

## **Self-confidence**      *from Guy Sahri ©*

How many young caress the dream of becoming a Nadia Comaneci, Cathy Freeman or Mark Spitz... in short to be an outstanding Athlete. A human being blessed with talent, beating records, gaining victories because he has that little extra which characterizes the greats, according to the top podium, upsetting?

How many young people wish, to know honors, glory and the wealth like them? But how many will Belong to the best, this elite living on one's passion? Only handful!

Life of sporting a High Level has very often many things in common that of a monk, full of sacrifices, long and intensive daily training. Her family life is not like that of Mr. or Mrs. everyone: very often weekends are reserved for competitions, travels are frequent... This is price you pay for being the top level as long as possible for this very often short and uncertain period of a champion's career. Short, according to disciplines (between 15 and 25 years), uncertain, depending on whether clubs renew or not contracts. Contracts always with restricted duration...

Patricia Carvalho being ahead as an athlete high-level demonstrates that very exclusive club of high-level sportswomen counts only a few member. Athletes who often have to think very early of starting a new career: duration of career varies according disciplines', but it is generally rather short, sometimes even shortened by a fatal wound. Handful of elected officials knows very well. Few are top level Athletes having discovered their favorite discipline on late.

Patricia Carvalho knows well and has proved last WKF World Championship 2006 in Monterrey, Mexico with a 3<sup>rd</sup> place in Kata Teams. Having studies, family and sport on the go at once with an exemplary course, she takes time to give an interview to confide while waiting to more on other side, to transmit and to open to unexplored ways of its Martial Art. She confide in an interview full of emotions according to colors of sun Baiano...

**Guy Sahri: Why did you choose in Karate « Kata » and not « Kumite »?**

**Patricia Carvalho:**

*At beginning of my career of athlete, I could practise as much in Kata as in Kumite. With time new rules appeared and it was increasingly difficult to concile both, I had to choose. One of factors which led me to take this decision at that time was my morphology: 1m 56 per 54 kg. Until now my mother supported me in practice sport and takes care that I am not constantly « wounded ». After all I had an advantage in competition, I was one of least large...*

**« When I rejoin the Karate... »**

**Guy Sahri: Is karate a passion?**

**Patricia Carvalho:**

*Certainly, Karate is one of my great passions with small more of my family and my husband. I remember that in 1987, when I joined Karate, my mother decided concurrently to put me in a Ballet school until finally I like it. Like any good « Baiano », dance in general is part of culture, but, as for me, I preferred put on my kimono and directly have a wild with punches and kicks... (Laughters)*

*After a few years, I reduced Ballet classes to make more room to Karate. But it is clear that ballet dancing remains excellent for constant improvement of my practice. Karate is really the « Top »... (Laughters)*

**« A will clear vision... »**

**Guy Sahri: You practice technique, do you keep spirit of fight in executing your Kata?**

**Patricia Carvalho:**

*Thus thinking it is clear that Kata means « imaginary fight ». I learned that practice Kata with a warrior spirit is of primary importance to. A clear vision which implements a will in application « Bunkai ». I think that athlete must transmit a true picture of fight trying to be perfect while remaining most technical possible. I always try to present Kata which emphasizes qualities I acquired with the passing years here in Salvador, Bahia...*

**« I apply it in life... »**

**Guy Sahri: What is your principal defect, your pet hate?**

**Patricia Carvalho:**

*(Laughters)... Certainly to be perfectionist. Sometimes, when I do not succeed in executing techniques which are imposed to me by Mr. Ubirajara Rangel Da Silva and my husband, and also that I set myself. Now let us take good side of this « search of perfection » I try to apply in life, both in my studies and my daily activities makes me more attentive in each field. After all, it is not Mister everyone who can venture on this kind of exercises. Sometimes it is true; I admit that I feel like famous character in series « Monk » with actor Tony Shalhoub...*

