

Regina Y Judo Club

November News Letter



Upcoming Events

Watrous Judo Tournament – Sunday November 19th,
Tournament package available on our website (RegainYJudo.com), under the “community” tab.

- Please contact your sensei if you plan on attending, so we can make sure our coaches will be able to help you out.

Regina Y Judo Tournament – Saturday December 2nd ,
Tournament package available on our website (RegainYJudo.com), under the “community” tab.

- This will be a great opportunity for our club members to participate in and gain experience in going to tournaments.
- We are still looking for a few more volunteers to help with running the tournament. Please contact our email at reginayjudo@gmail.com

Tournament Results

Congratulations to those athletes that attended the Brandon Open Tournament. For full results see the “Club Events” section of our website.

Saskatchewan Winter Games

Congratulations to Bishop Sommerfeld and Blair Taylor for being selected as the coaches for the Saskatchewan Winter Games for the Regina District. The Saskatchewan Winter Games will take place in North Battleford on February 18 -21, 2018. SWG eligible athletes are those born 2003-2006 and hold a minimum rank of Orange belt.

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

Saskatchewan Winter Games Practice

The next SWG practice will be held 8:30-10:00 AM, November 26, 2017. Location is To Be Determined.

November Skills

Kinder

Nage Wasa (Throwing techniques)

Ippon Seoi Nage One Arm Shoulder Throw [Http://youtu.be/Fyoy5DWmxzY](http://youtu.be/Fyoy5DWmxzY)

O Goshi Major Hip Throw [Http://youtu.be/1ak4qnBd8ME](http://youtu.be/1ak4qnBd8ME)

Osae Komi Waza (Hold down techniques)

Mune Gatame Chest Hold <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/Tq5L4UcP2j4>

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

Tai Otoshi <http://judoinfo.com/tai-otoshi/>

Ne Waza

Yoko Shiho Gatame http://judoinfo.com/yoko_shiho_gatame/

Bump Sweep <https://www.youtube.com/watch?v=YfApwzvjFmo>

Passing Guard <https://www.youtube.com/watch?v=2AqMSfLn4wQ>