

# JUDO ALBERTA

MEISHU  
MONDAY



## Paul Hachey

### How long have you been doing judo?

I have been doing Judo for 41 years. Started Judo in 1979.

### What Judo Club do you belong to?

I am the head sensei at the Airdrie/Eidokan Judo Club. Took the club over in 2001, then moved to Houston, TX in 2010 (Thanks Trevor Hazell), and then returned to the club in 2015.

### Most important advice your sensei ever gave you?

If you want to get better at Judo, do more Judo! - Dr. Yosh Senda (9<sup>th</sup> dan)

### What do you enjoy the most about judo?

The bonds and experiences that you develop over the years through hard training and coaching. I really enjoy helping others succeed and achieving goals.

### Fondest Judo moment?

At the Western Canada Summer Games in 1995, Sensei Garry Yamashita submitted my name in to be one of the flag barriers for all of team Alberta. At the pep rally before the opening ceremonies, they announced my name. It was an honor to be picked, but even more significant to me that I was thought of by Judo Alberta coaches.

More recently, I had the honor of being the coach for Guyana at the 2018 and 2019 World Championships (Baku, Azerbaijan and Tokyo, Japan respectfully). Being involved with the highest level of judo is an experience I will never forget.

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

Faycel Bousbiat was one of the most talented and gifted judoka that I was able to train with. He was able to control movements with superior kumikata (grips), smooth footwork, and great timing. It took me months before I even felt comfortable doing randori with him. Very frustrating being dominated, but motivated me to be better.