

Judo Saskatchewan Update



Date: January 2015

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.

For more information on Judo Saskatchewan and our programs please visit our website: www.judosask.ca

If you would like to unsubscribe yourself from the Judo Saskatchewan Update please email: e.beaton.judo@gmail.com

A) 2014 World Championships

Top 10 Throws Day 4:

<https://www.youtube.com/watch?v=DpKT0mGnw4g>

Top 10 Throws Day 5:

<https://www.youtube.com/watch?v=hnChEJlrOYU>

B) Judo Saskatchewan Updates

Judo Saskatchewan Facebook Page:

<https://www.facebook.com/groups/158916920950217/>

Judo Saskatchewan would like to have Judo Saskatchewan members post photos from their judo clubs, competition, training camps and events on the Judo Saskatchewan facebook page. Find updates on Judo Saskatchewan on the Judo Saskatchewan Facebook page today!

B) Athletes / Coaches Corner

Inside Grip Control: Opposite side situations

Why is inside control Important?

It is important that when developing grip control in an opposite side situation (left vs right). In this gripping situation athletes will be able to open up with attacks more frequently because of the open angles in their stances. It is important to lead with the lapel hand first and then advance and secure the sleeve grip

Inside Grip: <https://www.youtube.com/watch?v=fvkzDOJwBYY>

Clear the shoulder: https://www.youtube.com/watch?v=SBLyicD_Agg

Opposite Stiff Opponent: https://www.youtube.com/watch?v=zGCn6_-9riQ

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:

Upsets at CWG Trails:

<http://www.mjtimes.sk.ca/Sports/2014-12-02/article-3960261/Plenty-of-upsets-at-Games-trials-for-judo/1>

E) Featured Match of the month:

2014 JAPAN GRAND SLAM: SAIDOV (RUS) - SCHICHINOHE (JPN)

<http://www.alljudo.net/video-de-judo-4585.html>

2014 JAPAN GRAND SLAM: IDDIR (FRA) - KUKOLJ (SRB)

<http://www.alljudo.net/video-de-judo-4588.html>

F) Judo Saskatchewan NCCP

.NCCP – COACHES WHO HAVE TAKEN THE COURSE IN THE PAST THREE YEARS AND HAVE OUTSTANDING HOME WORK SHOULD SEND IT IN TO COMPLETE THEIR CERTIFICATION.

Please contact Ewan Beaton
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G) Judo Saskatchewan Coming Events: January 2015

- 10-11, Elite 8 Tournament, Montreal, QC
- 17, Judo Sask Regional Training Day, Regina
- 18, Judo Sask Regional Training Day, Saskatoon
- 24, National B & C Referee grading at the Sask Open, Regina
- 23-25, Sask Open, Regina
- 25, Judo Saskatchewan Team Training, Regina
- 31, Judo Sask Provincial Training Day, Lloydminster

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

H) Nutrition Corner

Are you making bold resolutions on January 1 to "eat right" -- whatever that means? Stop trying to overhaul your entire [diet](#) in a day! Resolve to think small and you can reach any diet goal -- one focused step at a time. Why not start with these simple tips?

New Year's Diet Resolution No. 1: Go Slow

Resolving to get more fiber in your diet this year? Maybe more fish or fresh fruit? Any diet change is easier if you take slow, small steps. For example:

1. Vow to add a piece of produce to your brown bag lunch daily.
2. Designate a day as fish day.

3. Package up a single serving of your favorite whole-grain cereal, then treat it as your midmorning snack.

New Year's Diet Resolution No 2: Water, Water, Everywhere

Water: It's cheap, fat-free, and gives your body a quenching boost. Find the idea of eight cups a day daunting? Think small:

1. Drink one glass first thing in the morning, before you brush your teeth.
2. Tempted by more soda? Another glass of wine? Drink a cup of water with a splash of your favorite beverage in it first.
3. Resolve to drink one more cup of water today than you had yesterday.

New Year's Diet Resolution No. 3: Go for the Gold ... and Red ... and Purple

Colorful produce is packed with disease-fighting plant compounds, so when you shop, reach for a rainbow.

1. Designate a color-a-day. Maybe Mondays are yellow, with grapefruit, golden apples, or corn starring in meals, while Tuesdays are purple with plum and eggplant.
2. Get the kids involved and go for a theme: Build a green pizza with emerald bell peppers and artichokes, or a red produce-infused chili.
3. Vary the rainbow -- pick up a new-to-you fruit or veggie the next time you shop.

New Year's Diet Resolution No 4: Tackle Mindless Munching

You're chatting with friends around the dinner table or watching a DVD -- and you just keep *nibbling*. Try these tips to reign in the munchies:

1. Pop a stick of gum or a sugar-free mint in your mouth.
2. Brush or floss your teeth.
3. Pay attention -- look at each piece of food you plan to eat.
4. Busy your hands with a glass of water, a cup of tea, or cleaning off the table.

New Year's Diet Resolution No 5: Stack the Odds in Your Favor

Don't forget to help yourself succeed, and to reach out for help when you need it.

1. Buddy up with a friend or family member with diet and [weight loss](#) resolutions. Then share your ideas, plans, and successes regularly.
2. Leave the temptations -- ice cream, chips, soda -- at the grocery store. Promise yourself you'll cater to cravings only outside the home, in one-serving portions.
3. Socialize with non-food events. Get your friends together in the park, for a hike, or at the movies.

Bonus New Year's Diet Resolution: Baby Your Body

Prevention: It's a lot less daunting than treating a chronic condition, so do the little things that keep your body thriving.

1. Get moving 30 minutes a day most days. Go for a walk, give the car a good scrub, take a hike. Whatever gets the blood pumping qualifies!
2. Get those tests you know you need. [Cholesterol](#) checks, prostate exams, pap smears -- stay ahead of the game by staying *healthy*.
3. Get all the snooze-time you need. [Sleep](#) helps body and soul recharge, stay healthy, and cope with [stress](#).

Take enough steps and you'll reach any goal. Resolve to make a few small diet resolutions this year and then just watch how far you'll go!