

The Japanese Powerlifting Federation has asserted itself as an international leader by hosting some big powerlifting events. The 2000 IPF Men's Open World Championships were held in Akita City, Japan in November 2000. This was by far the best organized event I have been to since I started competing. Powerlifting will come back to Akita City, Japan as part of the World Games in August 2001. Although the Japanese Powerlifting Federation only has 3000 members, they have a great tradition of producing IPF World Champions. The most notable would be IPF Lifter of the Century - Hideaki Inaba. Inaba has won 17 IPF Men's Open World Championships. At 57 years of age Inaba is approaching the end of his career, but coming off of his 2000 IPF World Championship at 125 kg., new Japanese star Daisuke Midote is planning on starting a legacy of his own. Midote only stands about 5'6", and with massive leg development and 23 inch arms he is extremely thick at 275 pounds. I have gotten to know Daisuke Midote and Susumu Yoshida, IPF Asian Region President, as a result of two powerlifting trips that I made to Japan in 2000. With translation help from Susumu, I recently interviewed Daisuke Midote for this feature on one of the IPF's biggest stars.

INTERNATIONAL INTERVIEW

(Personal dialogue between PL USA Magazine and the Sport's Greatest International Lifters)

2000 IPF World 275 lb. Champion Daisuke Midote as interviewed by 2000 IPF World Superheavywt. Champion Brad Gillingham



Daisuke Midote took the IPF World Bench Press Championship title in the 275 lb. class for 2000, where he benched 628

Club in Fuchu-City, Tokyo. It takes about an hour by car. The distance is about 20km, but Japanese road conditions make such slow traffic. Susumu Yoshida gave his PowerHouse Gym to me. So I am now the owner of the gym. I am living together with my father, mother and younger brother.

BG: What others sports have you been active in?
DM: I started Karate when I was 10 years old. When I was 14, I started weight training for Karate. I found out that I was exceptionally strong. Right now, I only do and enjoy powerlifting.

BG: Do you have any other hobbies?
DM: Yes, I have many. For example, I have learned to speak Chinese. This is very useful when I go to Taiwan for the Asian Powerlifting Championships. I also enjoy card magic, Mahjong, DTM, guitar, fishing, Karaoke, and TV games.

"I think I just stand at the starting line of the great. Now I can challenge the legends." DAISUKE MIDOTE

BG: How did you get started in powerlifting?
DM: I thought I was strong when I did weight training, so I entered the High School National Powerlifting Championships, but I was not the champion. I was shocked that there was a stronger person than me. At that time my bodyweight was 100 kg and my bench press was 160 kg.

BG: You have been a top powerlifter for a number of years. Tell us about some of the titles you have won.
DM: I have almost all the titles: 2000 IPF World Champion, 1999 and 2000 IPF Bench Press World Champion, 1994 IPF Junior World Champion, IPF Asian Re-



Daisuke Midote squatting at the 2000 Japanese Nationals, while bearing the t-shirt logo of his main sponsor Musashi. (photographs by many time IPF World Champion Hiro Isagawa)

Japanese 125 kg National Records - 405 kg squat, 295 kg bench press, 302.5 kg Deadlift, 1000 kg Total; Japanese 125+ National Records - 420 kg squat, 300 kg bench press, 315.5 kg Deadlift, and 1035 kg Total; and several Japanese Junior Records
BG: What does your great accomplishment of becoming IPF World Champion mean to you?
DM: I think I just stand at the starting line of the great. Now I can challenge the legends.
BG: What is your most memorable experience in the sport of powerlifting?
DM: Yes, my best experience is the victory of the last World Championships. I started to remember all of the important memories just after I won the world championships. I could not stop crying at that instant.

