

JUDO ALBERTA

MEISHU
MONDAY

Who is your favorite judoka / judo player and why?

Tough question, but I would have to go with Toshihiko Koga. He always committed 100% to a throw and his drive was unbelievable. Koga to me was technically sound, explosive, and so quick. Best Ippon Seoi Nage ever!



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

Focus more on your mental game. At an elite level, everyone is strong, fit and talented. What tends to set the champions apart from the others is the mental preparation and mental toughness. And this needs to be practiced, just like learning any other skill.

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

Going for bike rides, walks and working out with the family, as well as playing as much golf as possible! I also have been doing video workouts with athletes from the Airdrie Club twice a week. This has also been a good way to stay in touch with some of the competitive athletes while also keeping me motivated to stay active.

What are your future judo goals?

To continue coaching to pass on my knowledge, skills, experiences, and passion for judo to others in the Airdrie community and across Alberta. I would also like to develop more black belts for the future of our sport. At one point in my career, I was pretty good at Kata and refereeing. Perhaps returning to other aspects of judo to become the best well rounded judoka I can be.