

Judo Saskatchewan December 2015

Update

Judo Saskatchewan updates are here to keep you informed of upcoming and past events. They are here to help you to know what is going on in our sport. Please feel free to pass these updates on to anyone you feel can benefit from these updates.

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: judocotton@yahoo.ca

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!

UPCOMING EVENTS

- ☑ Watrous Competition and Camp Dec 5/6 2015

- ☑ Winter Camp Dec 18/19/20 2015

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- ☑ Elite 8 Nationals Montreal Jan9/10 2016
- ☑ Sask Open Regina and Camp Jan 23/24 2016
- ☑ Kata Clinic Regina Jan 24 2016
- ☐ Inner City Winnipeg, Manitoba Feb 6 2016

RESULTS

☑ **Ontario Open** **U16** Kyle McKay -55kg silver, Tyler Kostron -60kg seventh
U18 Brandon Morrison -73kg bronze, Travis Mills -81kg fifth **U21** Josie Lehner
-57kg silver, Ihor Pryscheпа -100kg third, Maxx Karaim fifth **Senior** Ihor Pryscheпа
-100kg silver, Aidan Skaf -66kg fifth, Warren Seib -73kg fifth

IMPORTANT

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

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

For athletes competing at competitions we have to keep our energy up and make sure you eat throughout the day. Not just breakfast in the morning but between fights as well. Your body needs energy and this comes from food, I used to eat granola bars, fruit anything to keep my energy. You might also consider drinking juice mixed with water and or Gatorade. These are good things to give your body energy.

FIGHTS TO WATCH

This I found it is the Top 10 Ippons from World Championships 2015. Look at the commitment from each of the athletes and the finishes. They are committed each and everytime they attack.

<https://www.youtube.com/watch?v=0aK3AbM64UU>

Here is a short video of Asley Gonzalez from Cuba. Look at his finish and pull of the sleeve.

http://www.ippon.org/gs_jpn2015.php