#### ***Nage-no-kata:***

<http://www.youtube.com/watch?v=V9ns2i1tJLQ>

## **JUDO SASKATCHEWAN COMPETITIONS:**

#### **Saskatoon YMCA COMPETITION April 04, 2009**

<http://www.judosask.ca/events/saskatoonYnotice.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:**

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

#### **One Handed Seio-nage:**

[http://www.youtube.com/watch?v=8wMNYoN66V8&feature=channel\\_page](http://www.youtube.com/watch?v=8wMNYoN66V8&feature=channel_page)

### Facing Jui-jigatame:

[http://www.youtube.com/watch?v=h59IYMFMVkk&feature=channel\\_page](http://www.youtube.com/watch?v=h59IYMFMVkk&feature=channel_page)

### 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:**

### **Pan-Am Championship:**

1 <sup>st</sup> 90kg	Alex Emond
2 <sup>nd</sup> 73kg	Nicholas Tritton
2 <sup>nd</sup> 60kg	Frazer Will
3 <sup>rd</sup> 66kg	Michal Popiel
3 <sup>rd</sup> 57kg	Joliane Melancon
3 <sup>rd</sup> 100kg	Scott Edward
3 <sup>rd</sup> 70kg	Kelita Zupancic
3 <sup>rd</sup> 78kg	Amy Cotton
5 <sup>th</sup> 63kg	Emilie-Claude Leroux
5 <sup>th</sup> 81kg	Kalem Kachur
5 <sup>th</sup> +78kg	Alysha Caughy
5 <sup>th</sup> 48kg	Bianca Ockedahl

### **Team Competition**

Men	3 <sup>rd</sup> Place
Women	3 <sup>rd</sup> Place

**March 26, 2009 (Sportcom)** – Alexandre Émond of Varennes, Que., won the gold medal in men's 90 kilos on Thursday at the Pan American judo championships in Buenos Aires, Argentina. In the final, Émond defeated Eduardo Santos of Brazil to highlight a four-medal day for the Canadian team.

Émond, a 24-year-old Boucherville club member, opened with victories over Gary St. Leger of the U.S., and Gonzalo Huaman of Chile. In his third and final bout he upset Santos scoring an Ippon at halfway mark. Santos was seventh at the last Olympic Games. "Alexandre had a good draw to start," said Canadian national team coach Nicolas Gill. "In the final, he followed the game plan and his opponent never adjusted. Alexandre has a unique style which made it tough for the Brazilian. Alexandre initially scored a Waza-ari which gave him confidence and then followed with the Ippon."

In women's 70 kilos, Kelita Zupancic of Whitby, Ont., also finished at 2-1 for third spot. She defeated Veronica Mendoza of El Salvador, then lost to Maria Portela of Brazil and rebounded to beat Mariana Lopez of Argentina. "It was a promising performance for Kelita who fought well in her three bouts," said Gill. "She's only 18 and still eligible for junior competition. Her performance was another highlight for us."

**March 27, 2009 (Sportcom)** – Canada continued to sparkle at the Pan American judo championships on Friday in Buenos Aires winning five more medals. Nicholas Tritton of Perth, Ont., and Frazer Will of Star City, Sask., each won silver while Shujon Mazunder of Toronto, Michal Popiel of Montreal and Joliane Melançon of Blainville, Que., all notched bronze.

In men's 73 kilos, Tritton opened with three victories to advance to the final. He lost a close championship bout to Olympic bronze medallist Leandro Guilheir of Brazil. "Nicholas had a remarkable day," said Canadian national team coach

Nicholas Gill. "He faced a tough field and fought well in the final. He also beat Yordanis Arencibia of Cuba who was an Olympic and world championship medallist when he competed in 66 kilos."

In men's 60 kilos, Will received a first round bye then defeated Juan Postigos of Peru and Mariano Russo to advance to the final. He lost the gold medal bout to defending champion Javier Guede of Venezuela. "Frazer was trailing early on but dominated the last part of the final," said Gill. "If he would have had another minute, he may have won."

In men's 66 kilos, Popiel headed to the bronze medal bout after losing to Joao Derly of Brazil in the third round. Popiel reached the podium defeating Alejandro Zuniga of Chile.

In women's 57 kilos, Melançon lost her opening match to Yurisleidy Lupety of Cuba but came back with two wins through the repechage over Angelica Delgado of the U.S., and Melissa Rodriguez of Argentina to claim the bronze.

"She had a good bout in the bronze medal match," said Gill. "She's really improved over the last few months and is enjoying a good year."

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

### **TABATA: (conditioning system)**

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

## **F) Judo Practice:**

### ***Wheel Barrel Series:***

<http://www.youtube.com/watch?v=nyYWhoFqNR0>

### ***Partner Pull-up:***

[http://www.youtube.com/watch?v=ctd\\_UWc0l1w](http://www.youtube.com/watch?v=ctd_UWc0l1w)

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

### **Human Weapon Series: (great judo series)**

Part 1: <http://www.youtube.com/watch?v=DbIEnUDcBcc>

### **The science of Judo:**

<http://battlegrounded.com/?p=14>

<http://battlegrounded.com/?p=16>

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

L.Decosse FRA vs U.Zolnir SLO

<http://www.youtube.com/watch?v=HTs70XVgB7A>