

# INTERVIEW

Personal dialogue between  
PL USA Magazine and the  
Sport's Greatest Names.

Ever since Yueh went to her first ADFPA National Championship, she has dominated, winning the title several times in a row. Rumors are that many lifters have moved to other weight classes because of the great ability of Yueh Chun Chang.

**BC:** What is your background in weightlifting?



*Yueh Chun won the '94 Worlds on her openers!*

## Yueh Chun Chang

*interviewed for Powerlifting USA by Bruce Citerman*

*the officials test the winners of the meet and the lifters who have broken any records. I believe I have been drug tested in every meet I have ever competed in. I take the request to be tested as an honor, not a burden.*

**BC:** What records do you currently hold?

**YC:** I have established National and American records in the 111 lb. class for the squat at 352 lbs. In May of 94 at the ADFPA Women's Nationals in Chicago IL. I also hold the total record at 903 lbs. My bench press record of 198 lbs. was made in California in May of 1992 at the Women's Nationals.

**BC:** How do you work out?

**YC:** I work out 5 days a week, sometimes 2 times a day. I also do a lot of cardiovascular workouts to maintain my weight at 111 lbs. for competition. I am on a program that my coach Willie Austin has put me on, and he carefully monitors my weights. The camaraderie of the Pacific Powerlifting team makes it easy to work out so long and often. It isn't just the sport that makes it fun, it is the people involved.

**BC:** What is your diet like?

**YC:** My diet involves eating a lot of small meals of protein and carbs. I am a non-meat eater, so I get most of my protein from supplements and shakes. My favorite protein shake is Hot Shot by Noble Supplements. Tastes great!

**BC:** What major competitions have you been in?

**YC:** I was fortunate enough to

have competed on the USA World Championship team for 3 years in a row, and so far hold three World Champion Titles. The first year I competed was in 1992, we traveled all the way to London and had the competition in a town called Derby. The second year the USA team traveled to Canada, BC, which, fortunately, is only 2.5 hours away from my hometown of Seattle Washington. I was lucky enough to have qualified for the 1994 World Championships to be held in Minneapolis, MN. I traveled there with three of my teammates from Seattle, WA - Samora Brown, Andy Lee, and the infamous "Bull" Stewart. This was my third World Championship competition, and I was very excited!

**BC:** Tell us about your team.

**YC:** We have a very large Powerlifting Team here in Seattle, WA called the Pacific Powerlifters, coached by Willie Austin and Martin Beavers, along with many other coaches who help everybody out with their workouts. If it wasn't for the support we all get from each other on the team, it would be difficult to work out as often as we do, to maintain our bodies for competition. I have never been with a bunch of people who are so supportive of each other, and it is not just any one individual, it is the whole team together.

**BC:** What comments would you like to make in closing?

**YC:** If I could, I would like to thank God for giving me the strength and patience to learn about myself, and I also want to thank Willie Austin for giving me (and many others), the motivation to do the things I thought I could never achieve.

**YC:** I have been lifting for over 5 years now. I was first inspired into weightlifting by my best friend and coach, Willie Austin. I am 24 years old. I was a competitive gymnast for almost 12 years and also ran high school track and field. I love powerlifting because it keeps my body in shape all year round. I am currently going to school to become an elementary physical education teacher. I love to work with young kids and kids of all ages.

**BC:** Why do you compete in the ADFPA?

**YC:** I compete in the American Drug Free Powerlifting Association because, I, along with the other competitors in the organization, feel that taking strength enhancing drugs, and then competing for who can lift the most according to their body weight is totally cheating. In the ADFPA,