

Tak has been involved in gymnastics in Nova Scotia for over 50 years as an athlete, a coach and an official. As an athlete, Tak was a strong competitor and won a silver medal on high bar and a bronze medal on floor at the 1974 National Championship. He has coached at Halifax Alta Gymnastics Club for over 30 years and prior to that he coached at the YMCA Spartans Club in Truro for 10 years where he had both male and female national champions. Earlier in his career, he coached the Dalhousie and Acadia university teams. Acadia men's and women's gymnastics teams both won the 1973 AUAA Championships under his guidance and he is in the Acadia Sports Hall of Fame. He has coached at the Hants East Gym Club, Halifax Tumblebugs Club and he helped start to develop Sackville Taiso Gymnastics in 1974.

Tak coaches at a high level and has been to various Nationals, Canada Games, Easterns and Atlantic's over the years where many of his athletes have medaled. Tak coached 3 Olympic athletes (Kris Burley, Richard Ikeda and his son David Kikuchi) and he coached at the Olympic Games in Athens in 2004 and Beijing in 2008. Tak was a team coach at Commonwealth Games in Manchester, England in 2002 where the Canadian men's team won the silver medal and son David won Silver on Parallel Bars and Bronze on High Bar. He was also team coach at the World Championships in 2003 in Anaheim, California. Tak has presented at various clinics in Nova Scotia and other provinces in Canada.



As a judge, Tak judged 4 years internationally, about 20 years Nationally and over 45 years regionally. He continues to judge nationally and provincially.

Tak was a member of the Gymnastics Canada Men's Program Committee for 5 years and chaired the Nova Scotia Men's Program Committee from 2005 to 2014. He was also on the Gymnastics Nova Scotia Board for a number of terms both as Men's Program Chair and a Member at Large. Tak was part of the Easterns Organizing committee in 2003 and the Nationals organizing committee for the National Championships that were held in Halifax in 1990 and 1987.

Tak was presented a Gymnastics Canada Life membership in 2010 and has won Nova Scotia Coach of the Year a number of times. In 2008, Tak and son, David made history as a father/son duo at the Sport Nova Scotia Sport Awards. Tak was named Nova Scotia Coach of the Year and David was named the Nova Scotia Male Athlete of the Year at the ceremony. Tak was inducted into the NS Sport Hall of Fame in 2013. He continues to coach at Halifax Alta Gymnastics Club where athletes of all ages benefit from Tak's expertise in coaching and judging.

TAK KIKUCHI