

# JUDO ALBERTA

## MEISHU MONDAY

### What do you enjoy the most about judo?

In my youth I loved to throw people, I loved the fitness and strength that was required, and I loved the adrenalin of competition. I think that Judo for me has been very helpful in shaping my life. I believe that competitive Judo provides individuals with mental fortitude that is applicable on and off the mat. A transferable skill developed in battle and enhanced through experience. Judo is a sport that requires quickness of mind, focus, and mental toughness. These are things that I like today that I continue to hone for my personal and business life from practicing Judo.



### What are your future judo goals?

As an individual I will always continue to do whatever I can, and setting future goals is a topic that I have discussed many times with our instructors! As in life, you always have to be planning for everything you do, and judo is no exception.

As I truly believe that judo is a very good thing for the physical and mental development of our youth, I would like to, within the next 5 years, either expand our present sport specific facility, or replace our present facility, to facilitate increased participation (volume will also create quality) including the ability to temporarily house foreign coaches who may be interested in travelling to Canada for the cultural experience. I believe that by presenting Judo as a great alternative to more traditional Canadian sports, and having the ability to have a larger number of people on the mat, more days a week, we will see growth in our sport which is for the benefit of all.

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

In my competitive days, Lethbridge was one of four Designated National Team training Centers in Canada, and to enhance my skill I would travel from Calgary at least one a week to train. We had a good group and would fight pretty well all the time. I was strong and liked to come under people to throw them and Fred Blaney, 1984 Open Weight Olympian, was not a fan of my enthusiasm to try to throw him. To impede my efforts, Fred would often kick out his legs from under his very large and heavy body and try to crush me into the floor. We would laugh that he was providing me with a little "operant conditioning" to not do that by successfully crushing me like a pancake from time to time. We still laugh about that today.

### Most important advice your sensei ever gave you?

Believe in yourself. . .