

# Newsletter

Winter 2022



## Judo AB Fundraising

TRU EARTH Eco-Strips is the smarter way to clean laundry. Our fundraising partner TRU EARTH just recently hit a huge milestone for keeping FIVE MILLION plastic jugs from ending up in landfills



## Tru-Earth

Support Judo Alberta through TRU EARTH Eco-Strips the smarter way to clean laundry.

TRU EARTH Eco-Strips is a powerful laundry detergent that is great for cleaning judogis.

You can place your orders at <https://fundraising.tru.earth/> JudoAlberta

## Judo Alberta Winter Camp

Judo Alberta had the pleasure in hosting Olympic Bronze Medallist Jessica Klimkait and Catherine Beuchemine-Pinard for three days in Lethbridge from December 3-5, 2021. The camp was a smashing success with 130 athletes & 25 coaches from Alberta, Saskatchewan and Manitoba. They shared techniques, did randori and inspired everyone in attendance. They encouraged everyone to work hard through the difficult times and to always believe in yourself no matter what obstacles you face on the mats and in life..



## 2021 Quebec Open Results, November 13-14, 2021 Montreal

Judo Alberta had 45 athletes from 8 different judo clubs participating in Judo Canada's first national level event since the start of the Covid-19 pandemic. The competition organizers did a great job in arranging the competition to respect covid-19 protocols. The Alberta athletes and coaches were excited to compete again and test their skills against national level opposition in a competition setting.

Judo Alberta Results Day 1  
48kg U16 2nd Addy Tamura  
52kg U16 2nd Isla Deismos  
48kg U18 1st Charlize Medilo  
57kg U18 1st Aliya Koliaska  
63kg U18 1st Callie Render  
57kg U18 3rd Kayla Johnson  
70kg U18 3rd Kiana Ivey  
55kg U18 3rd Loïc Beaton  
66kg U18 3rd Troy Gallant  
57kg U16 5th Haidyn Soper

Judo Alberta Results Day 2  
1st U16 60kg Aden Kim  
2nd U16 60kg Connor Gallant  
3rd U16 73kg Munkhu Batbayar  
3rd U16 73kg Sawyer Althouse  
5th U16 66kg Zubail Dzharailov  
5th U16 66kg Owen Hoover  
1st SR 48kg Charlize Medilo  
2nd SR 52kg Evelyn Beaton  
2nd SR 57kg Aliya Koliaska  
2nd SR 63kg Callie Render  
3rd SR 57kg Kondelia Karas  
5th SR 63kg Callie Render  
5th SR 63kg Sydney Kinderwater



*Did  
you know!*

Judo Alberta has two  
representatives on  
the **NEW** Judo  
Canada Kata  
Committee?

Kelly Palmer - Competition  
Gord Okamura - National Coach







Judo Canada's Paralympian Priscilla Gagne leading Team Canada into the 2020 Paralympic Games with Judo Alberta Provincial Coach Laurie Wiltshire as her guide/friend/training partner! Congratulations! GO Canada GO!



## Judo Alberta's New Rokudans



Congratulations to Kelly Palmer and Ewan Beaton on their promotion to 6th Degree blackbelt





## 2021 Steveston Junior Results, November 26, 2021, Vancouver

U14 46kg Novice 1st Ethan Dillo

U14 55kg 1st Drake Gregory

U16 70kg 1st Madison Gallant

U16 60kg 2nd Connor Gallant

U16 66kg 2nd Zubail Dzhabailov

U16 46kg 3rd Connor Hazell

U16 66kg 3rd Owen Hoover

U16 66kg 3rd Malakai Kurpjuweit

U16 52kg 3rd Isla Deismos

U16 55kg 5th Drake Gregory

U18 55kg 1st Loic Beaton

U18 57kg 1st Aliya Koliaska

U18 63kg 1st Callie Render

U18 70kg 3rd Kiana Ivey

U18 55kg 3rd Tayven Tremblay

U18 66kg 5th Troy Gallant

U21 57kg 1st Aliya Koliaska

U21 63kg 1st Callie Render

U21 90kg 1st Xavier Godbout

U21 +100kg 1st Shion Crook

U21 70kg 2nd Kiana Ivey

U21 60kg 2nd Caleb Demaere

U21 66kg 2nd Troy Gallant

U21 +100kg 2nd Judah Kurpjuweit

U21 -81kg 3rd Victor Craevoi

Sr Novice 2nd Owen Duffy





# CONGRATULATIONS TO THE FOLLOWING CANDIDATES

July 24, 2021 – Lethbridge

**Shodan**

Evelyn Beaton (Lethbridge Judo Club)  
Brynn Iwaasa (Lethbridge Judo Club)  
Aidan Lazanby (Lethbridge Judo Club)  
Tayana Roberts (Airdrie Judo Club)  
Greta Goasdoue-Wallace (Hiro's Judo Club)  
Shion Crook (Hiro's Judo Club)  
Seth Nobert (Kodokwai Judo Club)  
Anna Prus-Czarnecka (Kodokwai Judo Club)  
Davis Johnston (Kodokwai Judo Club)  
Alexander Wu (Tokugawa Judo Club)

