

Judo Saskatchewan Weekly Updates

Date: April 14, 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:

Judo Highlights: <http://www.judovision.org/?p=183>

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

Kata Clinic: Saskatoon, Saskatchewan May 09, 2009

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

Nage-no-kata:

<http://www.youtube.com/watch?v=V9ns2i1JLQ>

JUDO SASKATCHEWAN AGM & BANQUET:

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

Sport Grants:

Aboriginal Sport Grants:

<http://www.nscrd.com/pdf/2008/Aboriginal-Community-Sport-Grant-NSCRD.pdf>

KidsSport Grants:

<http://www.kidsportsask.ca/pdf/programGrant.pdf>

Making Dreams Possible:

<http://www.coach.ca/makingdreamspossible/club/index.htm>

C) Technical Corner (athletes and coaches)**Judo Sask Team:****Mark Huizingia: 2000 Olympic Champion****Heavyweight Roll:**

http://www.youtube.com/watch?v=Nw4vpxxorlo&feature=channel_page

Opposite Heavyweight Roll:

http://www.youtube.com/watch?v=8MDXQSiMsZc&feature=channel_page

Sit-Through Arm-Lock:

http://www.youtube.com/watch?v=RHB7LfFcJVA&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:**Chisholm Named Coach:**

<http://www.judocanada.org/english/news.asp?CodeN=137>

Changes in Pan-American Judo: PJC

http://www.intjudo.eu/?Menu=News&Action=Full&type_id=1&id=200&lang_id=2&mid=4

E) Sport Science Update:

Do not Confuse Strength Training with Conditioning:

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

Inspiration:

<http://www.mountainfitnessbyrobert.com/id33.html>

F) Judo Practice:

Uchi-komi & Fitness Drill:

<http://www.youtube.com/watch?v=3ePKYuO7jsQ>

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>

Part 3: http://www.youtube.com/watch?v=pW95v_xxv2g

H) Featured Match of the week:

[-90kg] Yves Matthieu Dafreville (FRA) - Ilias Iliadis (GRE)

<http://www.judovision.org/?p=3523>