

Judo Saskatchewan Weekly Updates

Date: May 25, 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:

Seio-nage: <http://www.youtube.com/watch?v=jzi9INksXtg>

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

Judo Saskatchewan Team results from the Senior Nationals:

May 23, 2009 Sherbrooke, Quebec

Judo Saskatchewan had a very good competition winning 1 Gold Medal, 1 Silver Medal and 2 Bronze finishing fourth in the over all medal count. Emin Sheykhislyamov from Prince Albert had an outstanding competition winning the senior national title in 90kg weight division. Emin won all five of his matches by ippon the equivalence to a knockout in boxing and in the process he defeated Alexandre Emond from Quebec in the final who is the defending Pan-Am Champion.

Saskatchewan Judo Athletes Performances:

Jordan Poliakiwiski 17 years old, Lloydminster Judo Club
Weight Division: 48kg
Senior National Result: 3rd Place

Deborah McKay 29 years old, Prince Albert Judo Club
Weight Division: Over 78kg
Senior National Result: 2nd Place

Marc Beausoliel 23 years old, Lloydminster Judo Club
Weight Division: 66kg
Senior National Result: No Classification

Kendal McArthur 17 years old, Watrous Judo Club
Weight Division: 73kg
Senior National Result: 7th Place

Ian MacDonald 29 years old, Lloydminster Judo Club
Weight Division: 81kg
Senior National Result: 9th Place

Emin Sheykhislyamov 19 years old, Prince Albert Judo Club
Weight Division: 90kg
Senior National Result: 1st Place

Dilyaver Sheykhislyamov 20 years old, Prince Albert Judo Club
Weight Division: 90kg
Senior National Result: 3rd Place

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

67 Throws of Kodokan Judo:

<http://www.judoinfo.com/gokyo.htm>

Nage-no-kata:

2008 Worlds: TEAM JAPAN

<http://www.judoinfo.com/nagenokata.htm>

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
Contact: Kate Wittman: judomom.kate@sasktel.net

C) Technical Corner (athletes and coaches)

Judo Sask Team:

Kata-Guruma:

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

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:

2009 World Championships Team Members: (Province Originated from)

48kg Isabel Latulippe, QC	60kg Sergio Pessoa
57kg Joliane Melancon, QC	66kg Fight off July 18, 2009
78kg Amy Cotton, NS	73kg Nicholas Tritton, ON
	81kg Kalem Kachur, SK
	90kg Alexandre Emond, QC
	100kg Scott Edward, AB

E) Sport Science Update:

Sports Nutrition for Parents:

http://coach.ca/admin/pdf_admin/pdf/SNAC_SportNutrition_Parents_EN_08.pdf

F) Judo Practice:

Speed Uchi-komi Protocol:

- 1) Good Warm-up but do not empty the fuel tank (athletes need to be fresh to work on their speed)
- 2) No Long Ne-waza Randori prior to any speed drills
- 3) Emphasis is on technical excellence with speed
- 4) 4-6 sets during a drill
- 5) 1 working set to 4-6 resting sets (1:4Ratio)

Example: 12 seconds speed uchi-komi = 48 seconds of rest

This translates into 1 min of actual practice time per set.

Partner A) 12 seconds speed uchi-komi

Partner B) 12 seconds speed uchi-komi

Rest 36seconds rest and then start again with Partner A)

Important for the athletes to understand that the drill is about speed and they will have a lot of rest so when it is time to work they need to be at 100% intensity and focus.

G) Judo Fun/Interest:

Lloydminster Judo Club in the news:

<http://www.meridianbooster.com/ArticleDisplay.aspx?e=1570639>

H) Featured Match of the week:

[-73kg] Philippe Taurines (FRA) - Jimmy Pedro (USA)

<http://www.judovision.org/?p=4636on.org>

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