

Regina Y Judo Club

February News Letter



Upcoming Events

Sask Winter Games, February 18th-21st, in North Battleford

Edmonton International, March 9th-11th, Registration is due for the club on February 21st

Goodwill Camp, March 16th-18th, in Moose Jaw

Prince Albert Tournament, March 24th

Tournament Results

We will have the results from the Sask Open and Inner City Tournament on our website shortly.

Saskatchewan Winter Games

There is a SWG practice will be held Saturday the 10th at the Downtown YMCA from 9:00-10:30am.

For more information about the SWG please visit <http://saskgames.ca/winter/sports/judo>

Congratulations to Thomas Huang, Leann Huang, Emilie Gatin, Spiro Tsakas, Eldon Li, Erikson Van Husen, Riley Stang, Alexis Dahl and Nathaniel Burton for making the SWG team. These athletes will head to North Battleford to compete Feb 19-21. They will compete in a weight class tournament, a team tournament and a skills competition. Good luck to all the athletes and have a lot of fun!!!

February Skills

Kinder

We will continue to develop the fundamental ABC's of Agility, Balance, Coordination, and Speed while reinforcing the techniques introduced during the season's first half.

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/L0QPXI8jlk8>
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>

Ukemi Waza (Falling techniques)

Koho Ukemi Sideways Breakfall

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