**Nidan**

Alexandra Gagnon (Tolide Judo Club)  
Taeya Koliaska (Lethbridge Judo Club)

**Yondan**

Rashad Chin (Kodokwai Judo Club)

October 9, 2021 – Edmonton – 5 Promotions

**Shodan**

Ivan Ho (Ishiyama Judo Club)  
Yun Liang (Tolide Judo Club)

**Nidan**

Jordan Landry (Kodokwai Judo Club)  
Brandon Lieu (Kodokwai Judo Club)  
Amin Moezeni (U of A Judo Club)

October 10, 2021 – Calgary – 2 Promotions

**Godan**

An Hor Chhay (Ishiyama Judo Club)  
Ray Teruya (Hiro's Judo Club)



October 24, 2021 – Calgary – 9 Promotions

**Shodan**

Amanda Brown (Hiro's Judo Club)  
Eric Hards (Ishiyama Judo Club)  
Todd Simms (Airdrie Eidokan Judo Club)  
Alex Smith (Lethbridge Kyodokan Judo Club)  
Dean Smith (Lethbridge Kyodokan Judo Club)

**Sandan**

Erwan Goasdoue (Hiro's Judo Club)  
Vasfi Aliyev (Hiro's Judo Club)  
Mikhail Uritsky (Kodokwai Judo Club)

**Godan**

Laurie Wiltshire (Hiro's Judo Club)





## Mike Tamura to Join International Federation's Executive Committee

Montréal, June 3, 2021 – At the 2021 Congress of the International Judo Federation (IJF), Austria's Marius Vizer was unanimously re-elected as head of the organization. Judo Canada president Mike Tamura was appointed to the organization's executive committee, while Antoine Valois-Fortier was selected to its Athletes' Commission.

"I'm honoured by this appointment and wish to pay tribute to all the artisans of Canadian judo. Thanks to their support and dedication in all aspects of international judo, we now have a seat at the decision-makers' table. I would also like to thank president Marius Vizer for his confidence. I'll represent Canada with pride," affirmed Tamura, who will join the executive committee as Sport Director under the leadership of the Czech Republic's Vladimir Barta, Head Sport Director.

Only two other Canadians have served on the IJF's executive committee. Frank Hatashita was Vice-President for three mandates in the federation's early days, and Jim Kojima was Head Referee Director from 1995 to 2001.







# EDMONTON *International* **JUDO** CHAMPIONSHIP



**LIVE**  
action in  
Edmonton

**APRIL**  
**22 | 23 | 24 | 2022**

Competition Venue: West  
Edmonton Mall Ice  
Palace

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CANADA ▶ A.  
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judo  
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Judo Canada



**APRIL 22 | 23 | 24 | 2022**





# FEMALE JUDOKA *in CANADA*

Judo was initially restricted to men due to patriarchal gender roles and mistaken ideas about the physical differences between the sexes. Some women were taught judo as early as the 1890s, but the Kodokan did not allow women to train regularly until 1923, and even then they were restricted to kata and randori and forbidden from competition. Canada followed the Kodokan's lead until the 1970s, when judo associations in Europe and North America began organizing women's tournaments. The first Women's Canadian Judo Championships were held in Montreal in 1976. The first Women's World Judo Championships were held in New York in 1980, and men and women have competed separately at the same World Judo Championships events since 1987. Women's judo was a demonstration sport at the 1988 Seoul Olympics, where Sandra Greaves became Canada's first female competitor and Tina Takahashi its first female coach at the Olympics, and it has been a full-fledged Olympic sport since the Barcelona Olympics in 1992.

