



TAYLOR ALTHOUSE

How long have you been doing judo?

I have been doing judo since 2012, 8 years.

What judo clubs have you belonged to or trained at during your judo career?

I have been a member of the Lethbridge Kyodokan Judo Club (LKJC) since I started.

What is the most important advice your sensei ever gave you?

The most important advice I have ever received was " Don't fall, you won't lose if you don't fall" Trevor McAlpine.

Over the years what has been your favorite Judo Alberta event?

My favorite judo Alberta event is the Canmore training camp, this event is something that me and many others look forward to all year, this camp is always fun, there are always good training partners and it's always good to see your buddies from across western Canada.

Who is your best friend in judo and why?

My best friends in judo would have to be Zac Render and my cousin Payton Harris. Zac is the one who encouraged me to join judo, I have been friends with him since before I started my judo journey. I met my cousin Payton Harris at my first Canadian open nationals as a first year U16, it's a family friendship that has lasted a very long time. Zac and Payton are by far the two best friends I have ever had, and judo wouldn't be the same without them.

Favorite place to train?

My favorite place to travel with judo is London England. I loved everything about the trip our judo team took there. The tournament was awesome, the judo was excellent, the food was good and the judoka I meet were some of the first international judo friends I ever had.

What are your future goals outside of judo?

My future goal outside of judo is to become a police officer, it's a very controversial thing to want to be a police officer these days but judo has taught me so many things other than fighting that I can use as a police officer to make a difference in our community, judo has taught me such things as courage, compassion, honor, respect, responsibility and the ability to teach others.

JUDO ALBERTA BLUEWAVE ATHLETE PROFILE

Club:
Lethbridge Judo Club

**Favorite Post
Competition Food:**
Pizza

Least favorite training:
Running

Hometown:
Lethbridge

BEST JUDO MOMENT

I am proud of all my accomplishments. My proudest moment in judo was representing Canada during the cadet tour in Italy and Spain. It brought me great pride to represent my country at an international level.

