

Canada Cup Judo Report

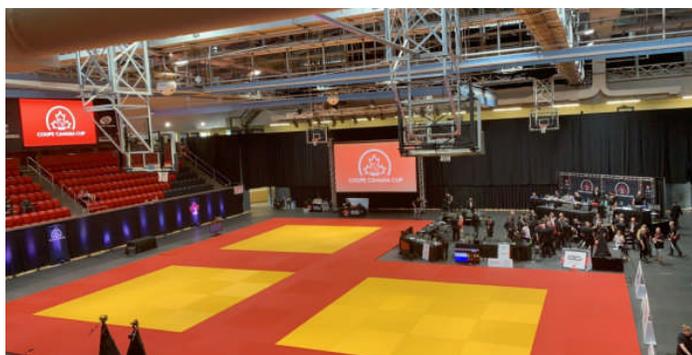
July 15, 2019

I finished my last grade 9 exam on the morning of Wednesday, June 26. This gave me only a couple of hours to pack for my journey to Montreal. My father and I stayed overnight in Toronto so that we would be able to meet up with a group of people traveling from Toronto to Montreal on Thursday morning. On Thursday morning we arrived early at the dojo where we were meeting everyone. Since there was a big group of us that had arrived early, we were able to do a morning training session before leaving. I quickly put on my gi and said goodbye to my dad. After training for 2 hours we packed up our gi's and left for Montreal which was about a six hour drive from Toronto.



Once we got to Montreal we headed straight to event headquarters at the Hotel Universel where I weighed in at 69.7kg. Since I had weighed in a little light for the -73kg division, I knew I was going to have my work cut out for me the next day. After the weigh in, we went to our hotel which was about a ten minute drive from the Hotel Universal. Each room had been set up for four people. However, one of the competitors didn't show up due to a hyperextended knee so there were only three of us in the room. After we had put all of our stuff away we went for dinner at the Harvey's next door. Since I was underweight I didn't have to worry about the random weight checks. That was a good thing as I actually ended up getting chosen for a weight check on Saturday. I easily met this check since I was nowhere near its 76.65kg limit.

On the first day of the competition we got up at 7 am and had to meet in the lobby for 8. The first day of the three day tournament was the U18 divisions. Unfortunately I lost my first match and since my opponent didn't make it through the bracket, I only got one U18 match. I stayed positive knowing I would have the next day to rest before competing in the U16 division on



Sunday. However, late on Friday I was informed by my coach that I would also be competing in the U21 division on Saturday. While I didn't win either of my matches on Saturday, I did get to compete against the silver and bronze medalists who I will probably be facing again next year. On the third day in the U16 division I had 4 matches. I unfortunately lost my fourth match in golden score so I wasn't able to place. I am optimistic that after a little more training I will be able to place higher and stand on the podium in the U18 division next year.

Following the competition there was a four day training camp. Every day we would train twice for around two hours. These training sessions consisted of some technical training and a lot of randori. However, only the U16 sessions contained technical training. I was in the U16 group for

the first two days but transferred to the U18 and U21 class after I had trouble finding partners who were my size. While training in the U16 group I got to learn a number of unique ways to move around my opponents to create space for an attack as well as a number of newaza transition moves. On the third day of the training camp I saw Jack Hatton from the US. I had attended his clinic in Michigan in 2018 which he ran with Harun Bogdanic. After talking to him for a bit I realized that he was in Montreal for the Grand Prix which was being held the weekend after I left. While training I also saw some famous judo faces like Teddy Riner and Neil Adams who had just arrived and were getting ready to help and compete at



the first ever Montreal Judo Grand Prix.

In the end I found this was an incredible experience and I look forward to doing many more of these international competitions in the future. This experience wouldn't have been possible without Konan Judo and I am very grateful for receiving the opportunity to work with so many great judoka. I plan to continue training hard and bring back a medal at my next tournament. I believe that support like this from Konan judo is very helpful when it comes to developing young judoka. I will also be sharing the techniques I learned and my personal experiences to get people excited about judo and about competing at future Konan events.



Carson Furneaux

My Budget

| Description | Amount |
|---|------------------|
| Canada Cup and Canada Cup Training Camp (June 27, 2019 to July 5, 2019) | |
| Tournament and Training Camp Registration Fees | \$140.00 |
| Judo Gi Back Patch Purchase and Sewing | 75.00 |
| Return Travel from Windsor to Toronto | 150.00 |
| Return Travel from Toronto to Montreal and Accommodations in Montreal | 300.00 |
| Meals | 200.00 |
| National Training Center Judo School (July 28, 2019 to August 3, 2019) | |
| Judo School Registration Fees (includes accommodations and meals) | 375.00 |
| Return Travel from Windsor to Montreal | 250.00 |
| Total | \$1490.00 |

