



Gold medals for judo twins

The judo twins from TuksSport High School, Thomas and Donné Breytenbach, both won gold medals at the recent SA Open Judo Championship.

The event is the highlight on the judo calendar for judokas in South Africa.

This year it was held in Bloemfontein during the past school holidays.

Preparation for this tournament is usually at the same time as mid-year exams.

This could be a difficult and stressful time for younger judokas like the twins.

They have to balance study and gym and judo time to make the most of academics and be fully prepared for the tournament.

The twins are learners at TuksSport High School, where they can indulge their love of judo while still maintaining their schoolwork at a high academic standard.

Their training schedule consists of morning gym before school, afternoon fitness or gym and judo training in the evenings for five days a week.

On Saturdays they have gym and judo

training.

Their coach Nikola Filipov, head judo coach at Tuks Sport, expects them to give their best at all times.

He works out a training schedule for each judoka and drives them to give 100 percent.

In May this year, they were part of the national team participating at the Cadet Africa tournament in Egypt.

Donné won a silver medal, while Thomas was fifth in his division.

They were very satisfied with their results as they had just turned 15 and are the youngsters in the cadet category of 15 to 17 year olds.

This tournament gave them the experience to go into the SA Open with confidence.

The local open had many entries from Southern African countries this year.

There were judokas from Angola, Zimbabwe, Mozambique, Namibia and the Congo. The Breytenbach twins said it was exciting to have to compete against new opponents.



Donné en Thomas Breytenbach.

