

June 20<sup>th</sup>

I have a kickboxing match this week. I go to kickboxing class four days a week. I also do muscle training and run. I have trained very hard. My muscles hurt. But the most difficult part is losing weight. I am always hungry! I am 87 kilos, but I need to be 84 kilos for my match. I wake up hungry. I go to bed hungry. I only eat lunch!

June 23<sup>rd</sup>

My kickboxing teacher told me “優しくしない”. Because I am too gentle. I don't want to hurt my opponent (相手). This time I will do my best. I will not be gentle! I will punch and kick my opponent in the face very hard!

June 26<sup>th</sup>

It was very hot and humid at the gym. I was sweaty all day. Many of my friends won their kickboxing matches. But two of my friends lost. I was a little nervous. I didn't want to lose. I saw my opponent. He was nervous too.

I was already tired when I got in the ring. It was so hot. I fought very hard. I thought “優しくしない。優しくしない”. My opponent was very strong. But I was stronger. I was very happy when I won.