

# Rikishi Diary

by Mark Kent

Mark Kent, a 194 kg, 187 cm Warehouse Manager by day, is, by night the UK Champion (2004, 2006) Professional Wrestler as well as the most recent heavyweight representative of his nation at the last Sumo Worlds in Sakai, Osaka.

A man clearly at home in the ring, Mark is not afraid of the pen either and has kindly agreed to let SFM follow him, by way of a diary, through the year as he trains and prepares for and, injuries notwithstanding, competes in amateur sumo events across Europe.

As a former footballer and rugby player, UK born and bred, Mark is married with two kids - a boy and a girl - themselves heavily into sports and, although his ventures into boxing, judo and even American football may now be behind him, he is just getting started on the road to amateur sumo stardom.

As part of that journey, Mark's diary will let SFM, our readers and sumo fans from around the world know just how it feels to be setting out on a relatively lonely road in a nation not exactly known for its male sumotori in years past.

Any and all comments of support for Mark as he works his way through the year can be sent via [editor@sumofanmag.com](mailto:editor@sumofanmag.com)

A different format this issue. Those of you who have been reading my diary will know that my last entry was somewhat low. Well, mentally I'm a bit happier because I've been doing a lot of thinking over the last few weeks and have decided to step back a bit.

I have been trying too hard to get fit too fast. I keep forgetting that I'm 40 and my body isn't what it used to be. I've not been healing



Sumo cake!

properly before I've started to train again.

Since my bike accident back in January, I have not been without one injury or another. I'm probably less fit now than when I started this diary. So instead of rushing thing and pushing my body too hard, I'm just going to take it slow.

This means I will probably not make the World Championships this year. Which is a hard pill to swallow, but I know that I wouldn't be fully fit for them, so this way I should be 100% for the 2008 Championships.

I've stopped doing the TV wrestling show, as I wasn't healing and competing injured, which was not helping. My knee seems to be OK now, and my hip only starts to hurt after I've worked it a lot. So as soon as it starts, I stop. I still have an Achilles problem, so still taking

it slow.

Some of the pro-wrestlers have agreed to come up to Derby with me to do some Sumo training but a date has not been set as of yet. I have got a lightweight, middleweight and a heavyweight, so I may have found a new Great Britain team all on my own - ha ha ha.

I've also been talking to a coach from an amateur wrestling school about doing some training with them, with the intent of helping my sumo and all-round fitness. I'm also looking at a judo school with the same thing in mind; but all that will have to wait until I am sure my body can cope with it.

I haven't done much during July, just light training. I've upped it a bit through August, although I've had to be careful of my hip and ankle. I've also done a couple of pro-wrestling shows but all small



Forget Mark - look at the penguins!

stuff.

I'm still looking for a new job, in the hope of getting out from behind that desk. I'm hoping to get a more active job that will motivate me physically and mentally. I'm stagnating in my present position, which I feel is affecting my well being. I would love a job in some type of sporting industry. Unfortunately I have not got the correct qualifications.

Anyway I'm hoping my next entry will be a little more exciting than this one, with more training involved. Also, the trip to Derby and hopefully to either a wrestling or judo school.