

Judo Saskatchewan Updates

Date: January, 2012

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 monthly update.

A) Ippons of the Month:

<http://www.alljudo.net/video-de-judo-2922.html>

<http://www.alljudo.net/video-de-judo-2921.html>

<http://www.alljudo.net/video-de-judo-2899.html>

<http://www.alljudo.net/video-de-judo-2901.html>

<http://www.alljudo.net/video-de-judo-2912.html>

<http://www.alljudo.net/video-de-judo-2931.html>

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

Judo Saskatchewan Judo Products:

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

B) Athletes / Coaches Corner

Tachi-waza:

Kuzushi Pull

Static:

http://www.youtube.com/watch?v=QWxv3T0XbN8&feature=plcp&context=C35e0ee1UDOEgsToPDskKR0NOzNg6mU9mZ_fMXa9Wi

Moving

<http://www.youtube.com/watch?v=Tawtw5J7Doc&feature=plcp&context=C3ef9401UDOEgsToPDskLEf9tymxsSOYchd3wiDISR>

<http://www.youtube.com/watch?v=u8mViohscl4&feature=plcp&context=C3923164UDOEgsToPDskLvmORL2C-giVsBDcdJV1Q3>

Ne-waza:
Neil Adam's 3 part Situation

Pin (U15)

<http://www.youtube.com/watch?v=iSI0GsRHnWE&feature=plcp&context=C344fbbcUDOEgsToPDskJDqIMtjOtvazu1RBmWdqSu>

<http://www.youtube.com/watch?v=fvZXxrezcjo&feature=plcp&context=C3466664UDOEgsToPDskK9WRI-dswvR6vYvuydglb6>

Choke (U17)

<http://www.youtube.com/watch?v=VXiKEwq5ods&feature=plcp&context=C3b0c8ceUDOEgsToPDskL1Tutn497hZRvtxpPVkvI>

Arm Lock (U20 / Senior)

<http://www.youtube.com/watch?v=x4x627Rn8a8&feature=plcp&context=C34b62edUDOEgsToPDskLw4S1vSn23II53QSift2oG>

http://www.youtube.com/watch?v=X84g_pw3PtU&feature=plcp&context=C3425aadUDOEgsToPDskJbOXMg9k8xNEYdmQKKSsVx

All athletes should have a basic knowledge of this three part Neil Adam's drill. This is an excellent drill that works on the basic ideas of ne-waza and it works well with the different age divisions so athletes can progress from skill to skill.

IMPORTANT:

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

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

D) Judo Interest:

Bishop Sommerfeld & Kenadee Thompson Article

<http://issuu.com/adrenalinereginsports/docs/dec-jan-11-12-web/15>

Battleford Judo Club ECLIPSE Program

<http://www.lskysd.ca/news/index.php?NewsID=280>

E) Featured Match of the week:

Tritton (Canada) vs Joo-Jin (Korea)

<http://www.alljudo.net/video-de-judo-2918.html>

F) Judo Saskatchewan NCCP

There are no more NCCP Courses for the 2011/12 season. Judo Canada encourages everyone who has taken a course in the last two years to complete the works and send it into Judo Saskatchewan.

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G) Judo Saskatchewan Coming Events:

Judo Saskatchewan Schedule of Events January 2012:

January 21, Sask Open Judo Championships, Regina, SK

January 22, Judo Saskatchewan Training, Regina, SK

Complete Schedule of Judo Saskatchewan Events:

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