



Western Canada

Regional Integration Officer Update



A) LTDM: Long Term Developmental Model

10 Ss of Trainability

5.) Suppleness (Flexibility)

The sensitive period of accelerated adaptation for training suppleness occurs between ages 6-10 years in both girls and boys. However, attention to flexibility should continue during **Peak Height Velocity** (PHV) and beyond to prevent injuries as bones, muscles, tendons and ligaments grow.

www.canadiansportforlife.ca

B) Judo Canada/IJF Update www.judocanada.org

2012 National Championships Technical Package:

http://www.judocanada.org/system/wp-content/uploads/2012/01/TP_SR2012_Jan20121.pdf

Pan-Am Volunteers Needed:

<http://www.judocanada.org/2011/11/08/become-a-volunteer-for-the-2012-judo-panam-championships/>

January , 2012,

Summary:

LTDM

Judo Canada/IJF Update

Technical Corner

Judo Canada Up Coming Events

Video Clips

Sports Science

Western Canada Calendar of Events

Judo Quotes:

If there is effort, there is always accomplishment.
- Jigoro Kano

Do not think of attack and defense as two separate things. An attack will be a defense, and a defense must be an attack. - Kazuzo Kudo



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C) Technical Corner

NOTE: Judo Canada does not control the content of the Websites linked below.

Bruce Kamstra; Judo Canada RTSO B.C.

Tai Otoshi (Fine Points)

<http://www.youtube.com/watch?v=IdKkUp8IIWo&feature=youtu.be>

O-Soto-Gari:

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

D) Judo Canada up Coming Events

Pacific International, Vancouver, BC February 18-19, 2012

<http://www.judobc.ca/files/2011/08/Pac-International-Invitation.pdf>

Edmonton International, Edmonton, AB March 31-April 1, 2012

https://www.judoontario.ca/events/view_upcoming/235

Ontario Open, Toronto, ON May 18-19, 2012

National Judo Championships, Toronto July 5-8, 2012

http://www.judocanada.org/system/wp-content/uploads/2012/01/TP_SR2012_Jan20121.pdf



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E) Video Clips

NOTE: Judo Canada does not control the content of the Websites link

Judo Match of the Month:

Tritton (Canada) vs Joo-Jin (Korea)

<http://www.alljudo.net/video-de-judo-2918.html>

Nishiyama (JPN) vs Meloni (ITA)

<http://www.alljudo.net/video-de-judo-2925.html>

Judo Gymnastics

<http://www.alljudo.net/video-de-judo-2930.html>

JUDO PROMOTION BRAZIL STYLE: FLASH JUDO MATCHES:

http://www.youtube.com/watch?v=XNmEKCK_hB8

JUDOKA Documentary:

1964 Olympics Silver Medalist Doug Rogers

PART 1: <http://www.youtube.com/watch?v=nkNkr0HuXlc>

F) Sport Science

Cardio Training for Judo, Matt D'Aquino

Judo is such a dynamic sport that makes it very hard to train for just one certain component. We need a lot of different styles of fitness covering all energy systems. Some opponents are all about speed so the fight is based around aerobic fitness while others are slow and all strength so the fight then spills over into the anaerobic category.

To make it even worse in major competitions you may have to fight up to 5 times in 1 day or more. Jimmy Pedro in 2004 Olympics had 7 fights in 1 day. This requires a lot of physical fitness (especially in the repechage) but more so, recovery after intense exercise is the key.

But HIIT is when you run at 100% effort for a certain amount of time (it varies) before you have a rest and then you go again for 100% effort. This is very intense and very hard on your body. HIIT is proven to:

Remaining Article: <http://judoinfo.com/cardio.htm>



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G) Western Canada Calendar of Major Events 2011/12

It is important that the Western Province Support all the Major Western Canadian Competitions to help develop judo in Canada.

Saskatchewan Open, Regina, SK January 21-22, 2012

<http://www.judosask.ca/events/SaskOpenNotice.pdf>

Pacific International, Vancouver, BC February 18-19, 2012

<http://www.judobc.ca/files/2011/08/Pac-International-Invitation.pdf>

Winnipeg Inner City Open, Winnipeg, MB February 25, 2012

http://www.judomanitoba.mb.ca/cal_files/Winnipeg%20Inner%20City%20Judo%20Open%202012.pdf

Edmonton International, Edmonton, AB March 31-April 1, 2012

https://www.judoontario.ca/events/view_upcoming/235