

JUDO ALBERTA

MEISHU MONDAY



Fondest Judo moment?

Personally: Winning a bronze medal at the senior nationals when there were actual senior athletes still fighting

Coaching: Seeing and being part of the Lethbridge Judo Club win club of the year. (2019 & 2020 U18 Elite National Championships)

Most important advice your sensei ever gave you?

Move faster, try harder! – Yosh Senda

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

Sean Dodd, aka Tiny. He was 9 inches taller than me and always seemed to smash my melon with his overhand grips. He reminded me to move faster and try harder every night!

Who is your favorite judoka / judo player and why?

Keith Morgan, we were teammates fighting during the same era. He was always open about discussing his judo journey with me. He was very inspirational for all of the athletes who were training out west.

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

I would tell my 16-year-old self that there is plan for you in Judo, don't lose hope.

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

am focusing on work (manual labor – President of Waterproofing Roofing) and helping my kids' workout at night.

Russ Gallant

How long have you been doing judo?

I started in 1982. 38 years.

What Judo Club do you belong to?

Lethbridge Judo Club

What do you enjoy the most about judo?

Short answer: The Challenge.

Long Answer: The people, the mission, and the plan. It's the ultimate puzzle with an infinite number of ways of being solved. There's no right or wrong way to solve the puzzle but rather a true journey of self-exploration.

What are your future judo goals?

- 1) Get back on the mats with an actual judo team again, fingers crossed that it happens sooner than later
- 2) Help our athletes move forward on their judo goals
- 3) Help finish Mr. Senda's goal of qualifying future athletes into the Olympic Games and winning a medal