
Lesson #3 With Wang Zhen

Posted by Rick Anderson - 2005/11/10 08:25

yaaa baby..life is great when you have good health, a loving family, friends, thriving business'..goals to achieve every day and the opportunity to hit with a certified champ..

this week started off a tad slow in that my camcorder couldnt power up (the problem...thank god, was with a couple of outlets at the club and *not with my carl weiss hand-held)...so, no video of this lesson..

we started out with a review on some english...basic greetings...really not so much the words but intonation..so that when saying "good bye" Wang wasnt saying "BYE BYE" but more of a "c'ya"...slang but not too ghetto.....aight..

we started with forehand to block drill followed by bh to block...this week the bh was for "real" and not for "fun" like it was last week. My consistency was decent and my power was excellent...which is another way of saying I had some very good misses >

we talked about Wilson having moved to Ottawa and my disbelief at what I considered to be a really bad move...Ottawa is exceedingly cold and trecherous in the winter...and has about 4 asians there...all studying chemistry at U of O. i didnt ask but rather surmised that Wilson was there on table tennis matters...probably training a bunch of francs....whatever....still not worth it in my estimation....i told Wang that living in Ottawa was akin to being in prison.....wang noted that a "lot of bad men live in Ottawa"....lol....you know it brother...and most of them wear nice suits..

we talked about him wanting to live in canada and that he was presently on a one year visa...and didnt know what would happen to his status when the year was up....i told him he should just marry a canadian lady....and then suggested (pointing at) one of the female chinese coaches coaching at another table...."she is visa too" wang said....LOL...we busted a gut on that one...

we talked about whether i should speed glue...he said "for sure" since my technique was almost flawless but that i lacked power on some of my shots...he said that 50% of my shots were perfect...technique and power wise...and that 90% of my shots where technically perfect...so, a lot more power and a little more technique...cool...

my best two shots of the 70 min workout were, Lol...two pushes...two deep low very hard pushes that caught him completely off guard during match play...(lol...i would have not given a humble ol push a chance for being the "best shot" of a work out)..but in terms of affectiveness...at that moment....it (they) were perfect....

i told him that i wanted to work out twice a week...and he said fine..."why so much?" he inquired....."i have too much money" i said...LOL..."gimme some" he said....."i am mate...everytime we prattice"....

during my favourite drill....forehand to forehand from 8-10 feet out..apiece...i improved on consistency and body movement....he said that i was moving forward during the strokes..which was great....my recovery was great and going down the line was excellent...

it becomes much easier to emulate a shakehand i told him when the personification of shakehand excellence is standing across the table from me...

another excellent work-out...a lot of laughing...and this time Wang not only took off his tracksuit top..but also took a sip of water...

this fridays goal...make him wipe his forehead...

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