

Judo Canada Prairies Regional Integration Officer Update



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/2011

Judo Canada RTSO

This newsletter purpose is to provide updated information to the coaches on Judo Canada and the World of judo. If you would like to have club coaches from your province on a mailing list, please mail to me their email address:
beaton_judocan@yahoo.ca

The update is a service that I will provide to the Western Provinces on behalf of Judo Canada. Whether the update is distributed to clubs under your jurisdiction, is at the discretion of your Provincial Associations. I appreciated the chance to impact development of judo in Western Canada and thank you for your support. Do not hesitate to contact me with any further questions.

02 August 2011

A) LTDM: Long Term Developmental Model

Factor 9:

System Alignment and Integration

Based on CS4L principles, LTAD promotes system alignment and integration between sport clubs, provincial/territorial and national sport organizations. CS4L addresses the overarching system and structure of sport and physical activity in Canada, including the relationship between school sport, physical education and high performance sport at all levels from policy to program delivery.

LTAD calls for system alignment and integration by bringing together athletes, coaches, clubs, school sports, recreation, provincial and national organizations to build a better sport system in Canada.

Athlete development is the core business of national, provincial/territorial and local sport organizations. Without quality athletes in sport programs, these organizations would not be viable. Consequently, it is in the best interests of these groups to collaborate, align and integrate in delivering optimal athlete development programs.

LTAD must also be supported and promoted by all levels of government, including:

- Provincial/Territorial ministries responsible for sport and recreation.
- Provincial/Territorial health ministries and Health Canada.
- Provincial/Territorial education ministries.
- Other relevant federal and provincial/territorial departments and ministries.
- Municipal governments.

LTAD initiatives and support programs must be designed and implemented with a focus on the needs of athletes, and a commitment to cross-sectoral collaboration and cooperation.

Coaches, teachers, and recreational professionals may lead athlete training and physical activity programming at the ground level, but they need to be supported by administrators, sport scientists, health, and government across multiple sectors.

www.canadiansportforlife.ca

B) Judo Canada/IJF Update

BRAZIL WORLD CUP, JULY 9-10, 2011

<http://www.judocanada.org/english/news.asp?CodeN=278>

VENEZUELA WORLD CUP, JULY 16-17, 2011

AMY COTTON WINS GOLD

<http://www.judocanada.org/english/news.asp?CodeN=279>

C) Technical Corner

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

Bruce Kamstra; Judo Canada RTSO B.C.
Former National Champion & BC Provincial Coach

KUZURE KESA GETAME DRILL

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

KUZUSHI FOR FORWARD TECHNIQUES

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

Marie-Helene Chisholm, Woman's National Coach, 2004 Olympian

Sanka-ku-jime:

<http://www.youtube.com/watch?v=dAvnE9ydgk8>

D) Judo Canada up Coming Events

National Camp, Montreal, QC	August 1-12, 2011
Quebec Open, Montreal, QC	October 08-09, 2011
National Camp, Montreal, QC	October 10-13, 2011
Pacific International , Vancouver, BC	February 18-19, 2012
Edmonton International, Edmonton, AB	March 31-April 1, 2012
Ontario Open, Toronto, ON	May 18-19, 2012
National Judo Championships, Toronto	July 5-8, 2012

E) Video Clips

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

THE GREAT KOSEI INOUE:

http://www.youtube.com/watch?v=PzdP2rjtt6I&feature=mfu_in_order&list=UL

**Neil Adams 1981 World Champion, GBR Olympic Coach 1996
Audio Blog: 16 min – New Judogi Regulations & Gripping**

<http://www.youtube.com/watch?v=TmigXgcHC7Q&feature=related>

F) Sport Science

Bullet Proofing your Judo Club Planning

After observing the contextual reality of judo in my area of work, I have concluded that one of the key barriers to the implementation of the LTDM in clubs across Canada is the lack of well develop periodized teaching plan that outlines the year objectives for the club, monthly plans, weekly plans and then individual teaching plans.

If clubs have well planned programs then it will be easier to make the adjustments to their programs and start to implement ideas promoted in the Judo Canada LTDM into their program.

With this update I would like to once again offer advice on how to do it:

Note: The best time to start planning for the next season is 1 to 3 months before the start of the season because it gives time to review last years plan to make sure that the club is on track with its long term goals.

Planning can be complex or simple:

SIMPLE:

- A) Long Term Goals 4 to 10 years
- B) Short Term Goals 1 year
- C) Develop Year teaching & training outline according to goals
- D) Develop Monthly teaching & training outlines according to goals & events
- E) Develop Weekly teaching & training outlines according to goals & events
- F) Develop practice plans for every practice in the weekly
- G) Review all information ever month

Important Tools:

- A) Calendar of events / plan of events for the judo club

B) Calendar – only to be used for judo

- 1) Set your goals, objectives and events you would like to participate in the year.
- 2) If you have never followed a structured plan I suggest that you make a year teaching and training outline / plan (1 hour of work)
- 3) Every month develop an outline for your training – the trainings should work together and skills should be repeated - you can use a calendar for this. Important to remember for skills to be mastered they need to be repeated and then review often during the season.
- 4) Every week review the outline, make adjustments and develop individual practice plans for every practice.
- 5) Review everything often for the athletes and for your own development.
- 6) Review IJF Rule changes every year – important to stay current to changes that might affect your teaching plans.

LTDM EMPHASIS FOR JUDO TRAINING:

U7: Active Start:	60%-70% Ne-waza / 30%-40% Tachi-waza
U9: FUNDamentals:	55%-60% Ne-waza / 40%-45% Tachi-waza
U11: Learning to Train	50% Ne-waza / 50% Tachi-waza
U13: Learning to Train	45%-50% Ne-waza / 50-55% Tachi-waza
U15: Training to Train	40% Ne-waza / 60% Tachiwaza
U20: Training to Compete:	40% Ne-waza / 60% Tachiwaza
+18F / +19M: Training to Win:	30-35% Ne-waza / 65%-70% Tachi-waza

G) Western Canada Calendar of Major Events 2010/11

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

U of Manitoba Open, Winnipeg, MB	December 03, 2011
Saskatchewan Open, Regina, SK	January 21-22, 2012
Pacific International, Vancouver, BC	February 18-19, 2012
Inner City Open, Winnipeg, MB	February 25, 2012
Edmonton International, Edmonton, AB	March 31-April 1, 2012