

Name: Emmanuel Kojo Nartey

Olympian and 7 times senior world championships participant and 3 times quarter

finalist Weight: 73kg Country: Ghana



Training Base: University of Bath High Performance centre.

Coach: Juergen Klinger

Course: PhD in Law – UEL

Training in Tokai University/Tokai Grand Slam

On the 15th of November 2015, I arrived at Tokai University for my final training of the year and also to represent my country in Tokyo Grand Slam Judo Tournament. This trip was funded and supported by Tokai University and the NPO. The trip and the training camp in Tokai University is an extraordinary one, it is always an honour to visit the university and to train with the best in the country. When I arrived, I was given access to all the training facilities available to the judo students as well as all the necessary support for my stay at the university.

It have been a very difficult year for as self-funded athlete, therefore it is safe to say if it was not the support of the NPO, I do not think I would have made it to Japan. For this I am very grateful and will like to thank them for all their support and also their contribution to Judo development in across the world.

The training in Tokai is very intense, very difficult and at time I even struggle to cope with practice but this is the highest level of judo practice. I love every minutes of time there and getting up in the morning going to the gym. The gym is world class and one of the best in the world. Discipline at the university is high and the determination on the face of the judokas on the mat is something I have not seen for a long time.

I also was lucky to have the opportunity to meet some coaches training at the university, this coaching course was funded and support by the NPO. Their views about the coaching facilities and the course at Tokai was second to none. For me, it is fantastic to see such a system and path way to help develop judo coaches from developing countries. I love coming to Tokai, the training is amazing and the people are lovely, the support is great. My trip to Tokai this year have been a successful one. I am always grateful for the help and the support I always received when I visit here. So to that end I will like to say a very big thanks to all and the NPO for their generosity for my visit to Japan.

Emmanuel

