

Judo Saskatchewan Weekly Updates

Date: April 27, 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:

Counter: <http://www.judovision.org/?p=4241>
Seio-nage: <http://www.judovision.org/?p=4237>
Uchi-mata: <http://www.judovision.org/?p=4291>
Uchi-mata: <http://www.judovision.org/?p=4307>
Sasae: <http://www.judovision.org/?p=4239>
Hari-goshi: <http://www.judovision.org/?p=4295>

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>

C) Technical Corner (athletes and coaches)

Judo Sask Team:

Yushiro Yamashita: 1984 Olympic Champion

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

O-soto-Gari Part 2: <http://www.youtube.com/watch?v=6V8odHAc1bo&feature>

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:

European Judo Championships Reports:

Day 1: <http://www.eujudo.com/news.php?nid=134>

Day 2: <http://www.eujudo.com/news.php?nid=138>

Day 3: <http://www.eujudo.com/news.php?nid=140>

E) Sport Science Update:

Skipping Rope Training:

<http://www.rossboxing.com/thegym/thegym26.htm>

Running for Judo athletes:

<http://judoadvisor.com/2009/03/running-for-judo-athletes/>

F) Judo Practice:

How to develop your throws:

<http://judoadvisor.com/2009/04/how-to-develop-your-throws/>

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>

Part 5: The Final: <http://www.youtube.com/watch?v=fd9SaWduLv0>

**H) Featured Match of the week:
2009 European Championships Tbilisi (FINAL)**

[-63kg] Vera Koval (RUS) - Urska Zolnir (SLO)

<http://www.judovision.org/?p=4364>

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

British Judo Association Long Term Player Developmental Model:

<http://www.sportscoachuk.org/OneStopCMS/Core/CrawlerResourceServer.aspx?resource=FF400DBE-EAE1-4921-8C7A-2CE1393E251C&mode=link&guid=ac084c5b36384ea4bb3223f26eaae376>

This is the British Version of the LTDM that Judo Canada is developing in Canada. Please note all the similarities in both Judo Canada's model and the British Model.