

THROWBACK THURSDAY

Yoshio Katsuta

- Founded Alberta's first judo club in Raymond in 1943.
- First President of the Alberta Black Belt Association founded in 1952.
- Judo Canada honored him in 1983 with a lifetime membership in recognition of his long and distinguished service to the sport. In 1985 Katsuta was named honorary chairman of the Canadian Senior Judo Tournament.
- In 1996 Judo Canada honored him with an induction into the Judo Canada Hall of Fame.
- Awarded the Commemorative Medal for the 125th Anniversary of the Confederation of Canada in 1992.
- Awarded 6th degree black belt from Judo Canada in 1994.



Mr. Katsuta's main goal in teaching judo was to help develop the mind and body so that the individual would evolve into a good human being who would contribute to family and society.

Like the precepts taught by his teachers, he wanted to maintain the essence of judo which goes beyond self defence, technical skills and sports and rather integrates the mind, spirit and body so that the person would develop as a unified being. It is about self-mastery – a way of being – that would be reflected in all aspects of one's thoughts and behaviour in daily life. He believed that by following the path of judo for a long time, many elements in one's personality become refined as inner clarity, alignment and harmony are achieved. "One becomes aware experientially rather than intellectually". That feeling of direct knowingness that cannot be put in words. The focus is on conquering the "foes" within rather than external opponents.

