

Judo Saskatchewan Weekly Updates

Date: June 08, 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:

Ippon of the week: <http://www.youtube.com/watch?v=GS4pzbT6V7E>

Ippon of the week: <http://www.youtube.com/watch?v=ypOTUIE77e0>

Ippon of the week: <http://www.youtube.com/watch?v=RBVVHzG4Sfw>

Ippon of the week: <http://www.youtube.com/watch?v=Rd6itWVclWU>

Ippon of the week: <http://www.youtube.com/watch?v=fFaHV8JT0PE>

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

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:

O-uchi-gari:

<http://www.youtube.com/watch?v=yA33Fn9M4Rs>

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:

Judo Canada AGM – June 12-14, 2009

E) Sport Science Update:

100 Push-ups in 4 min Challenge:

<http://www.youtube.com/watch?v=1pwcENMi9TA>

50 Chin-ups in 3 min Challenge:

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

F) Judo Practice:

Cuban Drill: Circuit Conditioning Drill

This is a drill that keeps the athletes working for 5 minutes and at the same time developing specific judo skills. This is a good drill for mental toughness and developing leg core power.

Protocol:

20 Seconds Speed Uchi-komi

20 Seconds Lifting Double Leg or Te-Guruma

20 Seconds Sit-up

X 5 sets in a row for a single person = 5 minutes of work

G) Judo Fun/Interest:

Analysis of Yushiro Yamashita's 203 Match Winning Streak:

<http://www.judocoach.com/analysis/yamashita.html>

H) Featured Match of the week:

[-73kg] Vitaly Makarov (RUS) - Won-Hee Lee (KOR)

<http://www.judovision.org/?p=482>

I) Judo Saskatchewan Coming Events:

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