

Judo Saskatchewan Bi-Weekly Updates

Date: February 03, 2010

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:

http://www.youtube.com/watch?v=_GGEIH4xTzo
<http://www.youtube.com/watch?v=BYIq27vEZE8>
<http://www.youtube.com/watch?v=r3cWxjpu9Rc>
<http://www.youtube.com/watch?v=LmBL3HxvVa0>
<http://www.youtube.com/watch?v=xy-gTiqXg-k>

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

Judo Saskatchewan Judo Products:

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

Judo Saskatchewan 2010 Summer Camp

Register today! There will be about *50 athletes from out of province* attending this year's Summer Camp and there are limited available spaces for the camp. Get your name in now to ensure that there will be a spot for you at the camp.

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

Volunteers Needed: Please contact Lynn Schaan if you are interested in volunteering for the 2010 Summer Camp: lynnschaan@hotmail.com

C) Athletes / Coaches Corner

Judo Sask Team:

Frazer Will, Star City, SK, 2008 Olympian

Drop Technique:

Part 1: <http://www.youtube.com/watch?v=LRANt50PTws>

Part 2: <http://www.youtube.com/watch?v=9cBxN1bl1ZA>

DEVELOPING YOUR 'KILLER INSTINCT': Mind Training

First of all, the killer instinct is basically the unquenchable will to win - a natural competitiveness which comes out in every meet and even in training.

http://swimming.about.com/library/mental_tips/bl_57_mind_training01.htm

Note: The only way to improve in judo and at competition performance is through hours of training on and off the judo mat. Dedication and commitment are always the first step to developing a KILLER INSTINCT!

D) Judo Canada/ World Update:

Kalem Kachur Belgium Open Report:

Hello everyone and Happy New Year,

I hope that you are all doing well and that the holiday season treated you well. Well, I have started another year of tournaments. This tour is starting in Belgium and here is how the tournament here in Visé went:

1st match vs MEIENBERG, Mathias (GER): This match started off well. He was relatively short and so I had to be careful of lower attacks. I got a penalty for non-combativity about 30 seconds or so in. He had tried a couple of weak seoi-nage's and I didn't get any real attacks in. So to equalize this I decided to throw him for ippon (if only it were so simple). I attacked with a well timed harai-goshi to win the match.

2nd match vs (FRA): This time my opponent was a taller rightie. This match started off alright. I was able to get my grips in ok, not overly dominating, but in good position. My opponent tried a few drop seoi attacks which gave me a few chances to attack in ground work. He also tried a tomoe-nage (a throw where he falls on his back and tries to use his foot to throw me behind him); however it wasn't the best plan. What followed was a record breaker for me. I managed to work around his guard and then got him into a hold-down for a few seconds before he managed to get my leg which stopped the hold-down. then I got my leg out and held him down for about 22 seconds (25 would have given me the win) which gave me a waza-ari (a large point). I then proceeded to turn him over for sankaku (leg choke) but he was quite good at getting my leg, so I switched for a hold-down again and worked my leg out...but only for a couple of seconds before he got a hold of it again...then I got it out again, and held him down for 20 seconds to get a second waza-ari to win the match. This was by far the longest ground work sequence in a tournament that I have ever had....it ended up taking 2 min and 2 seconds!

3rd match vs SCHNEIDER, JONATHAN (FRA): This match was against a rightie that likes to attack with a left ippon seio so my plan was to keep him from getting his right hand in place. My plan worked out quite well. I was able to post on his right lapel and simply outreach him so that I had a grip and he didn't and then come overtop with my right hand. I was able to do this quite consistently. He tried some different attacks but was not able to get in deep enough with any of them. I got a fair number of o-soto and harai attacks in, but I also wasn't able to get in quite deep enough. The match played out this way for quite some time. At about the 2:30 mark he got a penalty for non-combativity. The match continued along the same lines, he came quite close with an ura-nage attack with less than a minute left, but did not have enough control. I had some decent attacks as well...but time ran out and I was up by one penalty, but the first penalty doesn't count as a point so we went into golden score overtime. I was still feeling good, but my opponent was looking tired, which was obviously a good thing! The match continued with basically more of the same, with him getting more tired, and me still feeling good.

With about 1 minute left in golden score he tried something that he had not yet

tried during the match - a classic Japanese style ko-ouchi-gari and caught me for yuko to win the match.

This tournament is a very large one in terms of number of competitors. There were approximately 90 of us in my category. So, in order that I be pulled through to fight towards a bronze medal, my last opponent had to win his next two matches and get into the semi-finals. The match was looking decent, and he had a chance of winning until he did an attack that he simultaneously grabbed the legs and was disqualified, so I wasn't pulled through. Unfortunately they didn't call the same thing when he attacked me with the exact same attack....but really I wanted to throw him myself.

So I finished with 2 wins and one loss and did not place. I also finished with quite the nice bruise on my nose - people keep asking me if I broke it...lol. So we are training here in Belgium and leave for Paris on Thursday for the Grand Slam in Paris this upcoming weekend. I am looking forward to it, and the training camp here has been very interesting for me as I work on some important stuff.

Have a good week and talk to you after Paris,

Note: Alex Emond (90kg) from Canada won a gold medal at this competition winning 6 matches by ippon.

E) Judo Interest:

Lloydminster Judo Club:

<http://www.meridianbooster.com/ArticleDisplay.aspx?e=2276413>

Sisters Return Home With Gold!

<http://www.vermilionstandard.com/ArticleDisplay.aspx?e=2278020>

F) Featured Match of the week:

Adams (GBR) vs Kase (JPN) – 1981 World Championship Final

<http://www.youtube.com/watch?v=mYXhIYQJQ2M>

- **Great intensity and armlock finish**

G) Judo Saskatchewan Coming Events:

Judo Saskatchewan Selection Events in Green

February 06, 2010	Pense: 6 to 60 Orange belt and below competition
February 14-17, 2010	Saskatchewan Games: Moose Jaw
March 06, 2010	Melfort (Selection & All Ages Competition)
March 07, 2010	Team Training - Melfort (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