

MARCH 2022

JUDO ALBERTA ATHLETE NEWSLETTER

Celebrating Women's History Month



THE BEAUTY OF WOMEN'S JUDO

[HTTPS://OLYMPICS.COM/EN/VIDEO/THE-BEAUTY-OF-WOMEN-S-JUDO](https://olympics.com/en/video/the-beauty-of-women-s-judo)

A short video created by the 2016 Olympic Games that showcases the beauty of women's judo.

Women's Judo was first inducted as an official Olympic sport in 1992.

UPCOMING EVENTS

Mar 26/27:
Provincial
Championships

Apr 16/17:
Pacific
International

April 23/24:
Edmonton
International

WOMEN'S JUDO: THE PIONEERS

[HTTPS://WWW.IJF.ORG/NEWS/SHOW/WOMEN-JUDO-THE-PIONEERS-2](https://www.ijf.org/news/show/women-judo-the-pioneers-2)

In an article written by Nicholas Messner, he details the barriers that women in Judo have overcome to have equal participation within the sport. He explains how Rena Kanokgo became a pioneer in women's judo and how her experiences carved the way for other women to participate in the sport. She became the first woman to compete at the YMCA Judo Championships in New York- under the cover that they believed she was a man. After winning a decisive victory for herself and her team her gender was discovered and she was immediately stripped of her medal.

Rena and other women fought for the equal treatment and rule set for women that are now seen in modern-day Judo. She became known as the 'mother of women's judo' for her efforts to bring equality to the sport.



SOMEWHERE BEHIND THE
ATHLETE YOU'VE BECOME
AND THE HOURS OF
PRACTICE AND THE
COACHES WHO HAVE
PUSHED YOU IS A LITTLE
GIRL WHO FELL IN LOVE
WITH THE GAME AND
NEVER LOOKED BACK...
PLAY FOR HER.

- MIA HAMM



Rena Kanokgo