

Judo Saskatchewan Weekly Updates

Date: June 1, 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.judovision.org/?p=4683>

Tai-Otoshi: <http://www.judovision.org/?p=4780>

Leg Grab: <http://www.judovision.org/?p=4687>

Sumi: <http://www.judovision.org/?p=4689>

Ashi-waza: <http://www.judovision.org/?p=4685>

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

Ralph Ibanez: 3rd Place World Masters:

Sixty year old Ralph Ibanez from the Saskatoon YMCA Judo Club won a bronze medal at the 2009 World Judo Championships for maters in the -66kg weight division for athletes between sixty to sixty five years old. Ibanez opened the competition with a victory over Lennart Gustavsson from Sweden controlling the match with his speed and superior technique. In Ibanez's next match he lost a close match to Victor Afrikanov from Russia who went on to win the competition. In the bronze medal match Ralph Ibanez defeated Gottfried Schnabel from Austria by ippon the equivalent to an knock out in boxing for the bronze medal.

Ewan Beaton Quote: "Ralph Ibanez is a little disappointed in the performance but would like to thank all of the sponsors that have made the participation in this event possible. He would especially like to thank Judo Saskatchewan, The Saskatoon YMCA and the Saskatoon YMCA Judo Club for all of their support and encouragement!"

http://www.judo-world.net/ijf/world/wc_veterans2009/tta_menuue.php?modus=1024&sprache=english

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:

Tai-Otoshi: Different situations

http://www.youtube.com/watch?v=nlzhe_2DNj0

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:

Senior Nationals Draw Sheets:

http://www.judocanada.org/doc/Results%20-%20Résultats/00000828_2009%20Senior.pdf

E) Sport Science Update:

Explosive Medicine Ball Workout:

<http://www.youtube.com/watch?v=fwTVIX7Cuow>

F) Judo Practice:

Super Line Randori:

6 x 1 min round x 2-4 sets per training (5-10 min rest between sets)

A selected athlete is identified to be in front to compete against 6 fresh athletes. It is important that the athletes know that it is intensity training that every 1 min round has to be at 100% intensity.

Most Judo clubs in Saskatchewan do not have a large number of top level partners to challenge the best athletes in the club. With this type of training the best athlete will be able to get a challenging training from any level of athlete.

This type of training was used by Andrzej Sadej's preparation of the 1992 Olympic team and also by Jimmy Pedro at his home club.

G) Judo Fun/Interest:

You may be getting to Old for Judo:

<http://www.judoinfo.com/humor10.htm>

H) Featured Match of the week:

[-57kg] Yvonne Boenisch (GER) - Sun Hui Kye (PRK)

<http://www.judovision.org/?p=41>

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 Training Camp, Moose Jaw
September 12/13, 2009	Coaches Retreat, Saskatoon
September 18/19, 2009	Team Training / Fitness Test, Saskatoon