

Judo Saskatchewan Bi-Weekly Updates

Date: September 07, 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: 2009 World Championships

<http://www.judovision.org/?p=5553>

<http://www.judovision.org/?p=5552>

<http://www.judovision.org/?p=5548>

<http://www.judovision.org/?p=5588>

<http://www.judovision.org/?p=5574>

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

2010 Senior Nationals Selection Criteria

<http://www.judosask.ca/documents/2010SrNatCriteria.pdf>

2010 Youth Nationals Selection Criteria

<http://www.judosask.ca/documents/2010YouthNatCriteria.pdf>

2011 Canada Winter Games Selection Criteria

<http://www.judosask.ca/documents/2011CWGSelectionCriteria.pdf>

C) Athletes / Coaches Corner

Judo Sask Team:

Hiroshi Nakamura:

8th Dan, NTC Shidokan Coach, former Canadian Olympic and National Coach
Coach of Nicolas Gill, Ewan Beaton, J.P. Cantin, Kevin Doherty, Brad Farrow

Osoto-Gari Part 1: <http://www.youtube.com/watch?v=IE9OTyjRpWQ>

D) Judo Canada/ World Update:

Canadian Team World Championship Results

78kg Amy Cotton 7th

Kalem Kachur Report from the 2009 World Judo Championships:

Hi all,

I hope that you are all doing well. I have been out here in the Netherlands as of late (Rotterdam to be precise) for the last week or so. Things have not been overly exciting as we prepared for the World Championships. I did get a chance to go to Amsterdam one day which was nice. I went to a museum (and saw some of Rembrandt's work - which is very impressive!) and through some of the better known areas. But besides that things have been fairly quiet as we were training a bit most days and then spent time on quieter pursuits the rest of the time.....but now onto the information on the World Championships!

My first match was against a strong opponent named Ivan NIFONTOV from Russia. He came into the tournament ranked number one. I felt good in my preparation and knew that it would be a tough match. The match started off very well with me trying to move him and be strong on the grips and keep him off balance with grips and foot-sweeps. I came out a little harder than he expected and he got a penalty for breaking grips repeatedly with engaging. I continued to work hard and was doing a good job of keeping him out of his comfort zone for the next couple of minutes, but I didn't manage to get any decent attacks in or any good openings in ground work. When I was in a good position he often tried a strange tomoenage (where he falls to his back and tries to throw me over his body with his foot) to bring it into ground-work into a position where nothing happened. At around the 2-3 minute mark he entered with a drop kata-guruma (body slam on the knees) and scored a yuko (small point). Shortly before this I had started to slow down a bit and was having troubles maintaining the rapid pace that I had set at the beginning of the match. I continued to have a trouble maintaining the momentum and actually got a penalty as well for not getting enough attacks in. For the last minute I managed to turn the heat back up but did get an iffy 2nd yuko called against me off of a tomoenage (as described above). As time ticked away I tried to get in for a good attack, but did not succeed in throwing him as he was playing defensively (as he should). So I ended up losing by 2 small points.

Because of the new system that they are using this year, in that only those you make it to the quarter finals get a chance to go for the bronze medal, I was finished. If the old system was still being used I would have gotten at least another fight as my opponent proceeded to slam his way through the rest of the opposition, claiming the title of World Champion! (On a side note, I was the only one that he didn't throw for ippon to instantly win the match).

It was a decent day for me, despite the early elimination, as it was my first Senior World Championships and I did fight well in the match. There are always things to improve and I have some more to focus on now, but I did fight better than I have in a while.

This brings the 2008-2009 season to a close.....and I get to take a bit of a break from training.....1 whole week! lol! Then it is back to training as I am leaving for a world cup in Great Britain (Birmingham) and then to Bayreuth, Lebanon for the Francophonie games from Sept 15-Oct. 1. After that I will be doing the Rendez-vous Canada tournament in Montreal on Oct 17-18. Normally there is a bit of a bigger break between seasons but not this time!

Anyways I hope to talk to you all soon,

-Kalem

E) Judo Interest:

Olympian Transforms Young Kids Lives:

http://www.cnn.com/2009/LIVING/wayoflife/07/16/cnnheroes.flavio.canto/index.html?eref=rss_latest

Canada Games Training Camp in The Moose Jaw News:

<http://mjtimes.sk.ca/index.cfm?sid=282189&sc=9>

F) Featured Match of the week:

2009 World Championships Final 60kg

<http://www.judovision.org/?p=5580>

G) Judo Saskatchewan Coming Events:

Judo Saskatchewan Selection Events in RED

September 12/13, 2009	Coaches Retreat, Saskatoon
September 18/19, 2009	Team Training / Fitness Test, Saskatoon
October 03, 2009	Prince Albert U13 Years Judo competition
October 24, 2009	Moose Jaw Beginner Competition
November 14, 2009	Saskatoon YMCA U13 Years Judo competition
December 12, 2009	Prince Albert (Selection & All Ages Competition)
December 13, 2009	Team Training – P. A. (Little Leaders & Team)
December 28-30, 2009	Winter Camp – Watrous (Guest Coach Frazer Will)
January 30, 2010	Saskatchewan Open
January 31, 2010	Team Training - Regina
February 06, 2010	Pense: 6 to 60 Orange belt and below competition
February 14-17, 2010	Saskatchewan Games: Moose Jaw
March 06, 2010	St.Brioux (Selection & All Ages Competition)
March 07, 2010	Team Training - St. Brioux (Little Leaders & Team)
March 27, 2010	Moose Jaw Open (All Age Divisions Competition)
April 10, 2010	Provincial Championships: Watrous (Selection & All Ages Competition)
April 11, 2010	Team Training – Watrous (Little Leaders & Team)
April 24, 2010	AGM: Saskatoon
April 25, 2010	Team Training - Saskatoon