Coach Profile

Dale Keogh

About Myself

Date of Birth: 1st March 1946

Place of Birth: Sydney

Current Place of Residence: Rouse Hill, NSW

Zodiac Sign: Pisces
Single/Married: Married

My Sport

Age Category: O/65
Weight Division: U/70 kg
Normal Weight: whatever
Height: 160cms
First Club Membership West Ryde

Other Former Clubs: Willo Judo Club, Castle Hill

Honours and Awards: Life Member JFA NSW

2008 World Masters, Belgium - Spirit of Judo Award 2010 World Masters, Montreal, Canada – Grand Master

6th Dan - 2004

Budokan Judo- John Sandri Spirit 2010 award with Aidan Sandri

Career Highlights: 1994 World Masters, Australia – Gold; Open – Bronze

1995 Australian Masters – Gold; Open – Gold 1997 New Zealand Masters Open – Gold

1998 Asia Pacific Masters O/40yrs – Gold; Open – Gold **2001 World Masters**, Phoenix Arizona, USA O/55yrs –

Gold; Open - Gold; Teams - Bronze

2002 Asia Pacific Masters – Gold; Open – Gold; Katame

no Kata – Silver

2003 World Masters, Toyko, Japan O/55yrs – gold; Open –

gold; Randori no Kata - Silver

2004 Pan Pacific Masters – Gold; Katame no Kata – Gold **2004 World Masters**, Vienna, Austria O/45yrs – Silver;

O/55yrs - Gold; Open - Gold

2005 World Masters, Canada - Gold; Open - Bronze;

Katame no Kata – Bronze

2006 World Masters Tour, France O/60yrs - Gold

2006 Pan Pacific Masters Randori no Kata – gold; Katame

no Kata - Silver

2007 World Masters, Brazil O/60yrs – Gold; Open – Silver;

Katame no Kata – Gold

2008 World Masters, Brussels, Belgium O/60yrs - Gold;

Open - Gold; Spirit of Judo Award

2008 Australian Nationals Katame no Kata - Gold

2008 Pan Pacific Masters Katame no Kata - Silver; Ju no

Kata - Silver

2009 Australian Masters O/60yrs - Gold; Katame no Kata

Bronze; Ju no Kata – Bronze

2010 World Masters, Montreal, Canada O/60yrs - Gold;

Open O/50yrs - Silver; Teams - Silver

2010 OJU - Ju no kata 1st place, Gold medal with Ernie

Wakamatsu

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My Sport (Contd)

Greatest Disappointment: Nil

Favourite Judoka: Sue Williams, Chris Boyd Favourite Techniques – Tachi- Ashi Waza Morote Seoi nage

Waza:

Favourite Techniques – Ne-Waza: Shime Waza

My Leisure

Hobbies: Golf

Other Sports/Team: Squash Pennant, Masters with husband Peter

Favourite Actor: Gene Hackman Favourite Actress: Meg Ryan

Favourite Movie: French Connection, Body of Lies

Favourite Male Singer:

Favourite Female Singer:

Favourite Group:

Julio Iglesias

Enya, KD Lang

Beach Boys

Favourite Magazine: Time

Favourite TV Program: National Geographic, Discovery Channel

Favourite Food: Seafood Favourite Drink: Scotch

Ideal Holiday: Anywhere at the beach

What Bothers Me: Centrelink

What I really Like: Not going to Centrelink

Which Car Do You drive: Toyota RAV 4

Email address: <u>dalemastersjudo@hotmail.com</u>