

# Judo Saskatchewan Update



## **Date: September 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 Day:**

[http://www.youtube.com/watch?v=TDky5W\\_Rc-A](http://www.youtube.com/watch?v=TDky5W_Rc-A)

[http://www.youtube.com/watch?v=q\\_exbkN2kCQ](http://www.youtube.com/watch?v=q_exbkN2kCQ)

<http://www.youtube.com/watch?v=C3i1ErMw-fM>

[http://www.youtube.com/watch?v=NP\\_A5IE5FQs](http://www.youtube.com/watch?v=NP_A5IE5FQs)

### **B) Judo Saskatchewan Updates**

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

#### **July 29, 2013 Black Belt Grading – Regina, Saskatchewan**

Congratulations to the following members of Judo Saskatchewan who were graded to their Nidan and Shodan.

##### **Nidan**

Mike Horvey – Regina YMCA

Vern McDonald – Moose Jaw

##### **Shodan**

Emily Schaan – Watrous

Carol Bowie – South Corman Park

### **Judo Saskatchewan Judo Products:**

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

## **B) Athletes / Coaches Corner**

### **Technical Corner Juji-gatame**

#### **Basic Juji-gatame Roll**

<http://www.youtube.com/watch?v=p9rE9VU-kbQ>

#### **Figure 4 Grip**

<http://www.youtube.com/watch?v=bQHFrM80HPk>

#### **Juji-gatame Squish Roll**

<http://www.youtube.com/watch?v=38JgZOCQ0ys>

#### **The science of Juji-gatame**

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

#### **Competition Juji-gatame**

[http://www.youtube.com/watch?v=O4cJ7Ue\\_IPw](http://www.youtube.com/watch?v=O4cJ7Ue_IPw)

<http://www.alljudo.net/video-de-judo-106.html>

#### **Flavio Canto – Brazil**

<http://www.alljudo.net/video-de-judo-2381.html>

### **Updated Judo Canada Concussion Information:**

[http://www.judocanada.org/system/wp-content/uploads/2011/08/Concussion-information-JC\\_EN\\_2013.pdf](http://www.judocanada.org/system/wp-content/uploads/2011/08/Concussion-information-JC_EN_2013.pdf)

### **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:**

### **Sydney Poliakiwski Going to Cadet World Championships**

<http://www.vermilionstandard.com/2013/07/15/judo-champ-heading-to-worlds>

### **Louis Kriebler-Gagnon (Canada) Cadet Judo World Champion**

<http://www.judocanada.org/2013/08/10/louis-kriebler-gagnon-cadet-judo-world-champion/>

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### **Jessica Klimkait (Canada) wins at Cadet World Championships**

<http://www.judocanada.org/2013/08/09/jessica-klimkait-wins-at-cadet-world-championships/>

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

World Judo Championships Cadets, Miami 2013 Final -73kg KIRAKOZASHVILI (GEO) - RAMAZANOV Zaur (RUS) *a fantastic ippon in golden score*

[http://www.youtube.com/watch?v=FOZb4HyR\\_9s](http://www.youtube.com/watch?v=FOZb4HyR_9s)

## **F) Judo Saskatchewan NCCP**

**Dojo Assistance – October 4-6, 2013 (Regina)**

**Dojo Instructor – October 4-6, 2013 (Saskatoon)**

*Please contact Ewan Beaton if Interested:*

[beaton\\_judocan@yahoo.ca](mailto:beaton_judocan@yahoo.ca)

### **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.*

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

**September 2013**

*September 20-22, Judo Saskatchewan Coach Retreat, Saskatoon*

*September 27-29, Judo Saskatchewan Fall Training Camp, Moose Jaw*

**Complete Schedule of Judo Saskatchewan Events:**

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

## **H) Goal Setting 101:**

**(FROM COACHING IRELAND; THE LUCOZADE SPORT EDUCATION PROGRAMME)**

***“A goal without a plan is just a wish”***

Antoine de Saint-Exupery

Successful people set goals in their lives. Goals are important, as they provide direction and a target to focus your efforts and measure your success. Setting goals will help you to:

- Create a focus for your training
- Prioritize and get more out of your time
- Get better results
- Evaluate performance improvements
- Make the most of your talents

***“SMARTER”***

Successful people from any walk of life, be it sport, business or the arts, commit themselves to reaching their goals or targets. Setting long, medium and short-term goals is a big step on the road to action. Effective goals should always be based on the “SMARTER” principle:

**S - Specific**

If the goal is too vague (e.g. “I want to get faster, I want to lose weight”), it will not help performers to focus their attention and plan their route to achieve the goal. Vague signposts or directions are of little use. Goals should be as specific as possible (e.g. “I want to improve my time of PB by 5 seconds”)

**M - Measurable**

Unless performers can measure their progress, they will be unable to assess whether or not they are improving or have been successful (how much faster, e.g. target times). Consider the variety of ways in which you can measure performance (e.g. number of sessions completed, number of successful passes or tackles made in a game etc). Where possible, the majority of the goals set should be under the control of the performer rather than being dependent on other people, such as an opponent’s performance (e.g. to win a race).

**A - Agreed**

The performer (or individuals within a team) must personally agree and accept responsibility for the goal(s) set. This usually means that they must have some say in setting the goal or target. Unless the performer agrees that this is what they want and can see how it contributes to their overall plan, they are not likely to strive hard to achieve it.

### **R - Realistic**

If a goal is too difficult, the performer will either fail or become disillusioned by the lack of success. In the same token the goal should be challenging and not something that is easily achieved. Evidence suggests that the highest achievers set the most challenging goals. The real challenge is self-belief.

### **T - Time-Phased**

The achievement of long-term 'performance' goals needs careful planning to identify a series of staged short- and medium-term 'process' goals. Progress must be planned in smaller steps or short-term goals – each identifying an achievable goal in a specified time span. Without setting deadlines, there is a danger that all your good intentions will be delayed and/or not achieved.

### **E - Exciting**

If a goal is too easy, it offers no challenge, little motivation and consequently no satisfaction on accomplishment. Goals need to be exciting.

### **R - Recorded**

It is essential to write down your goals. not only does this increase commitment, it also serves as a form of contract. It also helps in monitoring progress. Many athletes pin up their goals in a prominent place such as on the fridge or above their desk as a reminder and constant source of motivation.