

# JUDO ALBERTA

## MEISHU MONDAY



### **What Judo Club do you belong to?**

My home club is the St Albert Judo Club

### **Fondest Judo moment?**

As everyone knows, all of my family has done judo. Some of my fondest moments is when we fought together side by side in tournaments. For example, at the 2015 Edmonton International the whole family won that day we came home with lots of gold.

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

I hated to do randori with Kyle Crowell because we would end up fighting each other for real. 90% of the fights would end up with injuries, last injury was three broken ribs.

### **Who is your favorite judoka / judo player and why?**

Olympic Champion Ilias Iliadis. Iliadis is a legend of judo and legend of sport. The reason that I admire him is that he never gives himself an excuse; there are no choices when it comes to winning. His mantra "I must win" is something that I believe in because it was my approach in judo (must win)

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

My advice would be to make sure I knew that the human body has no limitation to hard work or to gain strength or to win a battle. Limitation is only an imagination.

### **What do you enjoy the most about judo?**

I enjoy "the rush" the most, constantly thinking and attacking at the same time. The cord that connects my mind and body at the same time. The person I become once I put my judogi on. The belief, the confidence, the power, and trust that transforms me into that unstoppable fighter/judoka once I step on the mat.

## Shirin Elmayergi

### **How long have you been doing judo?**

I have been doing for 30 years

### **Most important advice your sensei ever gave you?**

My sensei Mark said to me the first day I worked at his club: "No matter how good you are everyone is replaceable". I must work hard no matter how good I am.

### **What do you love the most about your judo club?**

I love the St Albert Judo Club for many reasons. I love that I have a head sensei that I still can lean and get advice from. I love the St. Albert Judo Club because they are not scared of me and my aggressive coaching style. I love them all because when I am down, there are hundreds of hands reaching out to me to bring me up again.

### **What are your future goals?**

My goal after the covid-19 pandemic is to bring all of the St. Albert club fighters back again to the mats so we can build up what we lost during this hard time. Having them working out 4 nights a week and doing judo. My last and important goal is to get my 6th dan, Rokudan.