

Natalie Greenhough wins VI Junior World Championships



Kin Ryu Judo Club athlete Natalie Greenhough has been invited to join Paralympic GB as an aspiring athlete on the road to Rio 2016. Judo has been a Paralympic Sport for women since 2004 and is open to athletes with a visual impairment. Paralympic judo is similar to Olympic judo with the only difference being that in competition the athletes start gripped up.

Natalie came into judo 3 years ago when she started at the club with her mother and since that time she has excelled. She trains twice a week at the club and competes regularly against sighted opponents. Natalie was identified last year by the GB Paralympic program, and after working with seasoned Paralympic athletes including many of the London 2012 squad, she was select to represent Great Britain at the 2013 Junior World Championships in Eger, Hungary in December. This was Natalie's toughest challenge to date but like everything else she does, she went out determined to achieve her goals. She had to wait 4 days before it was her time to fight but it was worth the wait as she beat the Russian girl in the final to take gold and became Great Britain's first female, Junior World Champion.

Since then Natalie has continued to train hard and is heading out to Germany this weekend with the GB squad to compete at the German Open.

Club coach Lisa Harrison said " It's great to see all her hard work paying off and the club are very proud of all that she has achieved. As Natalie continues on the Road to Rio she will continue to face challenges along the way but I'm sure she'll meet them head on as she always has." Judo is a great sport for anyone with a visual impairment and as Natalie has shown, if you have the determination to succeed then you can get to the top.

Kin Ryu Judo Club train at K2, Crawley. Juniors train on Monday, Wednesday, and Thursday evenings. Seniors train on Monday and Wednesday evenings all new beginners welcome. For more information about trying judo call Lisa Harrison on 01293 531549, check out our site at www.sajudo.org.uk/kinryu or come visit us at K2!