

Where are they now?

LETHBRIDGE SPORT COUNCIL ACHIEVEMENT AWARD RECIPIENTS



Tim won the Master Athlete award in 2011 at the Lethbridge Sport Council Achievement Awards for his commitment and dedication in judo! Tim was born and raised in Lethbridge and has lived here his whole life. Currently Tim is still an active member of the Lethbridge Judo Club. He is an assistant instructor (Sensei) of the Seniors class and the Head instructor of the Intermediate class (9-11 year olds). Tim is still a competitive Veteran athlete and he is attempting to qualify for the International Judo Federation (IJF) World Veterans Judo Championships in Tokyo Japan in December, 2020.

Tim is still involved as a competitor and coach, as he plans on being involved in judo for the rest of his life. The sport of judo and sport in general has played a major role and influence in his life. Judo has taught him discipline, humility, patience and the value of hard work. The friendships and relationships he has formed in judo will last a lifetime. The value placed on relationships is evident in Tim's favourite quote, "There are only 2 things in life you have control over. Who you love and who you keep your word to".

As a judoka, the sport of judo has allowed Tim to become a better person everyday. Practicing and training makes him better than yesterday, both physically and mentally. As a coach, Tim wants to see kids reach their potential, to know that they are better than they think and can be successful at something they work hard at. Judo really allows you to express who you are on the mats.



Tim's favourite memory is winning a Bronze medal at the IJF World Veterans Judo Championships in 2016 in Fort Lauderdale, FL. Another notable memory is getting his black belt (shodan) with his daughter Brynley Takahashi (Paterson) in 2009.



2011 MASTER ATHLETE

Tim Takahashi