



Judo was Charné Griesel's medicine against hyperactivity.  
Photo: Reg Caldecott

## She is totally addicted to judo

Charné Griesel from TuksJudo is a self-confessed judo addict.

On the days she is not able to train, she apparently battles to stay focused and on a terrible day she might even fight to fall asleep.

Griesel has got just reason to be passionate about her sport of choice.

When she was still young, she was hyperactive. It was recommended that she be put on Ritalin, but her parents refused.

They believed participating in sport was a more healthy way for her to get rid of excess energy.

Her parent's vision might just lead to her representing South Africa at the 2020 Olympic Games in Tokyo.

Tuks head coach Nikola Filipov, who has helped South African judokas qualify for the last three Olympic Games, gets quite excited when he starts talking about Griesel's abilities as a judoka.

He believes that she has what it takes to

go all the way.

According to Filipov, there are three definite peaks for female judokas.

The first is between the ages of 17 and 18.

Their fast reaction makes them formidable opponents on the mat. The second peak is between the ages of 21 and 22 and then again 24 and 25.

Griesel will be 21 by the time of the 2020 Games.

She used to be also quite a talented hockey player, who has earned provincial colours. But when it came to the time to choose it was not a difficult decision.

"Judo to me is the ultimate sport. To be competitive, you need to be fit and have a physical presence on the mat, but that is not all," she said.

"It is also very tactical which means you got to be able to make split-second decisions.

"When I compete internationally I do a lot of research on the strength and weaknesses of my opponents."

