

Lin Heqin

[Source: MMA Mania Interview \[Drake Riggs\]](#)

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Lin, it is great to get to see you again. It's been a while since we caught up. So, first of all, I got to know this, how are you doing today, and how was the summer been treating you?
It's been all good, very good.

Are you more of a warm weather person, or do you like it a little bit colder sometimes?

I kind of fit any weather. But I think I'm a little bit of a warm person. You know, I'm a little afraid of the cold weather. But hot is it okay for me.

And I saw you're hanging out with Song Yadong recently, which is cool. He's doing great himself. I mean, what was it like? Was that your first time meeting Song? How long have you guys known each other?

Yeah, it was my first time meeting him. Right after my last event in Singapore, he was in Singapore. So we met each other, and we stayed together. Good.

Did you get to do any training together, or did you meet and, you know, say hello?

Well, we just met each other. I was looking forward to, you know, having a chance to train with him. But it was pretty rushed during the time, but I believe there will be a chance in the future.

Absolutely. That'd be very great. You know, he's quite a talented fighter just like you are and obviously laying in the middle of your own training camp. So, where are things currently? Where's the training camp taking place? Have you changed things up at all, or just kind of where are we right now?

Yeah, there is definitely some new stuff in my training camp, and we've been working on another whole game plan for my cardio. I know my opponent is a very good Judo-style fighter, and we've been preparing for some new wrestling defense style, and we'd like to change some of my styles too. I used to fight like, running around a little bit; that kind of style. But this time, we like to do some toe to toe.

Absolutely. And that's always very fun for the fans to watch too. And speaking of the fans, they've kind of come to me a lot lately and saying that you used to train at Black Tiger with Zhang Weili. Is this true? I haven't seen it myself, but a lot of people have been mentioning it to me, so I want to ask you. Did you use to train there?

Yeah, definitely. Actually, I started my MMA training career first at Black Tiger with Zhang Weili, so there's been good memory of the experience. They led me to this career, to this great MMA journey.

We always see the training videos of Weili, which are very crazy and very intense. Is it like that all the time, or is that kind of more her being crazy?

Yeah, you know, like me and her, we have two different styles. So it's not like everybody is training that way. I kind of have a different way of training.

Do you guys still keep in contact at all? Would you ever be open to still training together at some point again in the future?

I haven't, you know, trained with her for a very long time, but she's always kind of like a role model to me. So I'm looking forward to another chance. Yeah.

You did the kickboxing match pretty quickly after your Bi Nguyen victory. That was it was like a month, so that was a very fast turnaround. I mean, what made you want to do that, to have the kickboxing match so quickly? You did very well and got the win, obviously, but what kind inspired that idea?

You know, I came from a Sanda background, originally, and I believe that kind of style kind of background makes me fully confident. Whether it's in MMA or kickboxing, or Muay Thai. I'm very confident fighting with all those rule sets. You know, I need fights, I need to fight, so I took that kickboxing, it's a new whole new kind of area for me, but I did well.

Are you planning to do more then? I mean, obviously, MMA is the main focus, I imagine, but if those opportunities arise, you're not going to say no, are you?

Yeah, definitely. Whatever the promotion puts in front of me, I will take it

Do you have favorite techniques, specifically?

If I were to pick one of my favorite techniques on kicking, I will say, how to say that technique? You know that you send sight, and you kick like a front kick but not standing in front. This particular Sanda kick, I forgot the name of that technique. Yeah, that would be my favorite technique. I think it's pretty cool and pretty beautiful.

Yes, hard to disagree with, and so with that in mind is there would you say there's a hardest striking technique to kind of get down or master? Is there anything that stands out when you think of that?

Well, if I have to pick the hardest technique for myself, I would say wrestling. My body shape is kind of long, kind of slim in my division, and most of my opponents are shorter than I am, and it's hard to show the techniques of wrestling perfectly when you're competing with those kinds of opponents. So I know wrestling; I use wrestling, but it's not my favorite, and it's kind of hard for me. And I also think that more striking more, you know, [inaudible] and leg kickings would make the fight more entertaining for the fans. So that's my favorite style.

Expectation-wise, do you think Itsuki Hirata is just going to kind of come at you and try to get the fight to the ground, or do you think she'll mix it up? What are you kind of expecting out of Itsuki? She's coming off a loss, so I'm sure she's going to be very motivated as well.

