

## Judo Saskatchewan Updates



**Date:** September 01, 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:**

Andrew Yuen 2010 Youth Nationals:

<http://www.youtube.com/watch?v=LL3aC0QxX1o>

Nicole Dyck 2010 Youth Nationals:

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

Jesse Caron 2010 Youth Nationals:

<http://www.youtube.com/watch?v=k3sB-4UwT5Y>

### **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>

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

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

**Sankaku-Jime:**

<http://www.youtube.com/profile?user=JudoSask#p/u/128/oe4Xvm2ulsQ>

**Minimum Training Guidelines:**

<http://www.judosask.ca/documents/MinimumTrainingGuidelines.pdf>

#### **IMPORTANT:**

**Doping Control Website:** <http://www.globaldro.com/ca-en/>

To find the status in sport of any medication or other substance, consult the Global DRO.

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

#### **The World Masters Association Open, Montreal, Canada**

The results of the Saskatchewan athletes who attended the World Masters World Cup in Montreal

August 16-21, 2010:

1st Blair Doige 60kg, Saskatoon YMCA – 50 to 54 years old

1st Frank Bier, Battleford, 81kg, +80 years old

2nd Ralph Ibanez, Saskatoon YMCA, 66kg, 55years to 65years combined

Kata:

Pat Pattison & Blair Doige – Goshi-Jitsu 5<sup>th</sup>

Pat Pattison & Blair Doige – Kime-no-kata 6<sup>th</sup>

Pat Pattison & Blair Doige – Juno-kata 8<sup>th</sup>

Ronnie McKenzie from Stanley Mission competed in the competition in the 60kg and 35-40years age division but lost both matches.

Kim Schau from the Saskatoon YMCA compete in a very competitive weight division finishing 7th with a 1W-2L record. He was entered in the 100kg; 45 to 49 age division which was one of the largest and strongest divisions in the competition.

It was a good competition with over 750 athletes from 22 different countries and Saskatchewan had one of the biggest teams representing Canada at this event.

Congratulations for everyone who participated!

#### **World Cup Miami, August 27-28, 2010**

2<sup>nd</sup> Frazer Will, Star City Saskatchewan

#### **US Open Miami, August 29, 2010**

5<sup>th</sup> Kalem Kachur, Regina YMCA

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

#### **Youth Olympics Role Model: Rueben Houkes (NED)**

[http://www.intjudo.eu/index.php?Menu=News&Action=Full&type\\_id=1&id=582&lang\\_id=2&mid=4](http://www.intjudo.eu/index.php?Menu=News&Action=Full&type_id=1&id=582&lang_id=2&mid=4)

#### **Kalem Kachur; Regina YMCA: 2010 US Open**

Hey Everyone,

I hope that you didn't miss me too much since I last talked to you!! Today was an interesting day. I was the only member of the Canadian World Championships team that stayed to compete at the US Open today seeing as it is so close to the World Championships (we leave on Tuesday

morning for Japan). I decided that I wanted to do the tournament though, as I could use the domestic points, chance at a standard, and to get some more matches in, likely against opponents that are a little weaker. Generally speaking 81 kg (my category) will start at the beginning of the tournament as we are usually the biggest or next to biggest division. I was counting on this a bit as I did want to have a little time between coming back from Miami and leaving for Japan - in case of any problems. Thus I booked my flight leaving from Miami at 8:10 PM so that I would be at home in Montreal for 1 full day before leaving again. They were supposed to do the finals for the divisions during the day and not at the end as well, which was important in making my decision. Things didn't work out ideally. 81 did not start at the beginning of the day. It was scheduled to start at approx 2:00 pm, and my ride to the airport was at 6:30 pm. I figured I would fight as many matches as I could and if I was going to be in the gold medal final that I might consider changing my ticket. In the end the tournament started about an hour later than it was supposed to.

My first match was probably at about 2:30-2:45 ish. I fought against a Chilean by the name of \_\_\_\_\_. The match started off a little poorly as I was a little reactive in the gripping and got out-gripped right off the bat. The second exchange was better and was a little more equal. At the third exchange, I got my grip and moved him well and caught him with my classic move - o-uchi-gari (inside leg sweep) to score ippon and win the match.

