



Tukkies judoka Michaela Whitebooi is technically one of the best judokas he's trained, coach Nikolai Filipov says.

Nicola's in with a medal chance

THE University of Pretoria's judokas are in with a real chance to win medals at this weekend's African Cup Tournament in Cameroon.

Tuks head coach Nikola Filipov and Team SA judo coach at the last two Olympics, has no hesitation in saying that from a technical perspective Michaela Whitebooi is one of the best.

"If I can just get her to believe in her abilities there's no reason why she shouldn't win a medal at the World Championships or Olympic Games.

It's a very good thing that Michaela has been working with Monja Human (High-Performance Centre sports psychologist).

Meanwhile, 2014 Commonwealth Games judoka, DJ le Grange has been training and competing in the US and Canada during the last few weeks where he has got some very encouraging results. Filipov is on record saying that along with Whitebooi, Le Grange is one of two South African judokas who currently have a realistic chance to represent South Africa at the 2020 Olympic Games in Tokyo.

Filipov describes Le Grange as a fighter at heart, something one needs to succeed in judo.

"It's all about having a true fighting spirit. In judo it's never just about how perfectly you're able to execute a technique, or how strong and fit you are. Everybody is strong and fit.

"To become a champion you have to be able to push yourself to the very edge of your limits day in and day out," said Filipov.

The other Tuks judoka competing in Cameroon is 2014 Youth Olympian Unelle Snyman. She recently competed in the World Judo Open Championships in Morocco. – ANA