



# MAT BURN



PLANO, TEXAS

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Saigo ni (Finally!)

XXXII OLYMPICS

LOADING.....STAY TUNED

BY RP TAYLOR

Finally! Finally! Finally! It's almost that time! While fans have been anxiously awaiting for the games to begin, imagine the athletes themselves. Having the competition you have been painstakingly training for delayed by a whole year must have thrown some of them for a loop, maybe good or not, both mentally and possibly physically. But, if an olympic caliber athlete gets a hurdle like this thrown at them, they most likely know how to triumph over it.

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# *It's A Small World After All*

It's a small world? Yes, it is! At least for Alexandria LeFort it is. Alexandria, also known as Alex, is a Canadian born international world class judoka who just so happens to be an Eastsider. Her dad's career brought the LeFort family to North Texas after they relocated from California where they lived for about two years after moving there from the Czech Republic. They lived there for three years after leaving Canada when Alex was eight years old. Before the family purchased their home in North Texas, they used a triangulation principle between dad's office, a dojo, and their prospective new home. That's how Eastside Dojo became their judo training home.

Why was it so important for the family to live in proximity to a dojo? The parents figured out pretty early on that Alex and her little sister, Julianna, loved wrestling with their dad, and thought they would love to participate in a contact sport. They were right!



When Alex was five they enrolled her in karate, which eventually led to judo because her parents appreciated that there is less striking in the sport. Well, many years later once the LeFort's settled in California they began to study the sport under Rose Tamura Knudsen. Unbeknownst to the Leforts at the time, Tamura is historically the most well known family name in American Judo.

Once the family found Eastside and told their former sensei Rose about their new dojo in Plano, the world became smaller. Stay with me now, Rose Tamura Knudsen's uncle, Vince Tamura, had been Ken Patteson and Ken Scialo's sensei.

Because of her parents' intentionality, at the tender age of 18, while a lot of her peers are wandering around "finding themselves", Alex is "wandering around" the world competing at the highest levels of Judo. To date, she has competed in 7 different countries. What's next for Alex? She will be competing in the Bucharest European Cup on July 26th. Her goal is to win the European Championship and then the Olympics.

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# 最後に最後に最後 SAIGO NI (FINALLY!)

XXXII OLYMPICS LOADING....STAY TUNED

CONTINUED FROM PG. 1

**CONGRATS!**

**LET'S GO  
PRISCILLA!**



Those who qualified obviously made the most out of it by turning an unexpected situation into an advantageous time of more preparation and fine tuning. Some athletes who qualified this year may not have been able to qualify last year. That's what resilience looks like in real life.

Eastside Dojo played a part in one such Canadian paralympian judoka's road to the games, Priscilla Gagne. Alongside paralympic hopeful Justin Kern, and 19 year old Canadian Junior Team members, Eibhleann Alexander and Daniel McCristall, Priscilla, trained at Eastside prior to the British Open. Both Priscilla and Justin are blind to varying degrees. Along with their national team coach, Andrzej Sadej, and their special needs assistant, they traveled to Plano specifically to train at the dojo.

Unfortunately, Justin didn't make the paralympics cut this year because he didn't place at the recently held British Open, but kudos to Priscilla for making the Canadian Judo Paralympic Team. Hats off to Eastside Dojo for welcoming them into the facility.

The anxiously awaited Tokyo Summer Olympics of 2020 will begin on Friday, July 23, 2021 and end on August 8th, with the Paralympics beginning shortly after on August 24th and ending on September 5th. Judokas from all over the world will compete from Saturday, July 24 through Saturday, July 31; and Friday, August 27th through Sunday, August 29th, respectively.

# IT'S A SMALL WORLD AFTER ALL

CONTINUED FROM PG.

TO SAY ALEX IS MATURE FOR HER AGE WOULD BE A DRASTIC UNDERSTATEMENT BECAUSE HER WISDOM IS WELL BEYOND HER YEARS. CHECK OUT THESE DIRECT QUOTES BY ALEX THAT REFLECT SOME OF HER PHILOSOPHIES:

## LIFE

COMPROMISING YOUR VALUES FOR SOMEONE TO LIKE YOU MEANS THEY REALLY DON'T LIKE YOU.

## TRAINING IN AMERICA

“COACHES RUSS HOGAN AND LKHAMA PRACTICE A STRATEGY THAT TURNS UP MY TRAINING. THEY TEACH MY TRAINING PARTNER COUNTER MOVES TO MY STRONGEST MOVES TO HELP ME CONTINUE TO IMPROVE.”

## COMPETITION

“TRASH TALK IS UNNECESSARY. I JUST GIVE 100 % ON THE MAT, DURING TRAINING AND COMPETITION, BECAUSE ANYTHING LESS WOULD BE RUDE AND IT WILL NOT HELP MY OPPONENT GET BETTER.”

## OVERCOMING COMPETITION ANXIETY

“I DEVELOPED A GREAT SUPPORT NETWORK IN MY CANADIAN TEAM, COACH, AND SPORTS PSYCHOLOGIST. I ALSO SPEND TIME WITH ALAN SHEBARO WHO IS A GREEN BERET, AND STUDIES BRAZILIAN JIU JITSU. HE HELPED ME COMPARTMENTALIZE MY PROCESS AND ROUTINE STEP BY STEP FOR THE TOURNAMENTS.”



# EVENTS

## Yōyaku (Recap)

### BECERRA INTERNATIONAL TRAINING CAMP

#### 1ST ANNUAL BECERRA CAMP AT EASTSIDE

Although this was not the 1st Becerra Camp, it was the 1st one to be held at Eastside Dojo. The camp ran from June 11th - 13th, and by all accounts, the over 100 participants and coaches all had a great time. Andrzej Sadej - canadian coach and Natasha Hernandez former world champion from Venezuela were guest coaches

## Kongo no (UPCOMING)



**NTX SUMMER SLAM**

SATURDAY, JULY 10th, 2021  
At: NTX Training Center  
2655 Premier Drive, Plano, Texas 75075  
Sponsored by: Eastside Dojo and Judocomp.com

★ 32<sup>ND</sup> ★ 2021 ★  
JUNIOR • SENIOR • VETERANS

**U.S. OPEN**  
**CHAMPIONSHIPS**

US Open  
Orlando, Florida  
JULY 23 - 25, 2021  
<https://www.teamusa.org/USA-Judo/Events/2021/July/23/US-Open>

*"Walk a single path becoming neither cocky with victory nor broken with defeat."*  
**Kano Jigoro**