

JUDO ALBERTA

MEISHU MONDAY



Fondest Judo moment?

Tie between winning a bronze medal at Judo Nationals in 2013 for shiai and winning several medals at the Fukuda Kata Tournament in San Francisco in 2012

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

My wife, Jennifer who is the sensei of our club. Win or lose, I always lose.

Who is your favorite judoka / judo player and why?

I have really appreciated all of the judo legends in this province I have had a chance to learn from (Alan Satin, Garry Yamashita, Lorraine Methot, Mr. and Mrs. Senda, etc.). I have been to some training camps with Antoine Vallois-Fortier and Travis Stevens who are great to learn from and great with the younger athletes.

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

I didn't start judo until 30 years of age, so I guess I would tell my 16-year-old self to go do some judo (could have met my wife several years earlier than I did!).

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

We are lucky enough to have a small judo training room in our house, with a 20 X 13-foot tatami area and some weight and chin up bars. Also going for daily walks.

As a doctor what advice would you give all the members of Judo Alberta regarding the covid-19 crisis?

Keep socially distanced, keep your fitness level, and wash your hands more than you think you need to!

Gavin Parker

How long have you been doing judo?

Since 2008. I did Karatedo for 12 years prior. Starting judo as an adult was a great experience and it is possible to get a lot out of the sport even starting at 30 years of age.

What Judo Club do you belong to?

Barracuda Judo Club in Pincher Creek, AB

Most important advice your sensei ever gave you?

Make your warm up the hardest fight of the day at a tournament

What do you enjoy the most about judo?

I like that it has a team sport mentality even though it is technically an individual sport. Having done other individual sports like track and field I have never experienced such a team dynamic like in judo