



KELLY TAYLOR

How long have you been doing judo?

I started judo when I was 4 years old. I went to the same dojo as my sister. I didn't like practice when I started. I always cried before practice but when I got to the dojo, I was ok, and I could practice.

What judo club do you belong to in Japan & Canada?

In Japan, I started at Seishinkan Dojo and practiced there until the end of junior high school. I joined my high school club for three years and now I am in my university club, Yamanashi Gakuin University. My home club in Canada is Lethbridge Kyodokan Judo Club

What are you studying in school and what are your plans for a career? I am in the law and education faculties studying for a basic law degree and a junior/senior high school teacher's certificate. I am going to continue doing judo with my university club after I graduate. I would like to move to Canada sometime in the future for a year to improve my English. But now with the pandemic, I am not sure what is going to happen but I will continue doing judo.

Who is your best friend in judo and why?

I am close to the girls in my university club who entered in the same year I did. We have a lot of fun together inside and outside of the dojo. In Canada, all the people I have met have been really great and I wish I could spend more time in Canada to strengthen those friendships too.

What is your least favorite training or exercise that you do not want to do but know it is necessary to reach your goals? I really don't like "go-hon-dori." It's like "randori" but doesn't end until I score five ippons. My university coach likes to put it after regular randori practice when I am tired. It is really hard, but I know I have to do it to get better.

How are you staying physically active during the covid-19 crisis? I am trying to do as much exercise as I can in my house with weights and bands. I live in a small city and my university dorm is close to the mountains, so I can go running too.



JUDO ALBERTA BLUEWAVE ATHLETE PROFILE

Club:
Lethbridge

Favorite Post
Competition Food:
Ice cream

Favorite Place for a
judo competition:
I really like Czech
Republic, they had
great ice cream and
beautiful buildings

BEST JUDO MOMENT

My Proudest moment is fighting in the 2019 Montreal GP. It was the first time I fought in the same tournament and weight division as Christa. Even though I only placed seventh, its one of my most memorable tournaments. I am also very proud of my double gold medals at the 2019 Open Nationals