

# KarateNow

Notizie, interviste, gare e risultati del Karate Olimpico

## Alexandra Recchia

The French champion wants to go to Tokyo to give an Olympic medal to her family



**Intervista di  
Rossella Zoccali**

It is one of the strongest Karatekas in the world in the Kumite specialty, category. -50 kg. A concentration of strength, determination and technique.

A knee injury in 2018 helped curb his qualification for the Tokyo Olympics at the moment.

In the last race in Salzburg 2020 he won a bronze medal that proves his current value. The KarateNow editorial team thanks Alexandra for her willingness to release the interview and wishes you to conquer one of the three places still available in the Olympic category. -55 kg, where Turkish Serap Ozcelik Arapoglu, Ukrainian Anzhelika Terliuga, Chinese Tzu-yun Wen, Japanese

se Miho Miyahara and Iranian Bahmanyar Sara are already qualified.

In addition to the French champion Alexandra Recchia, the Austrian Plank, the German Messerschmidt, the Egyptian Radwa, the Filipina Tsukii, the Polish Banaszczyk, the Brazilian Kumizaki, the Italian Cardin, the Spanish Fernandez Osorio and some others are still in the running. "Surprise" that could appear at the last moment.

### THE INTERVIEW

**R: When and why did you start practicing karate?**

**A:** *I started at the age of 5 and a half, because I had a competitive spirit and I had the character of a warrior.*

**R: Do you remember your first race? How old were you?**

**A:** *I was 6 years old and six months of karate on my legs. During the execution of a*

*kata I lost my memory. I felt ashamed and went to cry in the arms of my mother who greeted me coldly saying "this is good for you. You just had to remember your kata. " Since that day I have sworn never to lose.*

**R: What studies did you undertake? What are your hobbies? Do you like animals? The music?**

**A:** *I have studied law and have been a lawyer since 2017. I love seeing my friends, playing board games and shopping. I also really like volleyball and crossfit. I love animals, sometimes more than humans ... I have a cat named "Tsuki" and a dog "Gaston".*

**R: Have you practiced other sports?**

**A:** *In addition to karate, I practice bodybuilding for physical preparation.*

**R: How many hours do you train per day?**

**A:** *It depends on the*

*competition calendar. I train about 10 hours a week. Added to this is active recovery with stretching and self-massage (5 hours a week). Mental preparation, physiological care, etc.*

**R: After recovering from the knee injury and the latest results, you have shown that you are ready for direct qualification for the Olympics. Do you think this year of waiting will positively or negatively influence your physical / mental preparation?**

**A:** *I injured my hamstring in 2018. Today I am completely healed and more motivated than ever. I had a difficult time at the end of 2018, but since then I feel much better. I am in great shape and I know I will. It's just a matter of time. I'm confident!*

**R: What do you think can change on the world stage in a year?**

**A:** *It won't change much in my opinion. Already qualified athletes will preserve and maintain each other; the others will train to qualify. This break allows everyone to take some breath.*

**R: Do you think you will compete this year in the category -55 kg**



**Alexandra Recchia (Francia)**

**to better prepare you for the Parisian qualification?**

**A:** *At the moment, I have no idea. If the rules of the WKF don't change, I can't compete in the -55 kg because I'm not in the top 100 in this category.*

**R: What do you think when you are on the tatami?**

**A:** *I think of my karate, of what I have to implement on the tatami, of my attitude, of my commitment.*

**R: Were you able to live a "normal" life while practicing karate at the highest levels?**

**A:** *Of course not! High-performance sport took me full time and at the same time I had to follow my studies. I haven't seen my friends much. I have never*

*attended a student party. I never went out in the evening or on the weekends. My days alternated between training and study.*

**R: What do you plan to do after the end of your competitive career?**

**A:** *Getting married, working as a lawyer, having a son, buying a house in Corsica, doing crossfit and volleyball and developing some sports projects.*

**R: If you like, talk about your family.**

**A:** *My family is the most important thing for me. My parents made me who I am today and I owe everything to them. I would like to thank them by taking them to Tokyo with me and winning a beautiful medal.*

