

Judo Saskatchewan Weekly Updates

Date: May 11, 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:

2007 European Championship Highlight Film
<http://www.youtube.com/watch?v=3xjTZDFRqoU>

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

CALGARY ISHI-YAMA RESULTS

Gold Medalist:

U20 Jesse Caron, Vibank
U20 Bishop Sommerfeld, Regina YMCA
U17 Alex Poliakiwski , Lloydminster
U15 Sydney Poliakiwski, Lloydminster
U15 Kenadee Thompson, Regina YMCA
Senior Novice Nick Simon, Regina YMCA

U20 & U17 Emily Schann, Watrous
U17 Alex Delorme, Lloydminster
U15 Keegan Lund, Lloydminster
U15 Joey Schatz, Saskatoon YMCA
U11 Brandon Morrison, Lloydminster

Silver Medalist:

U20 Nicole Dyck, Watrous
U17 David Love, Saskatoon YMCA
U15 Haley Walz, Moose Jaw
U15 Maison Mitchell, Prince Albert
Senior Jesse Caron, Vibank

U20 Chad Griffin, Moose Jaw
U17 Nicola Schaan, Watrous
U15 Bryce Martindale, Regina YMCA
U15 Rebecca Hanson, Moose Jaw
U13 Brette Poliakiwski, Lloydminster

Bronze Medalist

U20 Warren Seib, Watrous

U17 Kevin Dyck, Watrous

Jason Morris Cup Results, Scotia, New York

1st 78kg Ashely McBride, Prince Albert
2nd 90kg Dilyaver Sheykhislyamov, Prince Albert

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:

Te-guruma

<http://www.youtube.com/watch?v=Pva9gBV0Edo>

Wrist/Ankle/Chicken Wing: Cross Face:

http://www.youtube.com/watch?v=okHUQ7gbs4g&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:

Roberge Bronze Medal in Tunisia:

<http://www.judocanada.org/english/news.asp?CodeN=139>

U17 World update:

<http://www.judocanada.org/english/news.asp?CodeN=114>

The World championship is limited to athletes born in 1994 & 1993. No early bloomer will be selected.

U20 World update:

<http://www.judocanada.org/english/news.asp?CodeN=115>

U20 division weight categories might be added by the IJF to the 2009 World Championships:44 kg Women and -55 kg Men.

E) Sport Science Update:

Rubber Band Uchi-komi:

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

Chin-up Series:

<http://www.youtube.com/watch?v=ckEo6Vvlt5o&feature=related>

F) Judo Practice:

Seio-nage Drill:

http://www.youtube.com/watch?v=Ju9K9aObIR8&feature=channel_page

This is a good drill for technical excellence and developing the leg power and drive to throw with this technique.

G) Judo Fun/Interest:

Crazy Japanese Games Show:

Part 1: <http://www.youtube.com/watch?v=0QabenrjXLw>

Part 2: <http://www.youtube.com/watch?v=cyMtlo8tDfw&feature=related>

H) Featured Match of the week:

Hirotaka Okada (JPN) - Joey Wanag (USA) <http://www.judovision.org/?p=4459>

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

Outline:

http://www.judocanada.org/doc/doc/00000798_2%20JC%20LTAD%20Model.pdf