

Regina Y Judo Club

December News Letter



Upcoming Events

Regina Y Judo Tournament – Saturday December 2nd ,

Tournament package available on our website (RegainYJudo.com), under the “community” tab.

Judo Sask Winter Camp – December 15th – 17th, Watrous

The Club will fund \$40.00 per athlete who attends the full camp. Early bird deadline is December 4th. If club members need rides, there will be some limited space offered, but this is going to be up to the decision of the drivers.

Christmas Party – December 20th, 7:00pm – 8:30pm, Western Pizza on Broadway Ave.

Free for all club members, \$5.00 for siblings and parents. This is following the last class of the year (Dec. 20th), classes will begin again on January 8th, 2018.

Tournament Results

We have had athletes attend tournaments in Brandon, Quebec, Ontario and Watrous. For full results see the “Club Events” section of our website.

Saskatchewan Winter Games

The next SWG practice will be held on December 9th, 2017 from 10:00 – 11:30 at the YMCA for all eligible athletes.

The Sask Winter Games fight-offs will take place on January 14, 2018 at Thomson Community School, 2033 Toronto Street. Please use north entrance between school and gym, best accessibility from Montreal Street. Weigh-ins will be from 12:30 to 1:00 and fight offs will take place from 1:30 to 3:00. All athletes must be in attendance in order to be eligible for the team. Please visit <http://teamregina.ca/sports/judo> for more information.

SWG eligible athletes are those born 2003-2006 and hold a minimum rank of full yellow belt.

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

December Skills

Kinder

Nage Waza (Throwing techniques)

Okuri Ashi Barai

Osae Komi Waza (Hold down techniques)

Kami Shiho Gatame

<https://youtu.be/nOv6nW6BqNI>

Youth 1

Nage waza (Throwing techniques)

Ippon Seoi Nage/Ko Uchi Gari Combination

<https://youtu.be/IX-zW6GGHqU>

Tai Otoshi Body Drop

<https://youtu.be/tdw-1cMwPFw>

Deashi Barai Forward Foot Sweep

https://youtu.be/JlqlzF_v1Rc

Harai Goshi Sweeping hip

<https://youtu.be/wnHZ0dgTXXA>

Uchi Mata Inner Hip

<https://youtu.be/vOJ9bYx6ToQ>

Ne waza (Ground techniques)

Chicken Wing

<https://youtu.be/Tg5L4UcP2i4>

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

Bowing In

At the beginning and end of every class we do a “Zarei” or seated bow. In Youth 2, a Green Belt is asked to bow the class out. We thought we would use this month’s newsletter to help the class learn the words they are using, how to pronounce them, and what they mean.

<u>Term</u>	<u>Pronunciation</u>	<u>Meaning</u>
Kiyotsuke	Kits-kay	Attention
Mokuso	Muck-so	Close your eyes/meditate
Mukuso yame	Muck-so Yam-ae	End Mediatation
Shomen ni rei	Show-man-ee Ray	Bow/respect to the founder of Judo
Sensei ni rei	Sense-an-ee Ray	Bow/respect to the instructor
Otagai ni rei	O-tag-an-ee Ray	Bow/respect to each other

Nage waza (Throwing techniques)

O-Uchi Gari	Major Inner Reaping	http://judoinfo.com/ouchi/
Ko-Uchi- Gari	Minor Inner Reaping	http://judoinfo.com/kouchi/

Green Belts will learn 3 new chokes

Nami Juji Jime	Normal Cross Choke	http://www.ic-langegardien.fr/nami-juji-jime/
Gyaku Juji Jime	Reverse Cross Choke	http://www.ic-langegardien.fr/gyaku-juji-jime/
Kata Juji Jime	Half Cross Choke	http://www.ic-langegardien.fr/kata-juji-jime/