

Judo Saskatchewan Bi-Weekly Updates

Date: October 05, 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:

Ne-waza Highlights: <http://www.youtube.com/watch?v=4u41omoNO4U>

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

US Open Results

5th Jordan Poliakiwiski 52kg, Lloydminster, SK

Francophone Games Results

3rd Frazer Will 60kg, Star City, SK

7th Kalem Kachur 81kg, Regina, SK

2009 Winter Camp, December 28-29-30, 2009

Location: Watrous, Saskatchewan

Guest Coach: Frazer Will

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>

Osoto-gari Part 2: <http://www.youtube.com/watch?v=r4hX6neLzo4>

Osoto-gari Part 3: <http://www.youtube.com/watch?v=286y1wlInxU>

D) Judo Canada/ World Update:

Judo Canada LTDM: U7 Teaching Manual: Active Start

http://www.judocanada.org/doc/LTAD/00000849_U7.pdf

E) Judo Interest:

Judo Cartoon from Japan: YAWARA

<http://www.youtube.com/watch?v=IINbjYYST1Y>

F) Featured Match of the week:

Frederique Jossinet (FRANCE) vs Birgit Ente (NETHERLANDS)

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

- Great example of ne-waza transition (european roll)

G) Judo Saskatchewan Coming Events:

Judo Saskatchewan Selection Events in RED

October 24, 2009	Moose Jaw Beginner Competition
November 14, 2009	Saskatoon YMCA U13 Years Judo competition
November 21, 2009	Kata Clinic – Saskatoon- pat.pattison@usask.ca
December 05, 2009	Black Belt Grading, Saskatoon
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 (<i>Guest Coach Frazer Will</i>)
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.Brieux (Selection & All Ages Competition)
March 07, 2010	Team Training - St. Brieux (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
June 12, 2010	Black Belt Grading, Location TBC