

JUDO ALBERTA

MEISHU
MONDAY



Fondest Judo moment?

2002 Junior Nationals in Edmonton, Alberta. I won my first and only junior title and my first tournament in Alberta since I moved to the national training center in Quebec. I had my parents, original club members, Alberta team and my home coach there to watch me in action.

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

I will call her 'MG' she was an athlete that I hated fighting when I moved to the national training center in Quebec. She was a few years older and relentless. In tachiwaza she would throw me over and over again and in newaza, she arm barred me again and again and would not give me a second to breath even after I tapped out. In the end it became a very good relationship and we became training partners. I realized she did not like to train with me because she could win, she trained with me because I never gave up and got back up again and again. We trained together for years afterwards and I did not get thrown or arm barred as much, we were really able to push each other for years and I know that I was able to improve a lot because of our training relationship.

Who is your favorite judoka / judo player and why?

When I first started competing internationally I really enjoyed watching Yasuyuki Muneta, he was a small +100kg fighter and 2x world champion from Japan. He was so exciting to watch and his sasae tsurikomi ashi and seoi nage were amazing. I also really enjoyed watching Telma Monteriro -57kg from Portugal, she was such a strong fighter and fought for a long time at the highest level, she was a 4x world championship silver medalist and an Olympic bronze medalist. My favorite Canadian judoka to watch right now is Jessica Klimkait, I was lucky enough to be with Judo Ontario on her last year in the province before she moved to Montreal to train at the NTC, I was really impressed with her work ethic and humbleness.

Laurie Wiltshire

How long have you been doing judo?

September 1993 I started judo, so almost 27 years.

What Judo Club do you belong to?

Hiro's Judo Club and I run the Calgary Judo Centre and a competitive group of athletes from the 3 Calgary area judo clubs.

What do you enjoy the most about judo?

I loved competing in an individual sport, I knew it was all up to me in the moment and no one else. But I also loved that I needed my coach and teammates to train, so even though it is an individual sport you cannot do it without a team behind you. You can make very good lifelong friends through this sport.

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

- It is ok to fall and try new things
- Do more weights and conditioning outside of judo