

Sean considers himself lucky - having a dad who has done judo since 1992, you could say that he 'never really stopped' with all the Newaza on the lounge room floor... mumch to his mum's displeasure!

Sean's highest achievement and proudest moment was obtaining his Shodan (Black Belt) in May 2017.

He's won his fair share of shiny medals too in South Australian competitions! Whilst the competition side of things was the major reason for returning to Judo, today Sean chooses to spend his time on continual self improvement and helping SAJA's up and coming talent. He thrives on testing out his abilities and always learning new things.

***"There is no other fitness like Judo.
The perfect crossover of human power, strength and grace.***

***At twenty years of age, I was diagnosed with testicular cancer.
Without my level of fitness and reliance through competition and sport,
I'm not certain that I would have had the desired positive outcome to beat the disease"***