

## Judo Saskatchewan Bi-Weekly Update

Date: June 23, 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) Ippon of the Week:

**Bishop Sommerfeld (SK) vs Teresa Pleasner (BC)**

<http://www.youtube.com/watch?v=Vs2M3PVbW9Q>

**Kendal McArthur (SK) vs Simon Ashwood (QC)**

[http://www.youtube.com/watch?v=Te\\_9jj9wFzE](http://www.youtube.com/watch?v=Te_9jj9wFzE)

### B) Judo Saskatchewan Updates

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

### Judo Saskatchewan Judo Products:

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

## Judo Saskatchewan 2010 Summer Camp

***IMPORTANT! Register today!***

***THERE ARE ONLY A FEW SPOTS LEFT FOR THE 2010 JUDO SASKATCHEWAN SUMMER CAMP – REGISTER TODAY!***

**NOTE:** You can send post dated cheques with your registration. Registrations will only be accepted with cheques.

**NOTE:** The summer camp is one of the qualification events for the 2011 Youth National Championships (U15/U17/U20)

<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](mailto:lynnschaan@hotmail.com)

### C) Athletes / Coaches Corner

**Judo Sask Team:**

**Wrist & Ankle to Cross Face:**

<http://www.youtube.com/profile?user=JudoSask#p/u/138/okHUQ7gbs4g>

### **Sankaku-Jime with arm hook:**

<http://www.youtube.com/profile?user=JudoSask#p/u/125/YK6sFjPmUic>

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

#### **Kalem Kachur; Regina YMCA: Venezuela World Cup**

I had a bye first round and so my first match was against a Venezuelan by the name of Aniba ESPINOZA. The match started off fairly well. I was able to get a good grip and to keep him bent over and he got a penalty for defensive posture. I was able to continue to maintain control of the gripping in this match and a little later he got a second penalty for non-combativity to give me a small point. Shortly after this he went for a sumi (sacrifice technique where your roll onto your back and try to flip the opponent over top of you) and I was able to stop it and get on top of him to hold him down to win the match.

Because this tournament was quite a bit smaller than the last few and because I had a bye I was already in the semi-final. My opponent was Pedro CASTRO from Columbia. I was fairly confident that I would be able to win this match as I had done fairly well against him in the training camp that I had done in Brazil a few weeks ago. The match was relatively equal for the first 2 minutes or so with neither of us scoring or getting penalties. I did feel that I was doing a slightly better job than he was overall. I tried a sumi attack and ended up hitting my head against his in the process and when I put my hand up to check it was covered in blood. I had split my eyebrow and then patched me up over the next couple of minutes with gauze, a tensor and a fair bit of tape. The match continued more or less as before, with me having to pull up the bandage which was dropping to cover my eyes from time to time. With about 1 minute or so left he tried a sasae (a type of trip technique) and so I grabbed his leg to try to counter the move. Since last fall there have been new rules in place about when we can grab the legs and basically one can only do it to counter an attack or as a continuation of an attack. I was not worried at all about grabbing his leg as he had attacked but the referees decided to meet to discuss and the head referee decided that it was not a legal attack and the penalty for that is extreme being a direct disqualification. So I lost the match. When I went to ask the head referee why it was not considered legal he replied that it was because we are only allowed to try to counter by grabbing the leg when the opponent tries a REAL attack and apparently my opponent hadn't tried hard enough, which seems ridiculous as he had tried to throw me in reality...but that is the way it went down. I was very disappointed as I felt that I was very capable of winning that match which would have been quite helpful in the Olympic selection process.

Losing the semi-final put me into the bronze medal match against another Canadian - Antoine VALOIS-FORTIER who I had lost to in the semi-final at our national championships a little over a month ago. The match was going fairly

well with me doing a better job with the gripping than I had last month and with getting attacks in as well. The match was fairly intense over the first 2.5 minutes or so and then he managed to attack me with a te-guruma and threw me for waza-ari (large point). I continued to try to keep the pressure on him and as time progressed he was tiring out. In the last minute I was getting into decent positions fairly often and he took one penalty with about 20 seconds left. Unfortunately I needed him to get 2 more penalties to tie the match. He was tired but he was able to stop me from succeeding in getting a point and the match ended like that.

The tournament was much weaker than the last few tournaments that I have done since the Olympic selection process started and I was very disappointed with my second match, but I was nonetheless fighting better than I had over the past few tournaments so I was happy about that. I did get a couple of points towards the Olympic selection as well for my 5th place finish. I am going to be fighting in El Salvador at another World Cup next weekend so I will let you know how it went after Sunday.

#### **E) Judo Interest:**

##### **Judo Saskatchewan Black Belt Grading: June 05, 2010**

Four people are being recommended to Judo Canada for Shodan: Ray MARTIN, Bob EVOY, Andrew MacLEOD and Keon BURNETT. One person is being recommended for Sandan: Brady BURNETT. All were evaluated at the Regina YMCA on June 5, 2010.

#### **F) Featured Match of the week:**

[Keiji Suzuki \(JPN\) vs Janusz Wojnarowicz \(POL\)](http://www.judo-snjders.nl/video-judo-wedstrijd-internationaal/2010-Grand-Slam-Rio-de-Janeiro/Keiji%20Suzuki%20(JPN)%20-%20Janusz%20Wojnarowicz%20(POL)%20[+100kg].html)

[http://www.judo-snjders.nl/video-judo-wedstrijd-internationaal/2010-Grand-Slam-Rio-de-Janeiro/Keiji%20Suzuki%20\(JPN\)%20-%20Janusz%20Wojnarowicz%20\(POL\)%20\[+100kg\].html](http://www.judo-snjders.nl/video-judo-wedstrijd-internationaal/2010-Grand-Slam-Rio-de-Janeiro/Keiji%20Suzuki%20(JPN)%20-%20Janusz%20Wojnarowicz%20(POL)%20[+100kg].html)

#### **G) Judo Saskatchewan Coming Events:**

##### **Judo Saskatchewan Selection Events in Green**

**August 08-14, 2010      Judo Saskatchewan Summer Camp**

**August 27-29, 2010      Canada Winter Games Camp (TBC)**

**September 18-19, 2010    Coaches Retreat, Saskatoon**

**September 25-26, 2010    CWG & Judo Sask Team Training**

November 6, 2010	Selection Event Saskatoon Open
November 07, 2010	Saskatoon Team Training
December 17-19, 2010	Judo Sask/Alberta Camp, Fort Saskatchewan, AB
January 7/8/9, 2011	Winter Camp Watrous
January 22, 2011	Saskatchewan Open & CWG Team Match
January 23, 2011	Saskatchewan Open Team Training
February 05, 2011	Melfort Selection Competition
February 06, 2011	Melfort Team Training
March 05, 2011	Moose Jaw Selection Competition
March 06, 2011	Moose Jaw Team Training
April 16, 2011	PROVINCIAL CHAMPIONSHIPS, Swift Current
April 17, 2011	Swift Current Team Training
April 30, 2011	AGM & Testing, Regina
May 01, 2011	AGM Team Training, Regina

**Complete Schedule of Judo Saskatchewan Events:**

<http://www.judosask.ca/events.html>