



Western Canada

Regional Integration Officer Update



## A) LTDM: Long Term Developmental Model

# 10 Ss of Trainability

## 4.) Skill

Girls and boys both have one sensitive period of accelerated adaptation for training skill.

For girls, the sensitive period is between ages 8-11 years.

For boys, the sensitive period is between ages 9-12 years.

These ages are approximate. For both girls and boys, the sensitive period for training skill ends at the onset of the adolescent growth spurt. With the sudden acceleration in growth in bones and muscles, there is a commensurate decrease in physical coordination that significantly impedes skills learning and practice for the duration of the growth spurt.

[www.canadiansportforlife.ca](http://www.canadiansportforlife.ca)

## B) Judo Canada/IJF Update [www.judocanada.org](http://www.judocanada.org)

### IJF Rules Change: Coaching Edict

Coaches at the side of the mat will only be allowed to give information to their athletes during matte. Coaches who do not follow this regulation will be given warnings and if the behaviour continues they will be removed from the competition area.

December 14,  
2011,

Summary:

LTDM

Judo  
Canada/IJF  
Update

Technical Corner

Judo Canada  
Up Coming  
Events

Video Clips

Sports Science

## Jigoro Kano Quote:

In randori we learn to employ the principle of maximum efficiency even when we could easily overpower an opponent. Indeed, it is much more impressive to beat an opponent with proper technique than with brute force. This lesson is equally applicable in daily life: the student realized persuasion backed up by sound logic is ultimately more



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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.**

##### **NEW Tai Otoshi (Fine Points)**

<http://www.youtube.com/watch?v=ldKkUp8IIWo&feature=youtu.be>

##### **O-Soto-Gari:**

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

### D) Judo Canada up Coming Events

Winter National Training Camp, Montreal, QC      January 02-06, 2011

<http://www.judocanada.org/event/winter-national-training-camp-montreal/>

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](https://www.judoontario.ca/events/view_upcoming/235)

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

National Judo Championships, Toronto      July 5-8, 2012



## Western Canada Regional Integration Officer Update

### E) Video Clips

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

Judo Match of the Month:

#### **JUDO ATTITUDE**

[http://www.youtube.com/watch?v=BFM060IDuig&feature=results\\_main&playnext=1&list=PL4E38615FB980DA49](http://www.youtube.com/watch?v=BFM060IDuig&feature=results_main&playnext=1&list=PL4E38615FB980DA49)

Bor (HUN) vs Suzuki (JPN)

<http://www.alljudo.net/video-de-judo-2804.html>

### F) Sport Science

Please look at the attached video of the Scottish Judo Team training. Strength and Fitness training is one of the main building blocks of an athlete. It is important that athletes who wish to become international level judoka are training at elite levels of their strength and fitness.

#### **Olympic Lifting**

<http://www.youtube.com/watch?v=eKHL1MRsGtl&feature=related>

<http://www.youtube.com/watch?v=caekE8Wu6Xc&feature=related>

#### **Sample Circuit Training**

<http://www.youtube.com/watch?v=reEz1vnt5k8>

2001 Peter Gardner Article : Building a System

[http://www.twoj.org/archives/2001/autumn/aut01\\_sys.html](http://www.twoj.org/archives/2001/autumn/aut01_sys.html)



## Western Canada Regional Integration Officer Update

### 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](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](https://www.judoontario.ca/events/view_upcoming/235)