

Judo Saskatchewan Weekly Updates

Date: April 20, 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:

Uchi-mata: <http://www.judovision.org/?p=4191>

Uchi-mata : <http://www.judovision.org/?p=4186>

Sode : <http://www.judovision.org/?p=4180>

Uranage : <http://www.judovision.org/?p=4182>

Leg Grab : <http://www.judovision.org/?p=4181>

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=V9ns2i1tJLQ>

JUDO SASKATCHEWAN AGM & BANQUET:

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

C) Technical Corner (athletes and coaches)

Judo Sask Team:

Yushiro Yamashita: 1984 Olympic Champion

Osoto-Gari Part 1: <http://www.youtube.com/watch?v=6-zFicAVezU>

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:

Judo Canada received confirmation of athlete assistance grants from Sport Canada.

2 x dev U20 Male

1 x dev U17 Male

2 x dev U20 Female

1 x dev U17 Female

16 x senior high performance + senior training center

Details on Judo Canada athlete assistance can be found on the Judo Canada website:

http://www.judocanada.org/doc/doc/00000771_NTH2008%20EN.pdf

Policy 14; page 25

E) Sport Science Update:

Healthy Weight Loss Tools:

Daily Caloric Intake Calculator:

http://www.freedieting.com/tools/calorie_calculator.htm

Weight Loss Goal Estimator:

http://www.freedieting.com/tools/weight_loss_calculator.htm

Calories in Food:

http://en.chatelaine.com/english/health/article.jsp?content=20071119_145907_2448

Activity Calorie Counter:

<http://primusweb.com/fitnesspartner/jumpsite/calculat.htm>

F) Judo Practice:

Grip Intensity for Competition: Randori Preparation

It is important that when grip fighting that all athletes have an intensity and intelligence in their gripping – the athletes need to know what grip they need to throw and they have to find a way to take their grip no matter what defence the opponent uses.

The goal of a randori is to control your opponent and to throw them, it is not suppose to be easy and every randori is should a physical and mental battle. The intensity has to be at a high level and the effort needs to be at the highest level.

Judo meaning is the “gentle way” – but please remember that this is has to taken in context of the origins of judo. Judo came from jiu-jitsu and that the sport of judo is gentler than the samurai jiu-jitsu that was only practiced by warriors. If you walk into any university in Japan you will have to fight for your life every randori – there is still skill but their only goal in that randori is to throw you as many times as possible.

Note: When you are practising with a smaller opponent of less skilled opponent to can still work on your gripping skills, speed, combinations and ashi-waza. The intensity can still be at a high level but the focus of the intensity is in different areas. (remember when working with a less skilled athlete you should do some falls during the randori > it can not be one sided)

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

Part 4: <http://www.youtube.com/watch?v=EGQcyOzn8yY>

H) Featured Match of the week:

-73kg] Yusuke Kanamaru (JPN) - Sung-Ho Min (KOR)

<http://www.judovision.org/?p=2195>

I) Long Term Developmental Model

It is important that all coaches become familiar with the information in the LTDM in efforts to help develop a safe and efficient judo program

Stages:

http://www.judocanada.org/doc/doc/00000796_LTAD%20judo%20stages.pdf