

Judo Saskatchewan Update



Date: September 2014

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

GREAT IPPONS:

<http://www.alljudo.net/video-de-judo-4460.html>

<http://www.alljudo.net/video-de-judo-4405.html>

<http://www.alljudo.net/video-de-judo-4385.html>

<http://www.alljudo.net/video-de-judo-4375.html>

<http://www.alljudo.net/video-de-judo-4371.html>

<http://www.alljudo.net/video-de-judo-4370.html>

<http://www.alljudo.net/video-de-judo-4363.html>

<http://www.alljudo.net/video-de-judo-4355.html>

<http://www.alljudo.net/video-de-judo-4386.html>

<http://www.alljudo.net/video-de-judo-4409.html>

<http://www.alljudo.net/video-de-judo-4408.html>

<http://www.alljudo.net/video-de-judo-4406.html>

<http://www.alljudo.net/video-de-judo-4404.html>

M.Ebinuma, Japan 2013-2014 World Champion 66kg

<https://www.youtube.com/watch?v=tWNzW628Tak>

B) Judo Saskatchewan Updates

Black Belt Grading, August 24, 2014, Regina, SK

Shodan: 1st Degree Black belt

Bryce Martindale, Regina YMCA
Maxx Karaim, Regina YMCA
Chris Hodgson, Saskatoon YMCA
Deborah McKay, Prince Albert
Sydney Poliakiwski, Lloydminster
Alex Poliakiwski, Lloydminster

Yondan: 4th Degree Black belt

Blair Doige, Saskatoon YMCA

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

Reverse Seio-nage:

<http://judo.com.gr/reverse-morote-seoi-nage/>

This Korean inspired technique is a very powerful and surprising technique that catches many athletes when they are caught trying to react to a normal seio-nage attack. It is very important that athletes spin tight and commit to the attack 100%.

Trends from the 2014 World Championships

<http://100judo.com/post/world-championship-trends>

Judogi standards 2014-15 season Canada

Judogi standards in Canada in season 2014/15. Considering that the IJF will introduce another NEW judogi standards in April 2015, **no new judogi standards are introduced in Canada until further notice** but not sooner than after the Open National Championships in May 2015. The judogi standard in force are the standards used in Canada in the season 2013/14 (length of the sleeve 5 cm from the wrist, etc.)

NOTE: All Canadians competing abroad – including club competitors competing at events in the USA, have to compete there in judogi that meets the IJF standard.

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:

Taryn Montgomery in the news:

<http://www.mjtimes.sk.ca/Sports/2014-08-02/article-3821277/Montgomery-learning-a-lot-from-busy-summer/1>

Antoine Valois-Fortier – 2nd Place 81kg 2014 World Championships:

VALOIS-FORTIER said: “I am so happy. I did a really good preparation for this event. Several months ago, with my coach, we focussed everything on the worlds. It was my goal to be on the podium today. And when you reach your goal, you can only be happy. I had several good victories today and that’s just incredible.

<http://www.judocanada.org/2014/08/28/world-championships-valois-fortier-joins-gill-in-select-group-after-finishing-second-in-russia/>

<https://www.facebook.com/judocanada/photos/pb.213177112035562.-2207520000.1409239398./837666789586588/?type=1&theater>

<https://www.facebook.com/judocanada/photos/pb.213177112035562.-2207520000.1409241516./837666732919927/?type=1&theater>

Final: <http://www.alljudo.net/video-de-judo-4400.html>

Semi-Final: <http://www.alljudo.net/video-de-judo-4401.html>

E) Featured Match of the month:

60KG PAPINASHVILI (GEO) - MILOUS (FRA)

<http://www.alljudo.net/video-de-judo-4377.html>

F) Judo Saskatchewan NCCP

.NCCP- please sign up for the October sessions!

Dojo Instructor Course: October 25, 2014, Saskatoon, Location TBA – this will be a combine course with the Peter Gardiner Coaching Clinic in September 2014

Dojo Assistant Course: October 24-26, 2014, Regina, Location TBA

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

e.beaton.judo@gmail.com

G) Judo Saskatchewan Coming Events: August 2014

- 12-14, Judo Saskatchewan Coaches Retreat, Watrous
- 26-28, Provincial Team Training Camp, Moose Jaw

Complete Schedule of Judo Saskatchewan Events:

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

H) Nutrition Corner



The Recommended Number of Food Guide Servings chart shows how much food you need from each of the four food groups every day.

Find your age and sex in this chart to see how much food you need.



Recommended Number of Food Guide Servings per Day

| | Children | | | Teens | | Adults | | | |
|------------------------------|----------------|-----|------|-------------|------|-------------|------|-----------|------|
| | 2-3 | 4-8 | 9-13 | 14-18 Years | | 19-50 Years | | 51+ Years | |
| | Girls and Boys | | | Female | Male | Female | Male | Female | Male |
| Vegetables and Fruit | 4 | 5 | 6 | 7 | 8 | 7-8 | 8-10 | 7 | 7 |
| Grain Products | 3 | 4 | 6 | 6 | 7 | 6-7 | 8 | 6 | 7 |
| Milk and Alternatives | 2 | 2 | 3-4 | 3-4 | 3-4 | 2 | 2 | 3 | 3 |
| Meat and Alternatives | 1 | 1 | 1-2 | 2 | 3 | 2 | 3 | 2 | 3 |

For example:

If you are a 35 year old woman you should aim to have:

- 7-8 vegetables and fruit
- 6-7 grain products
- 2 milk and alternatives
- 2 meat and alternatives
- 30 - 45 mL (2 to 3 Tbsp) of unsaturated oils and fats