Yeah, I believe that she will play her own style, I think. I'm not so impressed with her striking, actually, and I believe with that kind of strong Judo style, she will try to push me on the cage and use her wrestling as soon as possible. So I will be ready for that. But I'm more hopeful for a striking game to happen on fight night.

What do you think a win will do for you? How close do you think it could get you to a title shot?

Well, it's not actually my call. It's up to the promotion, but I will definitely call out Angela Lee if I took this victory right in the cage. So whether I'm going to have the chance or not, I will do that.

Of course. It's going to be very cool for this show because it's the first one with ONE Championship on the Amazon Prime service, right? So it's kind of a big deal, especially for us over here in the west. Is that cool for you to get to be a part of that kind of a little bit of a historic moment for ONE getting this big platform?

Well, I believe this is a very great chance for me to put on a good performance for the American fans. And I also believe this could be a big challenge for me, not to say the fight will not happen in my regular time. I used to fight at night, but this time we have fights in the morning, but I'm still very grateful for the promotion to give me this chance to fight for the first time on the Amazon Prime video card.

That's kind of the one negative thing about it, right? It's the fact that the fight will be in the morning instead of usually fighting at night. So have you done any kind of special preparation for that? Like training in the mornings or like, I don't know. Is there a way you can prepare for it? Like how have you kind of managed that whole concept?

Yeah, we're going into preparation for that and probably it won't be so early. I'm planning to, you know fit in the timezone. One week before the fight, it affects how you eat, how you sleep, everything. And I've just been training and I will be fully prepared for that timezone even if I'm not physically in that timezone.

What are your thoughts on the Angela Lee versus Stamp Fairtex fight, it was a pretty crazy one. I'm sure that seeing Stamp have success, being a fellow striker like yourself, that's got to give you some confidence in a potential matchup. But just what did you think of that fight? It was a crazy one.

That was definitely a great fight but I think Stamp Fairtex let some of the great opportunities slip away. I think she should be more focused on some details in the future. And I think Angela Lee shows that she's still the best in the division. Very well-rounded, very good wrestling, grappling. And if I'm going to have that chance to take on the title, title shot, I will be 100% prepared for her.

Do you have any inspirations that you look up to or favorite fighters that kind of help motivate you just from watching them in MMA? Or maybe it's a different sport, you tell me.

If I had to pick a role model, I would pick Zhi Lizu, my original Sanda coach. In the 2008 Olympics, Sanda champion, you know. He inspired me my whole career. I started this career because of him, and I lasted so long because of him.

I just want to get a pet update. I want to know if you have any new pets because last time we talked you had two cats, so I got to know, have you got any more cats? Any new animals? What is the status here with your little pet family?

Oh, sadly, my pet family didn't eat increase. It kind of got smaller. One of my cats I gave her to one of my friends, and I kept one of them with me. I sent another one away because I've been pretty busy recently. These few years, I've been fighting and going to other countries, and I've been traveling a lot. I didn't have the energy to take care of them both, so I have one cat with me right now.

What you're saying is you're not going to catch up to Jihin Radzuan, your fellow atomweight in ONE Championship. She has 12 cats; it's quite a lot. Have you heard about this?

Yeah, that's kind of the cat person. You know, one cat, two cats, three cats, four cats, you wouldn't feel it's too much. You will only feel like, oh, maybe I got too many cats when you got more than 10.

I don't know how she does it. She said she has six at home and six at the gym. So she keeps it pretty even, but it's definitely a lot to worry about, right?

Yeah, I think if you want to have cats or any other pet, you got to take care of it. It's not like you just have them in the house. You got to take care of it. So that's why I sent my other cat to my friend because I know they will take care of him better than I do. And the one I kept now, the one I keep now, was a homeless cat. It's not like I bought it. So I think that it's better for him to stay with me.

I mean, very responsible of you, Lin. It's always fun to talk about cats and animals, but we can wrap up there. I don't want to keep any more of your time. Always very fun getting to catch up, Lin. Always very fun getting to watch you fight, so I'm very excited to see that you got this one coming up here with Itsuki. I can't wait for it; I wish you the best of luck. Thank you so so much for taking the time as always, and safe travels and all that so a big xiexie. Thank you so much.