

JUDO ALBERTA

MEISHU MONDAY



Fondest Judo moment?

There are many, in my youth, I think travelling and competing at international destinations with some of my now lifelong friends was very exhilarating for me. Having the pleasure of travelling to and watching Albertan Keith Morgan compete at a few Olympics was also a very rewarding experience for me at a later time in my Judo life. Today watching young Judoka develop in my club and watching them learn to seize the moment and demonstrate a desire for success, is very satisfying.

Who is your favorite judoka / judo player and why?

I have a few favorites, today of course I really savour watching judoka from our club growing and improving. Historically, four time Olympian and Alberta representative Keith Morgan was always someone that I really enjoyed watching compete, no matter where it was, he never lost his composure, and his ability to “dial up” to meet the magnitude of the competitor, or the moment, was something that very few athletes can do well. I wish you could teach that, but I think it’s built into only a few highly successful athletes. Alberta judoka should remember that Keith was local Alberta fighter who did well, with a little desire, and lot of practice and commitment, maybe they can be the next one. In the current times I think World Champion Christi Deguchi is a judoka I hold in high regard. I have only talked with her personally a couple of times now, but she is very polite and I think confident in her life. However, while her skill set is without question, as demonstrated by her present world champion status, what draws me to her is not her substantial on mat success, but that she took a significant, but calculated risk, to change countries to reach her goals, with more ahead I’m sure. She bet it all on red. . . not many people would take that risk. That is a sign of a champion.

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

You can never look back with regret about anything you have done in your life, it has brought you to this moment. But I think that I would simply say “set your goals high, you get what you want.”

Mark Hicks

How long have you been doing judo?

I started Judo as an 11 year old grade six kid in Manitoba, which is 50 plus years ago. I clearly remember being bullied by a kid in that grade, and after being aggravated sufficiently, I clearly remember throwing him very well with uki goshi followed by kesa gatama, and thinking “boy that worked pretty good” and never had any trouble after that. I always understood the power of our sport from that moment on.

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

Well I’d like to tell you that I’m using my home gym every day, but I’m not as faithful as I should be. As better weather has arrived, I walk with my wife daily, multiple kilometers, and I hope to improve my present utilization of my gym equipment soon to facilitate T-shirt and bathing suit weather. I’m also looking forward to uchikomi on people not bands!

What Judo Club do you belong to?

I have been involved with the St Albert Judo club for 30 years