

Judo Saskatchewan Updates



Date: May 2013

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 Week:

2012 Fight Films 101 Ippons

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

B) Judo Saskatchewan Updates

Judo Sask. Website: www.judosask.ca

2013 Judo Saskatchewan Awards – April 27, 2013 (PHOTOS)

<http://www.judosask.ca/results/2013awards.pdf>

2013 Ontario Open Selection – May 18-19, 2013

Jack Karaim	U15 50kg
Alex Li	U15 55kg
Josh Guthrie	U15 60kg
Brandon Morrison	U15 66kg
Aidan Skaf	U18 60kg
Tristan Hoffarth	U18 66kg
Bryce Martindale	U18 73kg
Brette Poliakiwski	U18 48kg
Josie Lehner	U18 52kg
Sydney Poliakiwski	U18 57kg
Kenadee Thompson	U18 63kg
Emily Schaan	U21/SR 63kg
Nicole Dyck	U21/SR 63kg
Bishop Sommerfled	SR 78kg
Chellys Valljeo	SR/Mast. O78kg
Warren Seib	SR 73kg
Sean Morrison	SR 90kg

Judo Saskatchewan Judo Products:

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

B) Athletes / Coaches Corner

O-uchi-gari:

With the new rule changes o-uchi-gari is a valuable throw for all judoka involved in competitions. The new rules encourage athletes to get their grips quicker and to be more offensive. In the new rules athletes can get stuck in a grip situation with no advantage to themselves or their opponent; this is a perfect situation to use the o-uchi-gari. All styles of O-uchi-gari can be used as when in a locked up position or off the grip – in both situations this throw can be effective.

Bruce Kamstra Fundamental O-uchi-gari (Judo Canada RTSO)

<http://www.youtube.com/watch?v=Hdha4kdoKZA>

Kayla Harrison (USA) O-uchi-gari

http://www.youtube.com/watch?v=_xYIzD6DFos

Lucie Decosse (FRA) French O-uchi-gari

<http://www.youtube.com/watch?v=lzPmHxFUT-g>

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:

Moose Jaw Judo Club in the News:

<http://www.mjtimes.sk.ca/Sports/2013-04-25/article-3227957/Judo-hosting-final-competition/1>

Moose Jaw Competition Results:

<http://www.mjtimes.sk.ca/Sports/2013-04-28/article-3229138/-Local-judo-club-finishes-year-with-good-showing/1>

Judo Saskatchewan Awards Banquet

<http://www.mjtimes.sk.ca/Sports/2013-04-28/article-3229136/Damien-Wiens-honoured-at-Judo-Sask-awards-banquet/1>

Judo Saskatchewan Judo Club Membership 2012-2013:

Saskatoon YMCA	82
Koseikan - Moose Jaw	69
Lloydminster	66
Avonhurst – Regina	62
Pense	60
Ju No Ri - Watrous – Watrous	50
Regina Y	44
Senshudokan – Regina	44
South Corman Park – Saskatoon	38
Kenshukan - Prince Albert	35
Battleford	32
Vibank	29
Swift Current	28
Stanley Mission	24
Prairie Spirit – Saskatoon	6
Kokoro-e – Bengough	1
Melfort	1
Independent	1
TOTAL	672

E) Featured Match of the week:

Judo Grand Slam Baku 2013 Final -70kg ZUPANCIC (CAN) - VARGAS KOCH (GER)
Kelita Zupancic gains number one ranking in the World with this competition victory.

<http://www.youtube.com/watch?v=u7SRQDq7MBI>

Judo European Championships 2013: ILIADIS (GRE) - MARMELJUK (EST)
Elimination [-90kg]

http://www.youtube.com/watch?v=D3FD_tVKgX8

F) Judo Saskatchewan NCCP

NCCP Homework

Coaches who have outstanding home work from any of the NCCP courses please provide me with this information anytime so we can review and finish your certification.

Please contact Ewan Beaton if Interested:
beaton_judocan@yahoo.ca

G) Judo Saskatchewan Coming Events:

Judo Saskatchewan Schedule of Events May 2013:

- 18, Ontario Open, Toronto, ON
- 31-June 2, Inter Provincial Camp (BC AB SK) Canmore, AB

Complete Schedule of Judo Saskatchewan Events:
<http://www.judosask.ca/events.html>