

# JUDO ALBERTA

MEISHU  
MONDAY



**What do you enjoy the most about judo?** Every aspect of the sport, from the training, to the techniques, to the randori and shiai, is a real-world manifestation of the core principle "Seiryoku-Zenyo (maximum efficient use of energy to fully utilize one's spiritual and physical energies to realise an intended purpose)" I feel that striving to use this principle in all aspects of my life has made me the person I am today. What I enjoy the most about judo is having learned how broadly this principle applies to life in general, as well as when it applies to the specific scenario of executing a perfect ippon.

**If you could be 16 years old judoka again and coach yourself what would the one piece of advice you would give yourself?** I would encourage myself to critically evaluate every aspect of my "game", find the weakest links, and focus on those. I find it is common to train the parts of our "game" that we are already good at, forgetting the rule of diminishing returns. It is our weakest links that are both the most difficult mentally to dedicate time to, and sometimes the least enjoyable to train. Specifically, I would have benefited from improving my strength and power. I only added a good weight program to my training after I turned 30 years old. I wonder how different my judo path would have been, had I improved my strength in my late teens. With more physical strength, I think every other aspect of my game would have benefited from my fitness to my ability to learn and improve my techniques.

**What advice as a would you give all the members of Judo Alberta regarding the covid-19 crisis?** I think this crisis is an opportune time to evaluate all aspects of your life and see which areas (whether that be physical, mental, spiritual etc.) you can make improvements. As for specific advice, there are many things which everyone can do to protect themselves and be as healthy as possible in the event they get exposed to the virus. Stay tuned for a possible Live Chat where I'll discuss everything I'm personally doing to stay healthy

## Rashad Chin

**How long have you been doing judo?**  
30 years

**What Judo Club do you belong to?**  
Kodokwai Judo Club in Edmonton, Alberta

**The person you always hated to do randori with? and why?** The answer is "the same person I love doing randori with" which is "my training partner, Stephane Truong". On some practices we may do 10-15 min randori sessions, during which we're quite evenly matched (ie. both scoring points, or both stopping everything), other times I may catch him a couple of times..... and then there are some days where he completely destroys me. Those are the sessions I "hate"..... but in a good way since it means I'm more motivated for our next round.

**Who is your favorite judoka / judo player and why?** While his competitive career was well before my time, my answer is not based on his shiai results (even though those results would still place him as one of Canada's best). My favorite Judoka - practitioner of Judo is Mark Berger for his approach, dedication, and commitment to judo.

**How are you staying physically active during the covid-19 crisis?** Through a combination of things including various weight training programs in my home gym, to biking with my family, to home building projects.