BG: Are there any powerlifting experiences or stories that you would like to talk about.
DM: In 1994 I traveled to Indonesia to compete in the IPF Junior World Championships. The food and travel were good. The warm up area was not good. The floor was very slippery. On my last warm up for the deadlift I slipped and cracked my toe. My toe was broken and I could not lift my first and second attempts because of terrible pain. The American lifter missed all of his attempts. I then knew that if I could lift my last attempt I could become the World Junior Champion. So I made that lift, but soon after the chief referee's down signal I collapsed to the stage and could not stand up. The attempt was a good lift, and I got my first IPF Gold Medal. This is one thing that I will never forget.

BG: Could you talk about the Japan national team and how it works?
DM: The Japan national team is very well organized, and we have good relationships between the team members. I enjoy the feeling of being on the national team. We usually do not have a national coach. I make my own training program. When I was young, my coach, Susumu Yoshida, used to make my training program.

BG: How do you train?
DM: I train 3 days a week. On Monday I do bench press, chest, shoulders and triceps. On Wednesday, I do deadlift and back muscles. On Saturday, I do squats, legs and abs. I do 8 week cycle training. Usually, I do 2 sets for the major 3 lifts, but I do only 1 set when the weight is very heavy.

BG: What is your diet?
DM: I eat ordinary Japanese food 3 times a day, and I take a lot of protein supplements, multi-vitamins, creatine, glutamine, amino acids, chondroitin, and CLA.

BG: What are your feelings on the upcoming 2001 World Games? What do you think of Powerlifting?
DM: I will challenge the World Games to become champion. I think the World Games is the biggest festival for the powerlifting. We have a chance to become a major sport with a large audience and big coverage by the media.

BG: Do you think Powerlifting will become an Olympic Sport?
DM: I am not a person of politics. I do not know the possibility of Olympics, but if this is possible, I am happy.

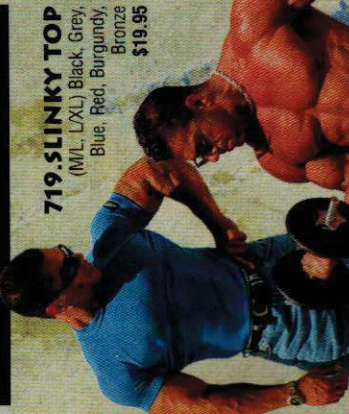
BG: What are your future goals in the sport of powerlifting?
DM: To break the 1100 kg total of Bill Kazmaier, and become strongest human on earth.

BG: Who are your sponsors?
DM: Musashi of Japan is my sponsor. They give me all my supplements and I travel free to the Worlds.

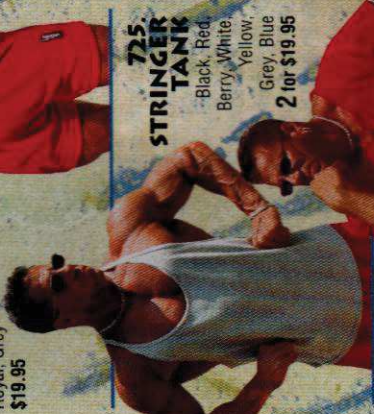
BG: Who would you like to mention or thank that has supported you in achieving your goals?
DM: First I want to mention my parents. With their understanding, I can concentrate on powerlifting. I also want to thank Susumu and Hisako Yoshida. He gave the fundamentals of powerlifting to me. They gave me the gym and every chance to become strong. I also want to thank every member of PowerHouse. Without their support, I can not be so strong. I want to say thank you for everybody who supports me.

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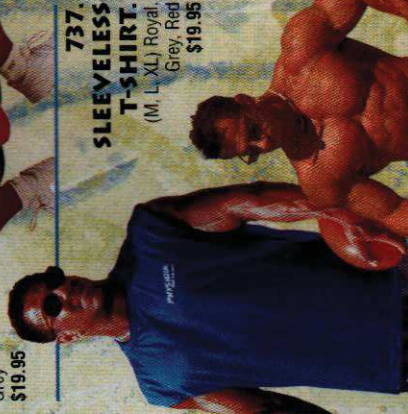


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