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## Lesson #6 With Wang Zhen

Posted by Rick Anderson - 2005/11/26 00:14

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great practice...everything's improving...especially wangs english..practiced serve and attack...and lobbing...wang tells me to do an all or nothing kind of lob....(he didnt actually use those words) but his point is that i will get smoked by the better guys...so make it to the rafters and make it deep with heavy spin...throw some side on if i can and do it all on the first or second lob....lose the fishing..that im prone to do prior to rafter arc...my lobbing has always been decent..or so i thought...but it is about a 6-7 out of ten from zhens perspective..

i tried to explain to him what "groovy" meant due to me using that response a lot to his question as to how i am...i told him it was a saying from the sixties...and showed him my kaleidiscopic scarfs i wear for headbands during pong...

the worst part of this lesson and all lessons are always match play when i see how poorly i seem to play against him...his strength in match play...is of course a very decisive and unreserved response to anything i throw at him..this however is the very reason i hired him...i want to witness the best responses...

a couple of days after this lesson (last tues)i had three of my best backhands i have ever had...all three of them ...in one game against a local club player...he does a right handed penhold under-side running slicing serve that usually rises right up my bh before i have enough time to decide what to do with it...basically...i lack the courage to smoke it with a bh loop drive cross court in a...get that crap outta my living room you one serve clown act...way..

i didnt scream or exclaim on my three best shots ever and as i tried to mimick the masters demeanor...not rejoicing over the good ones or fretting over the bad one...eqanimity..no matter what...to the end..

a couple of 65+ yr olds.. right handed pipers..with shake blades (?)..stepped in for some impromptu lessons with the sifu when i was done....

i spend about 20 minutes with one of the brothers showing him how to rotate his hips...ala..jack millar and his twisty torso demo....twisting the paddle works....

you havent lived until the hilight of your day becomes the chance to encourage hip rotation as a way dominate in all aspects of life..

rick anderson  
worlds best athlete

:woohoo:

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