

Judo Saskatchewan Bi-Weekly Updates

Date: February 17, 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:

Ippons:

<http://www.youtube.com/watch?v=G3W1ci8HI3M>

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

2010 Saskatchewan Winter Games

Congratulations to all of the athletes, coaches, organizers, officials, volunteers and the Moose Jaw Judo Club for providing an excellent environment to show case the sport of judo. The 2010 Saskatchewan Winter Games was an excellent three day event that included individual competition, team competitions and a skill competition. It was a great opportunity for the athletes of Saskatchewan to show case their skills and talent in a multi-sport event. The head organizing committee of the Saskatchewan Winter Games were very impressed by the spirit shown by the athletes and the great atmosphere at the competition site.

Judo Saskatchewan would like to especially like to thank Jim and Michelle Wiens for endless hours of hard work to make this event a success.

Saskatchewan Games Results:

<http://www.saskgames.ca/dyna/resultdesc.php?SportID=48>

There was a lot of great talent at this competition and it would be great to have all of the athletes who participated in this event support the Melfort Open and the Provincial Championships.

Melfort Open: March 06, 2010

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

Moose Jaw Open: March 27, 2010

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

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>

Part 3: http://www.youtube.com/watch?v=CSsqNFm5U_M

D) Judo Canada/ World Update:

Kalem Kachurs Report from the Paris Super World Cup:

Welcome back to the life of Kalem Kachur. This episode takes place in Paris at the prestigious Paris Grand Slam, one of the strongest tournaments outside of the World Championships and Olympic Games. I had a little time before the tournament this year and finally made it to the Louvre - which was absolutely amazing...., it is incredible how much art there is in that place. I went threw the Italian - Greek section and then went quickly through the French paintings and sculptures.

Now in terms of the tournament I was up against Mario VALLES from Columbia first round. This match started off fairly well for me. He got a penalty probably 30 seconds into the match for grabbing my fingers. About thirty seconds or so later he got another penalty for stepping out of bounds. By this point I had a small lead and so I didn't take to many risks, and primarily did a lot of gripping and I had the upper hand in this. A minute later we both got shidos for non-combativity which meant that I had a large lead. He had difficulties with my style and thus one minute later he got another shido which meant that I won the match.

My second match was against a stronger opponent, Robert KRAWCYZK (previous world bronze medalist - 2003 and more recently he won the Abu Dhabi Grand Prix). I had fought him at the training camp in Tokyo in December and actually fought very poorly against him there and he beat me very handily. I had to prepare myself for this match and I did a very good job of it. I had a good plan and it worked out very nicely. By controlling his one hand I was able to effectively eliminate his dangerous attacks. The match was not overly exciting in the first couple of minutes and I did end up getting a penalty for not getting enough attacks in...I made up for that on the next exchange as I scored a waza-ari (large point) with an o-uchi-gari (inside leg trip). I knew that I was going to have to continue fighting the same fight if I was going to keep my lead for the following 2.5 minutes, and that I did. He actually ended up getting a shido with 45 seconds left, so I was doing a good job of keeping him shut down.

My third match was against another former world bronze medalist (2001), Elkhan RAJABLI from Azerbaijan. I felt quite confident coming into this match.

Things did not start off perfectly as less than 30 seconds into the match from an equal position; he stepped on my foot as part of a set up for a o-soto (outside leg sweep) and scored waza-ari with it. This was going to be hard to come back from as he was quite dangerous for countering my attacks, and for attacking as well. We both ended up getting shidos when we were locked up (for non-combativity). This was bad for me as if we both got equal penalties I would end up losing because of the point against me. With 2.5 minutes left he attacked with a ko-uchi-makikomi and scored a yuko, and the refs were nice enough to give me a penalty as well as soon as we stood up. I was down by a lot, and having troubles controlling my opponent, but that problem was short lived as he scored another waza-ari with a o-uchi-gari to finish the match.

With 2 wins and one loss I ended up tying for 9th which isn't bad. It was enough to put me back in 1st place in Canada and to ensure my funded trip to the Pan-Am Championships in April. Now we are in the midst of the training camp here in Paris and we are headed to Vienna on Thursday to fight this weekend in a world cup there.

E) Judo Interest:

Prince Albert Judo Club in the news:

<http://www.paherald.sk.ca/Sports/Indoor-activities/2010-02-10/article-654677/Young-judokas-prime-for-Sask.-Winter-Games/1>

F) Featured Match of the week:

Paris Grand Slam Final 2010 100kg

Sergey Samoilovich (RUS) vs Elco van der Geest (BEL)

<http://www.judovision.org/?p=6605>

- Great tani-o-toshi/ko-soto-gari finish

G) Judo Saskatchewan Coming Events:

Judo Saskatchewan Selection Events in Green

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