



Western Canada

Regional Integration Officer Update



A) LTDM: Long Term Developmental Model

10 Ss of Trainability

1) Stanima

The sensitive period of accelerated adaptation for training stamina begins when [Peak Height Velocity](#) (PHV) is reached, or the maximum rate of growth during the adolescent growth spurt. Athletes need increased focus on aerobic capacity training as they enter PHV, and they should be progressively introduced to aerobic power as their growth rate decelerates.

<http://www.canadiansportforlife.ca/ten-ss-trainability/stamina>

www.canadiansportforlife.ca

Parents Guide to LTDM : (excellent tool)

http://www.coach.ca/files/LTAD_forparents_EN_Final.pdf

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

Get your Judo Canada Road to London Newsletter sent directly to your email address:

<http://www.judocanada.org/contact-us/newsletter/>

World Judo Day – October 28, 2011

October 28, the birthday of Jigoro Kano, will from now on be an annual day of awareness about judo and its values. This day will be the one of all the judoka. I wish that all practitioners, clubs, national federations and Continental Unions rally to highlight the greatness of judo.

<http://www.intjudo.eu/News/cikk20136>

October 03, 2011,

Summary:

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Jigoro Kano Quote:

Before and after practicing Judo or engaging in a match, opponents bow to each other. Bowing is an expression of gratitude and respect. In effect, you are thanking your opponent for giving you the opportunity to improve your technique.



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C) Technical Corner

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

Ewan Beaton ; Judo Canada RTSO Prairies

O-Soto-Gari:

<http://www.youtube.com/watch?v=8AN1NG54t2A>

Bruce Kamstra; Judo Canada RTSO B.C.

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

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	October 08-09, 2011	http://www.quebecopen.org/
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	



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E) Video Clips

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

World Championships highlights:

<http://www.judo-snijders.nl/video-judo-wedstrijd-wereldkamp/2011-Paris-World-Championships-judo/Day%20three%20highlights.html>

F) Sport Science

10 Bodyweight Exercises for Judo

<http://ezinearticles.com/?10-Awesome-Bodyweight-Exercises-for-Judo&id=6420068>

There are literally hundreds and hundreds of exercises out there. But which ones are will improve your performance on the mat. Here is a list of 10 fantastic body-weight exercises that will build strength, power and explosiveness for all Judokas.

- Body-weight squats
- Burpees
- Pushups
- Chin ups
- Rope climbs
- Elastic band open shuts
- Core hold
- Hanging leg raises
- Squat jumps
- Clapping push-ups

If you add any of these exercises to your strength and conditioning programs you will find that your Judo will improve. All of the above exercises are fantastic for Judo. Remember that Judo players should be training like Judo players so it is vital that the exercises you are performing in the gym are catering specifically for Judo.

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
Winnipeg Inner City Open, Winnipeg, MB	February 25, 2012
Edmonton International, Edmonton, AB	March 31-April 1, 2012