

**Date:** December 18, 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.

## MERRY CHRISTMAS TO ALL THE MEMBERS OF JUDO SASKATCHEWAN!

### **A) Judo Video Clips:**

Inoue the Legend:

<http://www.judovision.org/?p=6129>

### **B) Judo Saskatchewan Updates**

Judo Sask. Website: [www.judosask.ca](http://www.judosask.ca)

#### **Burnaby Open, December 05, 2009**

Jordan Poliakiwski – 2 x Gold

Alex Poliakiwski – Gold, Silver, Bronze

Sydney Poliakiwski – Bronze

Ian McDonald – Fourth

#### **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>

#### **Saskatchewan Open: January 30, 2010**

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

**IMPORTANT:** *It has been confirmed that there is 2 buses from Alberta and 1 bus from Manitoba attending this event. This is the biggest judo event in Saskatchewan and we need make sure that all clubs support this event with all the athletes they can. It is a priority for Judo Saskatchewan and the judo clubs in Saskatchewan to have as many athletes at this event as possible!*

*This is a great competition for all level of athletes and there is a great training the day following the competition. Please make sure to register for the competition today!*

**IMPORTANT:** Book your hotel as soon as possible. There is a large hockey and basketball competition in Regina on this weekend and hotels are booking up very fast! Do not wait to book your hotel!

## **Judo Saskatchewan Products:**

<http://www.judosask.ca/documents/JudoSK-Toraki-catalog.pdf>

### **C) Athletes / Coaches Corner**

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

#### **Sergio Pessoa: Assistant National Coach**

#### **Ne-waza Guard Drill:**

- A) <http://www.youtube.com/watch?v=W9ZGU4TIF4E>
- B) <http://www.youtube.com/watch?v=WWDF2pn4rcQ>
- C) NEW: <http://www.youtube.com/watch?v=ftjU8s6hKJY>

### **D) Judo Canada/ World Update:**

#### **Kalem Kachur's Tokyo Experience:**

Greetings from Tokyo. I have had some time to do some sightseeing this time, which is nice. I went to Kamakura - which is a touristy town just outside Tokyo that has a ton of temples and some huge statues which was pretty neat. We also did a little sightseeing in Tokyo itself another day.

In terms of the tournament here is how it went: My first match was against Katsushi MATSUMOTO (JPN). I was feeling pretty good going into the match and was looking forward to fighting. The first minute of the match was fairly uneventful. At the end of the minute I ended up getting a penalty for non-combativity that I didn't really think that I should have gotten. Off the next grip he came in with an o-soto that I stopped fairly easily but he transitioned into an arm-bar that came fairly close to working...but didn't. I managed to get a couple of decent grips, but couldn't score and 2 minutes in he scored a yuko on me with o-soto-gari and once again transitioned fairly well and got me in a weak hold-down that I got out of just before points would have been scored. Shortly thereafter I came close to scoring with a ko-soto/foot-sweep. He continued to do a good job of keeping me from settling my good grip in and I got another penalty with 1.5 minutes left to be down by 2 small points. With 15 seconds left I managed to break him down with grips and he got a penalty but it was far from enough to win. I ended up losing by those 2 yukos (small points).

I was quite disappointed with my result as I felt that my opponent was definitely beatable again here. He did continue to win a bronze medal, but I did not fight as well as I could have. I have several things to continue to work on over the next month and a half before tournaments get underway again. This trip has overall not been the best one that I have been on, but it is nice to finally make it to the birthplace of judo (the Kodokan) and to train here as well. We will be training here for 2.5 days before heading home (one of those days which is over now).

I wish you all Happy Holidays and hope that the New Year brings forth the best in us all.

## E) Judo Interest:

### Jordan Poliakiwski's reflections from the 2009 Junior World Championships:

Having the opportunity to travel to Paris, France and competing against many different athletes around the world has truly made me realize that I need to continue working and training hard in this sport because the minute you're not someone else is.

We as a team were able to take some time and do a little site seeing. It was quite exciting to see history in your own eyes. Being able to see the Eiffel tower, and realizing how big and magnificent it is in person. I was also very fortunate to view the Mona Lisa and Venus de Milo, two of the famous trademarks of France.

The tournament started on a Thursday and ended on a Sunday. Four full days of exciting, intense judo, of the best in the world. I fought the first day which was Thursday. My first match was against Israel. We ended up going into gold score, 9 seconds in golden score I ended up getting a penalty therefore losing my first match. Since losing my first match I was unable to continue. I was quite disappointed with my results but I just have to look forward and learn from my mistakes, and start training hard in reaching worlds once again.

## F) Featured Match of the week :

**Ishi (JPN) vs Bianchessi (ITA)**

<http://www.judovision.org/?p=1806>

This is an example of one of the main principle of judo that makes this sport so great; a smaller person can beat a bigger person by using skill! Great uchi-mata!

## G) Judo Saskatchewan Coming Events:

### Judo Saskatchewan Selection Events in RED

<b>December 28-30, 2009</b>	<b>Winter Camp – Watrous (Guest Coach Frazer Will)</b>
<b>January 30, 2010</b>	<b>Saskatchewan Open</b>
<b>January 31, 2010</b>	<b>Team Training - Regina</b>
<b>February 06, 2010</b>	<b>Pense: 6 to 60 Orange belt and below competition</b>
<b>February 14-17, 2010</b>	<b>Saskatchewan Games: Moose Jaw</b>
<b>March 06, 2010</b>	<b>St.Brieux (Selection &amp; All Ages Competition)</b>
<b>March 07, 2010</b>	<b>Team Training - St. Brieux (Little Leaders &amp; Team)</b>
<b>March 27, 2010</b>	<b>Moose Jaw Open (All Age Divisions Competition)</b>
<b>April 10, 2010</b>	<b>Provincial Championships: Watrous (Selection &amp; All Ages Competition)</b>
<b>April 11, 2010</b>	<b>Team Training – Watrous (Little Leaders &amp; Team)</b>
<b>April 24, 2010</b>	<b>AGM: Saskatoon</b>
<b>April 25, 2010</b>	<b>Team Training - Saskatoon</b>
<b>June 12, 2010</b>	<b>Black Belt Grading, Location TBC</b>