My second match was against an American by the name of Joshua WHITE. He is a tall, skinny righty (although not as tall as me) This match was a little different. He was being fairly defensive with the grips, and I was not giving a lot away either. We both got a shido (penalty) after approx 1.5 minutes. After this I was able to get a little closer. I tried an o-uchi and just hit his foot, and lost my balance a bit which allowed him to get a good grip and with a little footwork, set up an o-soto-gari (outer leg sweep) for a yuko. A little after this I got a decent grip and he reacted by trying to straighten up which put him in a perfect position for my deep ko-uchi-gake (opposite inside leg hook) and I slammed him for a nice ippon to win the match. This match was probably at around 3:30ish and I was feeling relatively positive that I might be able to finish the tournament in time.

My third match was against José BESCOSME from the USA. I had last fought him first round at the world cup in El Salvador at the end of June, and he had caught me with a choke in transition as I scored a yuko on him. This time I was especially careful for the choke. I was also quite

aggressive with the grips right from the first grip where I broke him to the ground and got a sankaku (leg choke) in, but wasn't able to turn him over. He adjusted a bit to my hard gripping after the next exchange or two. He got a shido for non-combativity as he was doing a little less in terms of attacks than I was. Just a little after that I was able to get a good grip and bend him over and get a o-uchi-gari in again, similar to the first match, but a little slower - for an ippon to win the match. This match was a fair bit longer in coming and it was about 4:45.

I was waiting for my semi-final which would be against Harry St. Leger from the states. At 5:20ish I thought I would be up right away, and went down to check, but they were planning on doing the b-side of the draw before the semi-finals. I managed to convince them to move my semi-final up, but they wouldn't move up the other one, which meant that if I won, I wouldn't be able to make the final before I had to leave for the airport, and I was debating whether I would try to change my plane ticket and pay several hundred dollars to have a chance at the gold medal. I had to fight the match first though, if I lost, I was not going to change my ticket for the match for the bronze medal. When the match started at 5:50ish I was quite pumped to go for win. I was a little too aggressive though, especially against this opponent, who often tires out after a few minutes, but is explosive and powerful at the beginning. I was going too hard though. Only a little way into the match he tried an o-soto which I stopped and then I tried to grab over on to his back and he was able to adjust and did a te-guruma (leg grab and lift) to throw me for ippon to win the match. Well, the good news was that my decision was made for me; I could leave without regretting missing the final. I would have liked to fight for the bronze medal, but getting home and ready for the World Championships was more important and I did succeed in getting some matches in and working on the confidence, which will be helpful for the World Championships! It was a good experience, and as I didn't feel like I had any pressure to perform, I had a blast and I fought well.

I don't know who my fifth match was against, but I lost (I presume).

Well, I am in the flight home at the moment, and will send this off when I get home. Have a great week and a half or so, and I will let you guys know how the world championships go in Japan.

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

**Andrew Yuen Youth Nationals:**

[http://www.youtube.com/watch?v=wcv\\_nqu1xOI](http://www.youtube.com/watch?v=wcv_nqu1xOI)

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

**Judo Saskatchewan Nationals Selection Events in Green**

**September 18-19, 2010 Coaches Retreat, Saskatoon**  
<http://www.judosask.ca/events/CoachesRetreat.pdf>

**September 25-26, 2010 Judo Saskatchewan Team Training, Prince Albert**  
<http://www.judosask.ca/events/PATeamTraining.pdf>

**October, 22-24, 2010 Canada Winter Games Camp, Moose Jaw**  
<http://www.judosask.ca/events/CWGCampMooseJaw.pdf>

**November 6, 2010 Selection Event Saskatoon Open**  
**November 07, 2010 Saskatoon Team Training**

**December 17-19, 2010 Judo Sask/Alberta Camp, TBF**

**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>

**Judo Saskatchewan Selection Criteria:**  
<http://www.judosask.ca/documents/NationalSelectionCriterias2011.pdf>