

JUDO ALBERTA

MEISHU
MONDAY



Fondest Judo moment?

Seeing Joe Sampson come back and compete after his back injury. (A national level judoka from Lloydminster who returned to competition following a car accident where he broke his back)

The person you always hated to do randori with? and why?

Paul Wishaw. We called him the iron lung. I had excellent cardio but he was non stop judo.

Who is your favorite judoka / judo player and why?

Andrzej Sadej. He is so knowledgeable on judo. He truly wants judo to excel in Canada.

If you could be a 16-year-old judoka again and coach yourself what would the one piece of advice, you would give yourself?

Hit the gym. Strength is so important nowadays, that it needs to be in your weekly training plan. Strength train when you are young will put you much farther ahead once you reach 20yrs of age.

How are you staying physically active during the covid-19 crisis?

Daily walks with the dog and family.

Kelly Thornton

How long have you been doing judo?

I started judo in 1979 in Lloydminster (41 years)

What Judo Club do you belong to?

I am the head instructor of the Tokugawa Judo Club in Edmonton, since 1999

Most important advice your sensei ever gave you?

Work hard, do not lose because of lack of work ethic

What do you enjoy the most about judo?

You can go compete against everyone on the mat then go socialize afterwards with the same people.

What are your future judo goals?

Continue to strengthen and help our judo athletes succeed on and off the mats. This is done by helping coach them on the mats, and, bringing high level judo competitions to Alberta.