

## Judo Saskatchewan Weekly Updates

**Date:** May 18, 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-Skashi: <http://www.judovision.org/?p=4463>  
Ashi-Waza : <http://www.judovision.org/?p=4461>  
O-Guruma : <http://www.judovision.org/?p=4468>  
Seio-Nage : <http://www.judovision.org/?p=4464>

### B) Judo Saskatchewan Updates

Judo Sask. Website: [www.judosask.ca](http://www.judosask.ca)

#### **Judo Saskatchewan Team for the Senior Nationals:**

##### **May 23, 2009 Sherbrooke, Quebec**

66kg Marc Beausoliel	48kg Jordan Poliakiwski
73kg Kendal McArthur	+78kg Deborah McBride
81kg Ian MacDonald	
90kg Dilyaver Sheikhislyamov	
90kg Emin Sheikhislyamov	

#### **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](mailto:lynn.schaan@sacl.org)

#### **Judo Saskatchewan Black Belt Grading:**

Location: Saskatoon  
Date: June 13, 2009  
Time: 10h00AM to 16h00AM

#### **Nage-no-kata:**

<http://www.youtube.com/watch?v=V9ns2i1tJLQ>

## **NCCP Course: Dojo Assistant**

**Location:** Outlook, Saskatchewan (Summer Camp)

**Dates:** August 13-14, 2009

**Cost:** daily camp drop-in fee, or weekly fee if attending camp for the week

## **C) Technical Corner (athletes and coaches)**

### **Judo Sask Team:**

### **Gill Hook to O-soto-gari combination:**

[http://www.youtube.com/watch?v=i2ZtUiXKIZQ&feature=channel\\_page](http://www.youtube.com/watch?v=i2ZtUiXKIZQ&feature=channel_page)

### **Simple Roll:**

[http://www.youtube.com/watch?v=Nw4vpxxorlo&feature=channel\\_page](http://www.youtube.com/watch?v=Nw4vpxxorlo&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:**

### **Great Dutch Heavyweight Champion Retires:**

[http://www.intjudo.eu/?Menu=News&Action=Full&type\\_id=5&id=211&lang\\_id=2&mid=4](http://www.intjudo.eu/?Menu=News&Action=Full&type_id=5&id=211&lang_id=2&mid=4)

### **World Ranking List:**

Ranked 13<sup>th</sup> in the World: Frazer Will, Star City

Ranked 20<sup>th</sup> in the World: Kalem Kachur, Regina

[http://www.intjudo.eu/pictures/document/IJF\\_World\\_Ranking\\_List\\_2009\\_05\\_03.pdf](http://www.intjudo.eu/pictures/document/IJF_World_Ranking_List_2009_05_03.pdf)

## **E) Sport Science Update:**

### **Speed Training Myths: Top 10 Speed Training Myths Revealed**

<http://www.athletesacceleration.com/speedmyths.html>

## **F) Judo Practice:**

**Lifting Drill:** [http://www.youtube.com/watch?v=hk1gZrzPPQ&feature=channel\\_page](http://www.youtube.com/watch?v=hk1gZrzPPQ&feature=channel_page)

This drill promotes an athletes technical excellence, body awareness, strength, proper pull and speed of entry. It is important that the athletes can lift their partners with speed without losing their balance – their technique should not suffer because there are lifting a person.

**G) Judo Fun/Interest:**

Judo competitor at 1984 Games hopes to make it as referee in 2016

<http://dailygleaner.canadaeast.com/rss/article/654448>

**H) Featured Match of the week:**

**[-78kg] Bachir Varaev (URS) - Anthonie Wurth (NED)**

<http://www.judovision.org/?p=4457>

**I) Judo Saskatchewan Coming Events:**

June 05/06, 2009	Team Training, Lloydminster
June 13, 2009	Black Belt Grading, Saskatoon
June 19/20, 2009	Team Training, Prince Albert
August 09/15, 2009	Summer Camp, Outlook
August 28/30, 2009	CWG / Team Training, Moose Jaw
September 12/13, 2009	Coaches Retreat, Saskatoon
September 18/19, 2009	Team Training / Fitness Test, Saskatoon