**Guy Sahri: What is the main quality your coaches see in you?**

**Patricia Carvalho:**

*According to my professor, Mr. Ubirajara Rangel Da Silva and my husband, I am disciplined and persevering... I was succeeding in setting myself long or medium term goals, and achieving them with their assistance. In private life, it is the same thing; I am a person who never gives up...*

**Guy Sahri: How do your training days pass in the expectation of World Championships 2008 in Tokyo?**

**Patricia Carvalho:**

*I try to be an excellent athlete in individual, to maintain the helm on level of my daily training organized by my club here in Salvador, Bahia. We aim at one of most important competitions of Karate before World Championships 2008. At time where this article will be published I would have already taken part in Senior Pan-american Championship which will be held in Caracas in Venezuela. I will represent Brazil in Kata by Equips.*

*Concerning World Championships 2008, Brazilian National Technical Management decided that I will belong to Kata team, but still officially did not decide which will represent Brazil in individual Kata in this competition.*

*To say you, our team which aims at World 2008 finds once a month in Rio de Janeiro or Sao Paulo for a 2 days drive!*

**« To apply my knowledge... »**

**Guy Sahri: Today what are aims you would like to set yourself for future concerning your sporting career?**

**Patricia Carvalho:**

*Above all I practice Karate for life while trying from day to day to apply my knowledge and remains conscious that I will have to stop competition but I will never stop training myself... I would to give my*

future children and pupils the benefit of my experience. Once formed in field of sports marketing, I want to put these assets into practice as much as possible.

### « Nearly 100 pupils... »

**Guy Sahri: Women suffered a long time from men of prejudices of all kinds concerning practice of Karate, today what is your opinion on subject?**

**Patricia Carvalho:**

*I started to practice Karate in 1987 in my first club where there were only 3 girls. We were two daughters of my professor and me with a hundred men! I do not remember having experienced so embarrassing situation. Unless having was one as of their, which « would have finally relieved me » entered in confrontation with me. As at the time I practiced Kumite and Kata and that girl were little I always finished by training with boys. In my family, nobody has really asked himself about this problem, my parents always supported me in physical and sport activity and since very young I was able to clearly indicate what I wanted, practice of my favorite art...*

**Guy Sahri: Does stereotype of fragile woman always exist in Karate?**

**Patricia Carvalho:**

*From a certain point of view, I can say that Women are more sensitive to certain things than Men. It is perhaps reason of the so called « fragile sex » but not for practice of Sport or Martial art which was previously reserved for men. More and more Women hold an increasingly important place within our society and in Sport...*

**Guy Sahri: Does dynamic, sporting woman, released and independent by sport suit you?**

**Patricia Carvalho:**

*After all, as the saying goes at Woman has more will and in some points has same physical advantages as Man. For my part I believe that each human being adapts to 90% and that 10% remaining are in a way for beauty of gesture. What I mean, is that Man as Woman is an independent, with his qualities, his defects strongly wishing that limit be found within each of us...*

### « Women seek lightness and delicacy...»

**Guy Sahri: In practice Kata we see women expressing themselves much more. Is emotional aspect a question of female personality?**

**Patricia Carvalho:**

*Without any doubt, emotional aspect as its sensitivity transmitted during execution of a movement of Kata is characteristic of female personality. Man seeks more « physical » aspect facing to his adversary, while Woman brings lightness and delicacy within each application. Personally I try to sublimate Kata with all appropriate techniques to Karate...*

### « Helping an old person... »

**Guy Sahri: You practice Karate of compéition Kata and Bunkai. Do you think that this practice is useful to defend yourself in street?**

**Patricia Carvalho:**

*Yes because very principle of Bunkai application is to demonstrate origin of Karate in a fighting spirit and dynamism. In Brazil, in Bahia State we have a strong Traditionalist influence which is characteristic of an iron will in execution of Kata mainly on Bunkai... Recently I was approached by*

