

Judo Saskatchewan Weekly Updates

Date: April 06, 2009

Note: Next weeks update will be sent on Tuesday the 14th of April.

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:

Great Highlight Video:

<http://www.youtube.com/watch?v=6BQ8tpTN5HE&NR=1>

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

2009 Judo Saskatchewan Summer Camp:

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

Judo Saskatchewan is expecting athletes from B.C., Alberta, Manitoba and Ontario for the 2009 Summer Camp of Champions. It will be an excellent camp.

Sign up now because there are limited spots!

Sport For All Program:

CAMP SPONSORSHIP

Each club may submit one request for a \$100. sponsorship to the Summer camp. Sponsored athlete must be under the age of 17 as of December 31, 2009.

Contact: Lynn Schaan: lynn.schaan@sacl.org

Judo Saskatchewan Black Belt Grading:

Location: Saskatoon

Date: June 13, 2009

Time: 10h00AM to 16h00AM

Nage-no-kata:

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

JUDO SASKATCHEWAN AGM & BANQUET:

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

EASTER TRAINING CAMP ORGANIZED BY PRINCE ALBERT JUDO CLUB:

The Prince Albert Judo Club has organized a training camp from April 13 to April 17, 2009 in Prince Albert. The camp details are attached.

C) Technical Corner (athletes and coaches)

Judo Sask Team:

Mark Huizinga: 2000 Olympic Champion

One Handed Ko-uchi-kari

http://www.youtube.com/watch?v=wT_j-xnKkNY&feature=channel_page

Reverse Sanka-ku Jime:

http://www.youtube.com/watch?v=tkGADIGtD64&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 Canadian Women's Coach:

Marie-Helene Chisholm – she is a former Olympian and has finished in the top five at both the 2004 Olympic Games and 2005 World Championships. She has been coaching the Quebec Team for the past 10 months but has decided to start coaching at the national and international level.

E) Sport Science Update:

Rational Positive Thinking: (good article)

http://www.mindtools.com/pages/article/newTCS_06.htm

Positive Thinking: Diagrams

<http://www.anthonyfernando.com/uploads/Image/PositiveThinking.jpg>

<http://psychy.org/wp-content/uploads/2007/11/positive-thinking.jpg>

F) Judo Practice:

Judo Gymnastics (partners)

<http://www.youtube.com/watch?v=KFive7GpoiW&feature=rec-HM-r2>

Push-up Circuit:

<http://www.youtube.com/watch?v=Yy3ThaUmgbg&feature=rec-HM-fresh+div>

G) Judo Fun/Interest:

Human Weapon (great judo series)

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

Part 2: <http://www.youtube.com/watch?v=swKrztNNEKM>

H) Featured Match of the week:

[-90kg] Tiago Camilo (BRA) - Jorge Benavides (CUB)

<http://www.judovision.org/?p=583>