

# JUDO ALBERTA

## MEISHU MONDAY



### Fondest Judo moment?

After I moved to Alberta, I ended up in a competition in Lethbridge and was up against my brother. I was ahead with a yuko, but in the last minute he managed to score a waza-ari against me. As I came off the mat Mrs. Senda asked if Wayne was my older brother and I said yes. She told me that I was dominating the match until the point I thought I had injured him. She said, "then you let up" .... so much for sibling rivalry.

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

My most challenging opponent was my brother Wayne. We trained together for years and he always knew what I was about to do. And we were always in the same weight division!

### Who is your favorite judoka / judo player and why?

The most inspirational judoka is my original sensei Mr. Moe Oye. He was always on the mats training with the athletes. He taught me how to work hard and push myself. To this day, many of the judoka who trained with me, are still active judoka who run judo clubs and perpetuate his love of judo.

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

I think the best advice would be to tell myself to stay focused on your goals.

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

I train regularly in Zoom sessions with club judoka, have workout sessions on my Bowflex, do some uchikomi in the basement with elastic bands and have hikes up and down Nose Hill with my wife.

## Garry Yamashita

### How long have you been doing judo?

I started judo in Winnipeg in 1970, so this year marks 50 years of being involved in this wonderful sport of judo.

### What Judo Club do you belong to?

I have been a sensei at Hiro's Judo Club since 1988.

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

Winning and losing are key aspects of judo, but the real goal of judo is to teach you how to deal with both.

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

I enjoy coaching athletes. It is rewarding to see them develop and grow both as judoka, but also as individuals. And the relationships often span decades!

### What are your future judo goals?

To continue to give back to the sport I love by teaching new judoka, coaching competitive athletes, and mentoring new coaches.