

## Judo Saskatchewan Weekly Updates

**Date:** June 22, 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: <http://www.judovision.org/?p=4731>  
Ippon: <http://www.judovision.org/?p=4728>  
Ippon: <http://www.judovision.org/?p=4726>  
Ippon: <http://www.judovision.org/?p=4730>  
Ippon: <http://www.judovision.org/?p=4884>

### B) Judo Saskatchewan Updates

Judo Sask. Website: [www.judosask.ca](http://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 **\$100.00** 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)

### Kata Clinic: Hiroshi Nakamura

**Date:** June 27, 2009

**Location:** Saskatoon, YMCA

**Times:** 12:00PM-2:00PM / 4:00PM-6:00PM

**Kata:** Katame No Kata

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

Goshin Jutsu

<http://www.judoinfo.com/katagosh.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](mailto:judomom.kate@sasktel.net)

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

#### **Judo Sask Team:**

Gill Hook / O-soto:

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

Huzinga Kata-Guruma:

[http://www.youtube.com/watch?v=CXIWXnLo4pE&feature=channel\\_page](http://www.youtube.com/watch?v=CXIWXnLo4pE&feature=channel_page)

Sankaku-Hook Arm to pin:

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

**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:**

**Slovenia Dax Cup Results:**

<http://www.judocanada.org/english/news.asp?CodeN=143>

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

**Speed Drills:**

<http://www.sport-fitness-advisor.com/agilitydrills.html>

### **F) Judo Practice:**

**Netherlands Speed Drill:**

15 Speed Uchi-komi + 4 Fast Throws

G) Judo Fun/Interest:

#### **You Can't Learn Persistence by Quitting!**

You can't learn persistence by quitting when the going gets rough. You can't learn adaptability by always being in an environment that is comfortable. You can't learn self-discipline by never being in a situation that demands it.

<http://www.swordsjudo.com/content/view/32/32/>

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

***Johan Laats (BEL) - Graeme Randall (GBR)***

<http://www.judovision.org/?p=4880>

### **I) Judo Saskatchewan Coming Events:**

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