

Judo Saskatchewan Bi-Weekly Updates

Date: OCTOBER 21, 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:

Ippons: <http://www.youtube.com/watch?v=N7dr3ZagdVY&feature=related>

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

Quebec Open Results:

3rd U17 48kg Alexandra Poliakiwiski
5th U17 63kg Emily Schaan
5th U20 63kg Nicole Dyck
5th U20 70kg Charmaine Keenatch
5th U20 55kg Warren Seib
5th U20 90kg Jesse Caron
NC U20 66kg Andrew Yuen
NC U20 73kg Kendal McArthur
NC SR 66kg Marc Beausoleil
NC SR 81kg Ian McDonald

Rendez Vous Canada Results:

7th Ian McDonald
9th Marc Beausoliel

Former Team Saskatchewan Athletes:

Frazer Will	1 st Quebec Open / 1 st Rendez-Vous Canada
Dilyaver Sheykhisyamov	3 rd Quebec Open / 3 rd Rendez-Vous Canada
Kalem Kachur	2 nd Rendez-Vous Canada

Kalem Kachur RVC Report:

Well, this past weekend I was off to another tournament. This time the travel time was a little less as it only involved about 20 minutes of driving, and no time change! We had our international tournament here in Montreal. The tournament was not as big as it has been other years. In my division there were only 17 of us including a Brazilian, a Slovenian, a Brit and at least one American, besides the Canadians.

My first match was against JEFF MURLEY from Ont. This match went fairly well in general. I was dominating the grips and was leading by a penalty

or two as time advanced. The match really wasn't overly exciting and I finished it at around the 3.5 minute mark with an o-uchi-gari (tripping his leg with mine from between his legs) for ippon.

My second match was against MARCUS VINICUS SILVA OLIVEIRA from Brazil. At the beginning of this match neither of us was leaving any openings in the gripping and the referees decided that only I should get a penalty for not engaging. I disagreed (internally). The match continued and I managed to catch him, after he tried an attack, in a hold-down to win the match.

My third match was against KLEMEN FERJAN from Slovenia (although he lives and trains in Montreal with us). He is a strong player that I had lost 2 twice before. The match started off fairly well as he got a penalty fairly early on for defensive posture. A little later on he got a second penalty for the same thing which officially put me in the lead as the first penalty is just a warning. By the time the halfway-mark came around, the refs decided to be extra nice and give him a third penalty (which I didn't expect there). He had started increasing his intensity and soon after I got my first penalty. There was about 1.5 minutes left if I remember correctly (I have to try to relate the effects accurately as Klemen is on my mailing list!!) He really started increasing the intensity and somewhere around the 30 second mark he caught me for a decent throw which effectively tied the match. We ended up going into sudden death overtime and I attacked early on with o-uchi-gari and thought that it was a score, but they didn't call it. He almost caught me with a sode (which is what he had thrown me with when he beat me last time). Finally I attacked with another o-uchi-gari which was out of bounds and not as good as the first one. The ref's however weren't wearing their glasses apparently and gave me a point there to win the match.

This brought me to the final. I was fighting against TRAVIS STEVENS who is a strong American who has won the last two Pan-American Championships. This match was fairly close in general. He did score a yuko (small point) about 3 minutes into the match with a ippon-seoi-nage (shoulder throw) to take the lead. Soon thereafter he caught with a drop kata guruma (body slam on the knees) and on the ground after that throw I nearly caught him with an armlock, but just missed it. Then, in the last 20 seconds as I tried hard to get a point to catch up, he took advantage of the moment to catch me again with another kata guruma to win the match. I was disappointed to have lost the match as I thought that I would have been able to beat him that day (as I have lost to him a couple of times in the past), but I didn't.

Overall it was as a pretty good day for me and a silver medal isn't bad at all. I was happy with my day. My next tournaments will be in Asia (unless I decide to do a national level tournament in Kingston at the beginning of November). I will be leaving near the end of November for a World Cup Circuit in China, Korea and then Japan. I have been to China before, but not Korea nor Japan...so I am looking forward to this trip...but it is nice to have a while at home still before that.

Saskatoon YMCA Judo Challenge: November 14, 2009

<http://www.judosask.ca/events/SaskatoonNotice.pdf>

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

<http://www.judosask.ca/events/WinterCampNotice.pdf>

Guest Coach: Frazer Will, 2008 Olympian, Star City, SK

<http://www.canada.com/topics/sports/beijing2008/story.html?id=55f5aded-c561-452e-89e9-7400c88a778b>

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=286y1wllnxU>

Osoto-gari Part 4 : <http://www.youtube.com/watch?v=8d5zrSe38sA>

D) Judo Canada/ World Update:

2000 Olympic Champion: Kosie Inoue Technical DVD

http://www.intjudo.eu/?Menu=News&Action=Full&type_id=1&id=340&lang_id=2&mid=4

E) Judo Interest:

Good Nutrition on the road: Travel and Restaurants

http://www.coach.ca/admin/pdf_admin/pdf/Travel-and-Restaurants.pdf

F) Featured Match of the week:

Mark Huizina NED vs Matthieu Daferville FRA

<http://www.judovision.org/?p=206>

- Great back and forth match with an incredible ne-waza finish

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. Briuex (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