*marginal and that day, Karate helped me to keep calms with great trust in me and control of situation. I succeeded in making him go away with only one ticket bus – approximately 1,50 \$ – if not I should have given him all money that was in my handbag. At time when this person goes away, I called a taxi to help an old lady, also on spot, and which desperate had unfortunately had to give contents of her bag. Roughly speaking, I yearned to kick the head of this marginal. But as he was armed it was preferable not to venture. What the most impressed me in this story, was the fact of thinking about many things and especially of taking right decision facing the fear generated by such moments. I can only say one thing: « I thank God for being a well balanced woman and to being able to practice a sport which requires at once as much of our body, as of our spirit »...*

**« Victory is only a consequence... »**

**Guy Sahri: What is the small one more which allows you to beat your competitors?**

**Patricia Carvalho:**

*I try to present Kata as if I was in training by using competitive strategies in order to defeat makes me adversary, thanks to some of my technical features. But what extremely happy is to do my work to perfection; victory is only a consequence. One of qualities I am credited with is a certain natural elegance in execution of my Kata. Kata which enables me to show my qualities is Gojushiho-Dai...*

**« Secrecy lies in disclosure ... »**

**Guy Sahri: What would be more necessary so Kata competitions are more attractive?**

**Patricia Carvalho:**

*I am a future advertising and, in my opinion, problem it is not Kata which alone will be able to present more or less interest generating enthusiasm in the public. Secret lies in disclosure by information which must be persuasive; it is a means of inviting public to join Karate by practice of Kata and Kumite. In short we can compare many action films used on behalf of Karate at time of their disclosure and in an interesting way present what is practice of Kata. Important is not to modify things with regard to somebody, but to modify things for which become more pleasant.*

**Guy Sahri: What do you think about your Karate in a few years?**

**Patricia Carvalho:**

*I think that Karate will have evolved. My main concern is that sporting side prevails more on its real characteristics and becomes another form of practice. I am attached to Traditional side and remain more flexible on evolution of certain aspects. For example, some movements of Kata were subtly changed keeping aspect of this one and making it more « attractive to see ». In coming years, I think Karate will become Olympic and my children will be part of this great sporting festival and I will be there to support them... (Laughters)*

**« Our eternal research of sponsor ... »**

**Guy Sahri: You are a great competitive since to date you hold Internationals titles and a beautiful place by Kata team with last World Championships 2006. What is your impression calmly now that you are close to world top?**

**Patricia Carvalho:**

*That was a great surprise... I always thought that one day we could mount the podium at World Championship knowing that my colleagues and myself are « excellent » individual athletes. At time two of us lived in state of Bahia and other in Sao Paulo. To have a concept of distance, a direct flight*

*between these States lasts approximately more 2 hours with stopovers. Great difficulty has always been to train. That occurred only once a month and lasted only 2 days. Not to mention our eternal search for « sponsor » to contribute to expenses of lodging, meals and travelling. In fact that limited us to certain competitions and obliged us to choose according to our budget...*

**« For physical and mental health... »**

**Guy Sahri: Do you think with time, become a purist in traditional or sporting Karate? Will you always remain a fighter spirit?**

**Patricia Carvalho:**

*Each athlete has a lifespan as competition. One day I shall not be competitor with as much strength as today, but rather spectator...*

*I am a follower of Traditional for simply being in good health. In my opinion, High Level - HN requires too much from body, beyond its possibilities and becomes harmful to health. So I prefer beauty of gesture for his physical and spiritual health that initially I always required from Karate. Competition is pure adrenalin with emotion that gets you in the guts. A feeling that only athletes feel...*

*I would also liked to make some thanks. First God for good things he gives me, to my parents for life they gave me, to my husband Fabrice Chiron is my motive force as well in life as in training... My « godfather » after my Father Geraldo, which sold his car to pay my trip in South Africa so I can take part in my first World Championship in 1996, I was 17 years old and I came in 4<sup>th</sup> place! I also thank my trainer Mr. Ubirajara Rangel Da Silva who believes in me since the age of 11 years, my family and my friends who, for many years on several occasions collected money for « Vaquinha » so that I can travel and take part in competition. A big thank you at all « bottom of my heart » to all. I owe each one of you part of each medal I gained during these 22 years of practice...*