

Judo Saskatchewan Weekly Updates

Date: June 29, 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=4745>
Ippon: <http://www.judovision.org/?p=4741>
Ippon: <http://www.judovision.org/?p=4740>
Ippon : <http://www.youtube.com/watch?v=3Zelf7nv4Nk>
Ippon : <http://www.judovision.org/?p=4747>

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 **\$100.00** sponsorship to the Summer camp. Sponsored athlete must be under the age of 17 as of December 31, 2009.

Contact: Lynn Schaan: lynnschaan@hotmail.com

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:

Sticker: (ashi-waza)

http://www.youtube.com/watch?v=1IDUg5O_J-o&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:

Russia Dominates U17 European Championships:

http://217.79.182.227/www.judo-world.net/eju/european/ec_u17_koper2009/tta_menuue.php?modus=1024&sprache=english

E) Sport Science Update:

The Power of Positive Thinking:

http://www.successconsciousness.com/index_000009.htm

F) Judo Practice:

Acceleration Uchi-komi:

This is a simple uchi-komi that starts very slow and is focusing on technical excellence and then the speed of entry increase with each uchi-komi repetition until you finish the set with a throw at maximum speed.

This drill is excellent for the athlete to focus on their technical skills and adding speed and power to their uchi-komi. It is important not to lose technique as the athlete increases their speed of the uchi-komi. The last uchi-komi at maximum speed needs to be as technical sound as the first uchi-komi which is done with no speed.

Protocol: 6 sets of 8 reps

8 repetitions per uchi-komi set > 1st rep is very slow; increase the speed of the uchi-komi to maximum speed and throw on 8th rep.

G) Judo Fun/Interest:

Judo: Russia aims for Olympic comeback

<http://www.bangkokpost.com/news/sports/146123/judo-russia-aims-for-olympic-comeback>

H) Featured Match of the week:

Piker (CUB) - Nomura (JPN)

<http://www.youtube.com/watch?v=Pq0MYKuUtaw>

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