

THROWBACK THURSDAY

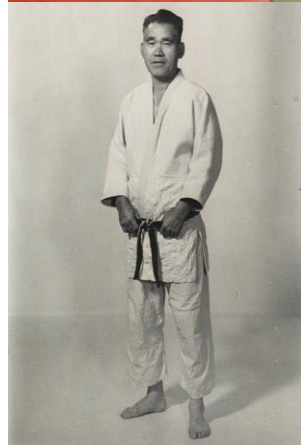
Yosh Senda

Olympic Coach
1980, 1984

Judo Canada Hall of Fame
1986

Order of Canada
2008

Kudan (9th Degree)
2007



"Judo isn't mainly for competition, but to help build up a person to become good in the community. Then comes the competition."

His many students will recall the quiet, humble approach to the sport taken by this soft-spoken giant of Canadian judo. Dr. Senda's attitude to the sport, and to life generally, is best described by his own philosophy: "You can better yourself by always showing respect for others, and to always give it your best in whatever you do."

In addition to a long list of awards and accomplishments, Dr. Senda was awarded the Order of Canada in 2007 in recognition of his contributions to the development and expansion of judo in Canada for more than five decades. His many years of instruction and his long list of personal achievements have touched people across Canada and have established many friendships.

