



Western Canada Regional Integration Officer Update



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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.

01 September 2011

A) LTDM: Long Term Developmental Model

Factor 10:

Continuous Improvement

The coaches, athletes, sport scientists, administrators, and policy makers closest to LTAD constantly seek ways to improve and refine it.

We never assume that LTAD in its current form is ever complete or final. We operate from the position that it represents the best practices in coaching and athlete development as they are understood today.

The concept of continuous improvement, which permeates LTAD, is drawn from the respected Japanese industrial philosophy known as Kaizen. By applying a willingness to always seek improvements in our understanding and practice, LTAD will continuously evolve to accommodate new breakthroughs in sport science research, new innovations in technology, and evolving best practices in coaching.

By focusing on continuous improvement, we will also ensure that LTAD reflects all emerging facets of physical activity, sport, recreation and education to ensure that it is inclusive of all types of activity.

LTAD promotes ongoing education and sensitization of federal, provincial/territorial, and municipal governments, the mass media, sport and recreation administrators, coaches, sport scientists, parents, and educators about the interlocking relationship between physical education, school sport, community recreation, lifelong physical activity, and high performance sport.

www.canadiansportforlife.ca

B) Judo Canada/IJF Update

Canadian Team World Championships Reports:

Day 1: <http://www.judocanada.org/2011/08/23/world-championships-a-day-to-forget/>

Day 2: <http://www.judocanada.org/2011/08/24/canadians-run-into-heavyweight-roadblock-2/>

Day 3: <http://www.judocanada.org/2011/08/25/valois-fortier-beaten-by-the-olympic-champion/>

Day 4: <http://www.judocanada.org/2011/08/26/opponents-too-strong-for-canadian-contingent/>

World Judo Championships IJF Reports

<http://www.youtube.com/watch?v=keYkZkQ1EH4&feature=related>

Day 1:

Results: <http://www.intjudo.eu/News/cikk1962>

Day 2:

Results: <http://www.intjudo.eu/News/cikk19647>

Day 3:

Results: <http://www.intjudo.eu/News/cikk1966>

Day 4:

Results: <http://www.intjudo.eu/News/cikk1967>

Day 5:

Results: <http://www.intjudo.eu/News/cikk1969>

Day 6: Team Event

Results: <http://www.intjudo.eu/News/cikk1970>

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=IhnBmxiNTIE>

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

NEW Sankaku-jime 2: (hook arm)
<http://www.youtube.com/watch?v=Z6ZFs85CYpM>

Sanka-ku-jime 1:
<http://www.youtube.com/watch?v=dAvnE9ydgk8>

D) Judo Canada up Coming Events

Quebec Open, Montreal, QC http://www.quebecopen.org/	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.

World Championships highlights:

<http://www.judovision.org/?p=11567>

<http://www.judovision.org/?p=11183>

<http://www.youtube.com/watch?v=u-PFT2TFcRM&feature=related>

F) Sport Science

This is a book that all judo coaches who are preparing athletes for competition should have. This is an excellent book that looks at how athletes off mat training and sport training work together in efforts to have the athletes peak for a major event.

Periodization Training for Sports-2nd Edition

Sports conditioning has advanced tremendously since the era when a “no pain, no gain” philosophy guided the training regimens of athletes. Dr. Tudor Bompa pioneered most of these breakthroughs, proving long ago that it’s not only how much and how hard an athlete works but also when and what work is done that determines the athlete’s conditioning level.

In *Periodization Training for Sports*, Bompa demonstrates how to use periodized workouts in order to peak at optimal times by manipulating six different training phases: anatomical adaptation, hypertrophy, maximum strength, conversion to power, maintenance, and transition. Coaches and athletes in 32 sports have at their fingertips a proven program that is sure to produce the best results. No more guessing about preseason conditioning, in-season workloads, or appropriate rest and recovery periods; now it’s simply a matter of identifying and implementing the information in this book.

Presented in a useful format with plenty of ready-made training schedules, *Periodization Training for Sports* is your best conditioning planner if you want to know what works, why it works, and when it works in

the training room and on the practice field. Get in better shape next season, and see the benefits of smarter workouts in competition.

Contents

Part I: Foundations of Strength Training

Chapter 1. Strength, Muscular Endurance, and Power in Sports

Chapter 2. How Muscles Respond to Strength Training

Chapter 3. Strength and the Energy Systems

Chapter 4. Principles of Strength Training for Sports

Part II: Program Design

Chapter 5. Manipulation Volume, Intensity, and Speed

Chapter 6. Planning for the Short Term: Microcycles and Macrocycles

Chapter 7. The Yearly Training Plan: Periodization of Strength

Part III: Periodized Training

Chapter 8. Phase 1: Anatomical Adaptation

Chapter 9. Phase 2: Hypertrophy

Chapter 10. Phase 3: Maximum Strength

Chapter 11. Phase 4: Conversion

Chapter 12. Phases 5 and 6: Maintenance and Transition

Chapter 13. Fatigue, Muscle Soreness, and Recovery

<http://www.humankinetics.com/products/all-products/periodization-training-for-sports-2nd-edition>

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