

Regina Y Judo Club

January News Letter



Upcoming Events

Sask Open – January 27-28 at the Field house in Regina.

Open to all club members Yellow Belt and above. The sensei's have mentioned this in class and will be taking the registration sheets on Monday, January 15th. The club will be paying for all entries.

*The club is looking for volunteers for time keeping and score keeping – Please email or speak to Jack if interested

Tournament Results

We have the results from the Regina Tournament and Judo Sask Awards Banquet on our website.

Saskatchewan Winter Games

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>

January 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.

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>

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/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

Tachi Waza

O Goshi	Major Hip Throw	http://judoinfo.com/ogoshi/
Tsuri Goshi	Lifting Hip Throw	http://judoinfo.com/tsurigoshi/
Harai Goshi	Sweeping Hip Throw	http://judoinfo.com/haraigo/

Ne Waza

Kami Shiho Gatame	Upper Four Quarters	http://judoinfo.com/pinning/
Kami Shiho Gatame escape		