

Regina Y Judo Club

March News Letter



Upcoming Events

- Edmonton International, March 9th-11th,
online registration is due March 4th. Link: <http://bit.ly/2DoHDAs>
- Females Retreat, March 16th-18th, in Pincher Creek Alberta
- Prince Albert Tournament, March 24th
- Canmore Camp, April 13th-15th, Alberta
- Good Will Camp, April 27th-29th, in Moose Jaw
- Provincial Championships, April 21st, in Saskatoon

!! NOTICE !!

Good Will Camp has been rescheduled due to the Female Retreat.wd

February Skills

Kinder

While continuing to develop and reinforce various techniques, the kinder class is spending an increased amount of time performing "Randori" which translates as "free practice". Essentially, the students are now using what they have learned and engaging in actual fighting. Fun fighting of course. Smiles on all faces.

Wednesday's Kinder class will continue with throw development geared around attacking an opponent's legs. Examples of such are:

Kuchiki taoshi <https://www.youtube.com/watch?v=auRiZk6mecA>

Sukui nage <https://www.youtube.com/watch?v=LfBesVQaHXU>

Youth I

Nage waza (Throwing techniques)

Left side Ippon Seoi nage	https://youtu.be/L0QPXI8jIk8
Tai Otoshi Body Drop	https://youtu.be/tdw-1cMwPFw
Harai Goshi Sweeping hip	https://youtu.be/wnHZ0dgTXXA
Uchi Mata(modified)Inner Hip	https://youtu.be/vOJ9bYx6ToQ

Ne waza (Ground techniques)

Chicken Wing	https://youtu.be/Tg5L4UcP2j4
Bump Sweep	https://youtu.be/ufzd2G3Kaw8

Osae Komi Waza (Hold down techniques)

Yoko Shiho Gatame Side 4 corner hold	https://youtu.be/Y42wALvGKvU
Mune Gatame Chest Hold	https://youtu.be/nOv6nW6BqNI

Youth 2

Tachi Waza

Sasae Tsuru Komi Ashi Propping Lifting Pulling Ankle throw

<http://judoinfo.com/sasaetsurikomiashi1/>

Hiza Guruma Knee Wheel

<http://judoinfo.com/hiza-guruma/>

Ne Waza

Kami Shiho Gatame Upper Four Quarters

<http://judoinfo.com/pinning/>

Kami Shiho Gatame escape

Neil Adams roll