

Judo Saskatchewan Weekly Updates

Date: May 05, 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:

Great Champions:

<http://www.youtube.com/watch?v=Xyr6ouZtfqc&feature=related>

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

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

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

O-soto-Gari Part 3: <http://www.youtube.com/watch?v=jk-rVNeec44>

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:

British Open:

3rd Place 70kg Kelita Zupancic

<http://www.judocanada.org/english/news.asp?CodeN=138>

E) Sport Science Update:

Competition Nutrition:

http://www.coach.ca/admin/pdf_admin/pdf/Competition-Nutrition.pdf

F) Judo Practice:

Grip Like A World Champion: JIMMY PEDRO 1999 World Champion

Sample of Gripping intensity: "Grip like a World Champion"

<http://www.youtube.com/watch?v=FI5I-YELUIs>

If interested in ordering this video:

<http://www.rhadi.com/ngtw/index.html>

G) Judo Fun/Interest:

Human Weapon (Sambo Hip Throw)

<http://www.youtube.com/watch?v=V62kbH0IYWs>

Russian Sambo has a significant impact on International Judo because there is a high level sambo league in Russia. Many Russian Judo Athletes start their training for Olympic Judo in Sambo clubs and make the cross over to judo when they are at a high level. This is why many times a strong Russian athlete can enter an international judo competition and win even though they do not have international judo experience.

H) Featured Match of the week:

[-70kg] Kerstin Thiele (GER) - Lucie Decosse (FRA) Final 2009 European Championships

<http://www.judovision.org/?p=4366>

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

SWIMMING QUEBEC LONG TERM DEVELOPMENTAL MODEL SUCCESS:

http://www.sportmanitoba.ca/programs/LTAD_Quebec_example.pdf