

JUDO ALBERTA

MEISHU MONDAY



Fondest Judo moment?

I have too many but watching my kids compete in Judo has been my recent enjoyment.

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

Lorraine Methot - she would throw you about a hundred times every practice..... painful... hahaha.

Who is your favorite judoka / judo player and why?

I have many but Antoine Valois-Fortier and Shady El Nahas. - 81kg is by far the toughest category in the world and what AVF has gone through with back surgery and coming back to win a medal at the 2019 World Championships is unreal. Shady I like because he has so much potential and what he has done to date is incredible. I am also fond of Kayla Harrison and what she has achieved in her life.

If you could be a 16-year-old judoka again and coach yourself what would be the one piece of advice you would give yourself? Train harder, focus more on being a Champion and take advantage of the opportunities of what you are given. Your Judo career as a competitor will be short so make the most of it.

How are you staying physically active during the covid-19 crisis? I try to work out every day since I own a gym and it's closed to the public.

Mike Tamura

How long have you been doing judo? Since 1974, that is 46 years.

What Judo Club do you belong to? Lethbridge Judo Club

Most important advice your sensei ever gave you?

Always give back to the sport of Judo. You have gotten so much out of Judo; you need to contribute back to the community of Judo.

What do you enjoy the most about judo?

My friendships I have developed over the years and the process of watching kids develop.

What are your future judo goals?

Hopefully continue on with the Executive of the Pan American Judo Confederation and the International Judo Federation in some capacity.