

Who chases two rabbits also catches both

***Interpretation in the Past**

"He who chases two rabbits catches neither" is a Western proverb that warns against pursuing multiple goals simultaneously, as greed will lead to failure in both.

***Modern Interpretation**

While this proverb is a warning against greed, in recent years, the following positive interpretation has also been adopted:

The idea is that unless you set high goals and boldly tackle multiple challenges (such as work and personal life), you cannot achieve great results.

Pursuing Synergy

When multiple goals have a positive influence on each other, pursuing them simultaneously can sometimes lead to more efficient results.

In my case:

① Training to reach my target level)

If it's playing a musical instrument, mastering the techniques of a specific performer

② If it's a qualification, acquiring the qualification itself or an equivalent level of knowledge

③ **Time > Money**

assuming I have enough money to live on

④ Daily activities and sleep time for the above learning

Fortunately, I don't have a TV, so passive listening isn't possible

Also, I never watched TV anyway, only YouTube videos on my PC monitor, so it's not a problem.

***Side note**

Me... 78kg

A year ago, measured at a nearby hospital, I weighed 84kg

Nakayama Kinnikun... 75-77kg

Gackt... around 68kg

Abe Hiroshi... 75kg

I weigh more than all three of them

We tend to judge by the muscles in the upper body based on appearance, but the majority of a person's body muscles are concentrated in the lower body (mainly the thighs).

The muscles in the lower body account for approximately 60-70% of the body's total muscles. Approximately two-thirds of the body's muscles are concentrated in the lower body, and the following muscles, in particular, are among the largest in the entire body:

1st place: Quadriceps femoris (front of the thigh)

2nd place: Gluteal muscles (buttock muscles)

3rd place: Hamstrings (back of the thigh)

In my case, the hypertrophy of the 2nd and 3rd ranked muscles is particularly noticeable.

The term "hamstrings" is commonly used because it refers to the most essential muscles in ballet.