

Regina Y Judo Club

October News Letter



Upcoming Events

Swim Night – Monday October 16th, 6:30PM Sandra Schmirler Centre

Kinder, Youth I & Youth II Classes are invited to come out and have some off the mat fun!

- Parent or guardian must be present for this event, our coaches are great, but they are not lifeguards!
- Club members fees are covered.
- Parents and siblings must pay their way.

Watrous Judo Tournament – Sunday November 19th, Watrous

Youth I, Youth II & Adult/Teen classes

- Club member fees are covered by the club.
- More information is available under the “Events” tab, on the Regina Y club 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. The Regina Y Judo Club will be holding a practice on October 7 from 9:00to 10:30 for all eligible athletes. There will also be a province wide practice for all eligible athletes in Watrous on October 28. Blair and Bishop are taking a 15 passenger van to Watrous for this event and would love to fill it. There will be a \$20 fee to cover the cost of the van. 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>

October Skills

Youth 2

Nage waza (Throwing techniques)

Ippon Seoi Nage

<http://judoinfo.com/ippon-seoinage/>

Ne waza Ground techniques)

Chicken Wing turnover

<https://www.youtube.com/watch?v=okHUQ7gbs4g>

Osae Komi Waza (Hold down techniques)

Hon Kesa Gatame Scarf Hold

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

Ukemi Waza (Falling techniques)

Forward roll break falls

<http://www.judo-ch.jp/english/knowledge/ukemi/>

Youth 1

Nage waza (Throwing techniques)

Ippon Seoi Nage One Arm Shoulder

<https://youtu.be/SGHQri09O-g>

O Soto Gari Major Outer Reaping

<https://youtu.be/99TfKozouTM>

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)

Zenpo Kiaten Ukemi Rolling Breakfall

<https://youtu.be/ztmcgEuZo9Y>

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>