

[Transcript] Les Grosses Têtes / LE COUP DE FIL DU JOUR - A 75 ans, elle pratique toujours le judo !

the doctor will see you now but do they really do they see you as a mother who's a daughter and a caregiver fearless but sometimes fearful a health nut with a French fry habit an O positive geologist named Patty who's here today for a melanoma exam at Kaiser Permanente we believe the only way to care for all of you is by seeing all that is you Kaiser Permanente for all that is you learn more kp.org

sports question for Sandrine Drujan question that will allow us to have the phone in a moment madame Régine Rucou who is president of a judo club and the particularity of Madame Rucou is that she is always president of her judo club and that she always comes with her kimono at 75 years old it's a nice story that we will tell you in a few minutes but first I would like you to tell me in view of the Olympic Games that will take place in 2024 what are the five countries that are lucky to have the most medals at the Jio 2024 what is the top 5 world if for example we had to stop today by calculating we will say ranking of all sports and all the countries gathered on the basis of the results in all the olympic disciplines for 2023 then this is that then this is that it would be second largest number of medals then the chinese the chinese in one yes the japan the japan in four the brazilian sorry australia australia no the german the china the australia is only sixth the german the price then the german is only ninth the french the french is fifth it's not bad actually you have four out of five one chinese two americans you miss the third four japan five chinese

in the largest number of medals possible for next year the others are european european luigi Sweden, Norway, Spain, Portugal, Switzerland, Sweden, Switzerland.

You didn't say England, it's the Great Britain!

What surprised me the most, I didn't think the English were as strong in different disciplines, since C.E. who, a priori, could get the third round in the number of medals in the J.O. next year, if we are based on the current results, all of our disciplines are confused.

We know that we obviously have a lot of chances in cycling, but eventually in inscribing, in swimming, in triathlon, in sailing, in equitation, and in judo.

Where is our daughter, Mrs. Rucou?

Hello, Regine Rucou.

Hello, I'm delighted to be with you.

Oh, well, we are also delighted.

Seventy-five years, a whole life on the tatami.

It was the title of the Parisian a few days ago.

It's been 46 years since you were president of a judo club.

Exactly.

And in March next year, it will take 47 years.

And do you still practice judo at 75 years old, Regine?

So, I do a little judo, because you know, in judo, there is respect.

And so, totally, when I do judo with my partners,

there is respect and I know that I will never have an accident.

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You don't want to balance your shoulder, anyway?

Oh, you can, huh?

Not at all.

Oh, yes, yes, yes.

You still have the shape, Regine.

Ah, but totally, yes, more.

I still do texo, suppressing and muscle reinforcement.

Until what age can we practice judo?

At my age, especially.

And after, we do a lot of hard work, which is very complex, but very interesting.

You are in Kormay, in Paris, you had to go through judokas on the tatami.

There are a lot of children who are registered to judo and who leave.

Why do they leave?

There are a lot of children who leave, because, well,

because finally, maybe the ball is less subtle, maybe, I don't know,

but who come back, who come back and who have been judo for three years and who come back, they are parents, they come back with their children.

Oh yes, they want to make their children suffer,

because their words make them suffer.

No, because they come back themselves.

You are black belt, third dan, that's it, Regine.

Yes, absolutely, I spent my third dan at 56 years old.

You know Brigitte Macron is the first dan.

You are black belt from Vuitton.

Regine, what were your idols, since you had seen them for several decades,

what were the great judokas, the great judokas who were your idols

since we were talking about our medal chances.

Teddy Rineur, of course, who has another chance next year.

Not at all, everyone trusts him, but I'll talk to you more about the past,

Katy Fleury, who was an Olympic champion, you also had David Douyet.

What did Judo do here?

I was Judo 4.

It's not true.

Chantal?

Before Saint-Tier-Marion, that's God.

And I loved that.

Saint-Tier-Marion is now.

No, but I don't have your name.

So, I have...

I have a level, Saint-Tier-Marion.

You know, there's Saint-Tier-Blanche, Saint-Tier-Jone, Orange and Marion.

Mr. Junior, no.

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No, green.

Ah, green.

So I don't remember.

But I'd love to do that.

Orange, what is it?

It's an operator, Gérard.

I stopped at Saint-Tier-Jone.

You too?

Yes, I did Judo.

You too, you did Judo.

But when I saw that I had to take a shower with all my friends,

I didn't like it anymore.

Me too, it's Saint-Tier-Marion.

Ah, yes, it's Marion.

It's the course of the beat.

And then we started the scrimms.

Regine, well done for this long-awaited delay,

because to be president of a Judo club,

you have to be very, very devoid.

And we hope...

We don't have time.

We hope we'll have others.

Medaille d'Or at the J.O. 2024.

We hug you and we congratulate Regine.

75 years old, always on the tatami.