

# Ambassador of Judo: Scottish Legend Maurice Allan

By Phillip Allen Humphries

---

One Spirit Martial Arts (OSMA) is fortunate to have Judo, Sombo and wrestling expert Maurice Allan amongst its constellation of world-class instructors. A former Olympian, Maurice runs *Sport Judo* in Alexandria, VA and spearheads OSMA's Judo program, teaching the Judo/Sombo class on Thursday evenings.

A champion in Judo, Sombo, Freestyle Wrestling and traditional Scottish Backhold Wrestling who hails from Edinburgh, Scotland, Allan has been called the greatest Scottish amateur wrestler of the 20<sup>th</sup> century. Allan is a 7<sup>th</sup> Dan in Judo and World Sombo Champion. With well over 30 years of grappling background, Maurice adds his wealth of experience and know-how to OSMA's front line curriculum.

Maurice is a renowned coach and his players consistently have strong showings in state open judo competition; his club was awarded the *2007 Virginia State Open Outstanding Senior Team Award*. Allan Sensei's OSMA classes are sought after not only by OSMA's judoka, but also by the gym's Brazilian Jiu-Jitsu practitioners and MMA fighters wishing to add Judo's powerful throws and grappling techniques to their martial arts tool kits. OSMA students get the added advantage of Maurice's sombo and Olympic wrestling expertise.

Maurice's daughter, Kristen Allan, a world-class judoka who has been intensely training for the 2008 Olympics, and wife Traci, also an accomplished judoka, make the venerable Japanese martial art a family affair for the Allans. Maurice, with seven Scottish judo championships, four European championships, and a world sombo championship under his belt, truly makes the One Spirit Martial Arts judo program one of the finest and most comprehensive available anywhere in the world.

To read more about Maurice Allan, go to [www.sportjudo.net](http://www.sportjudo.net) and look for *Beauty is a Beast* on [www.washingtonpost.com](http://www.washingtonpost.com) for more on Maurice's daughter, Kristen Allan.