While participation in competition was delayed, women had been able to practice judo in Canada since Sasaki opened Tai Iku Dojo in 1924, though it was uncommon before the war. A 1960 article in Maclean's magazine titled "Judo Tightening Grip on Canada" reports that "scores" of women had taken up judo by that time.. The first woman to be promoted to shodan (first dan, black belt) was Elaine McCossan at the Hatashita Judo Club in Toronto in 1959. As of 2021, thousands of Canadian women have earned a black belt, about 10 are kōdansha (sixth dan or higher), and the highest-ranked women are Gisèle Gravel of Saguenay, Quebec and June Takahashi of Ottawa, both shichidan (seventh dan, red and white belt)







CONGRATULATIONS TO JIM KARAS  
FOR WINNING THE JUDO ALBERTA  
CHRISTMAS 50/50 DRAW

**JACKPOT \$2,650.00**

## WHY JUDO



# JUDO BUILDS CONFIDENCE



THE PRACTICE OF JUDO PROMOTES TEAMWORK,  
LEADERSHIP, AND SELF-CONFIDENCE; IT CAN ALSO  
HELP PREVENT ISSUES SUCH AS BULLYING,  
HARASSMENT, AGGRESSION, AND DISCRIMINATION.





# Revenge is a Big Word

Written by Jo Crowley on 07. Nov 2021 (IJF)

"Those 5th places lit a fire under me. I want to be number one in the world and I need to keep working towards it. I'm top 5 now and I need to beat those above me, not just earn more points than them."

"I need to have a greater adherence to a routine, like my eating patterns aren't always set. I need that set for competitions. In tournament week I need to have a solid routine. Coach helps me eat the right things and at the right times on tournament days. The physio is great too. So, it's coming together."

There are some practical steps to be taken but there is also some work to do on the psychological side.

"I watch the Canadian Olympic medallists, like Valois-Fortier, who have come before me and see what they do and I will keep following their lead. That change to a good routine will help me peak on the right days and at the right times."

I'm looking for revenge against Fonseca, Cho and Wolf. Since the 5th place at the Games I have thought about those fights a lot. It does stop me sleeping sometimes. I feel like if I fight them again I can beat them. Revenge is a big word and kind of sounds bad but I mean it in the best way. It's about me settling some things in my own mind."







## Canada's Much-Anticipated Return to Kata

[www.judocanada.org](http://www.judocanada.org)

After a year and a half of being sidelined by the pandemic, several Canadians made their return to competition this week at the World Championships Kata. The following is a recap of the 12th edition of the event, which took place in Lisbon, Portugal.

Kelly Palmer and Wesley Enns (Alberta) also participated in the event, but did not reach the final. They earned 385 points in the qualification round and finished sixth in their group. It was the Albertans' first appearance as a team since Gord Okamura, Palmer's former partner, announced his retirement.

"They form a unique duo. In judo, height is important, especially in kata. Kelly's partner is much taller than he is. We don't see that very often! They were happy with their result in their first competition together," continued Hassani

## Seventh Place for Kelly Deguchi at First Grand Slam

[www.judocanada.org](http://www.judocanada.org)

Montréal, October 16, 2021 – Kelly Deguchi (Lethbridge Judo Club) earned two victories at her first-ever Grand Slam in Paris on Saturday. The 22-year-old judoka then lost her third-round bout in the under-52 kg category and was eliminated in the repechage, for a seventh-place finish.

Deguchi started her day with a win by waza-ari over Léonie Gonzalez of France, then went on to defeat Katelyn Jarrell of the USA, who was disqualified.

Her first loss of the day came at the hands of Mongolia's Bishrelt Khorloodoi, who later went on to win a bronze medal. Khorloodoi beat Deguchi by ippon.

"I was nervous about my first Grand Slam, but I calmed myself down before the tournament, and felt more relaxed before my bouts. The women I lost to have more experience than me. In the bouts that I won, I had a better strategy [than my opponents]," noted Deguchi.

In the repechage, Deguchi faced off against Alesy Kuznetsova of Russia. She received three penalties during the bout, putting an end to her day.

"It's not the result I was hoping for, but I did my best and gained some experience. When I go back to Japan, it will help me with my training. I have another tournament next weekend in Málaga, and I now feel better prepared for it," she added.





## Message from Judo Alberta's President



**Trevor Hazell**

Good enough gets you by. Good enough keeps you comfortable. Good enough keeps things familiar.  
But fear of just good enough can push you to be better.

It can push you to break through and hit your potential – to make a difference. It can push you to  
success that at first seems unreachable.

Good enough is where you find average.

Just good enough will keep you right in the middle of the pack. And the middle of the pack is okay if  
that's where you want to be.

A lot of people are happy there. But there are some things you should know about good enough.

Good enough won't help you find your potential.

Good enough isn't where the fun is.

Good enough doesn't come up big.

Good enough isn't where the difference-makers come from.

Good enough won't get you to your dreams.

Good enough isn't where you find joy.

And good enough won't get you to the top of the podium

If you live your life in fear that you're not going to get a chance, or fear that you haven't got what it  
takes, or fear of failing at what you do, those are fears that can paralyze you. Try being scared of  
something else.

Try being afraid of being average!

Are you ready to be better than just good enough?

Leave NO Doubt





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