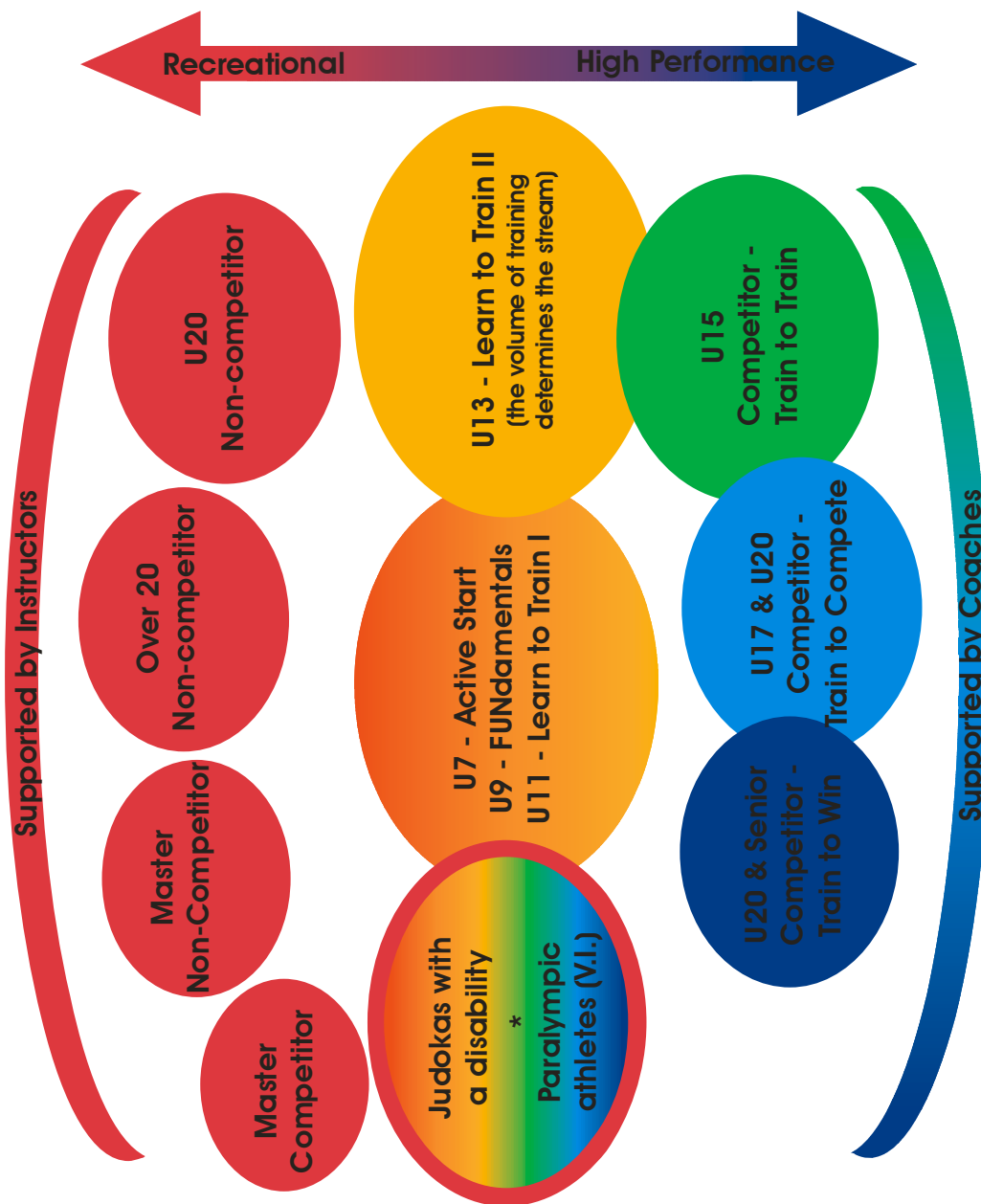


Taking it to the Mat

The Long Term Development of a Judoka



* For full details on the Long-Term Athlete Development Model for Athletes with a Disability, please see **"No Accidental Champions"** by the Canadian Sport Centres. Contact Judo Canada if you would like to receive a copy.

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Judo Canada would also like to recognize the following resource manual:
 Canadian Sport Centres (2005) – *Long-Term Athlete Development: Canadian Sport for Life*. Canadian Sport Center, Vancouver

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