

KarateNow

Notizie, interviste, gare e risultati del Karate Olimpico

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The Turkish athlete is already qualified for the 2021 Tokyo Olympics

Serap Özçelik Arapoğlu, the number One

"I never thought I'd be number 1 in the world. I just thought of winning. I saw myself at number 1 at the end of the year and always wanted to stay there"



INTERVIEW

by Rossella Zoccali

Serap Özçelik athlete of the Turkish national team, Kumite specialty, category -50 kg., Has been the protagonist of the most important international competitions for fifteen years. Designed to win, always on the podium: 2014 world champion, four times European champion, Grand Winner winner for three consecutive years (2017-2018-2019), first in the category -50 kg. and first in the Olympic category -55 kg.. It moves on the ta-

tami with the gracefulness of a butterfly and its strokes, seem to be the deadly attacks of the cobra that leave no way to prey.

THE INTERVIEW

R: When and why did you start practicing Karate?

S: *I started karate in 2000, I was 12 years old. A friend said to me: "Come on, let's go to karate" and so I started.*

R: Do you remember your first race?

S: *I remember my first fight, I was very young and I lost the match by disqualification.*

R: How did you get these amazing sports results?

S: *I never thought*

of becoming number one in the world. I just thought about fighting. At the end of the year I found myself in first place and from that moment on I never left him.

R: What are your hobbies? Do you like animals?

S: *I like dancing and I love listening to music. I'm afraid of animals.*

R: You have always competed in the -50 kg. category, now that you are qualified for the Tokyo Olympics, you have thought of competing in the -55 kg. to compare yourself with the athletes you don't know?

S: *I don't think I'm competing in the -55 kg. because I want to be a surprise for my opponents.*



Serap Özçelik Arapoğlu - Ura mawashi geri

practicing Karate I'm happy. I have at the highest levels?

S: *For those who train at certain levels it is not possible to have a normal life. Your friends travel and you have to train. You can't live a long time with your loved ones and you can't have a social life.*

R: What do you plan to do once your competitive career is over?

S: *I am a Physical Education teacher. I have a job. My husband and I have thought about starting a Karate Club to prepare champions.*

R: Do you want to talk about your family?

S: *I've been married to Ismail for 4 years.*

R: Were you able to live a normal life

I'm happy. I have mom, dad and a sister with whom I am always together. My family has always been present. I thank them very much for what they have done for me. I love them very much.

The editorial staff of the KarateNow column, accredited by the CIO at the Tokyo Olympics, allows its readers to get to know the athletes of Olympic interest better and is truly proud to have been able to dedicate a page to Serap, the strongest athlete in the world in the Olympic category - 55 kg. Sure to meet you in Tokyo, we wish you to realize your Olympic dream.



R: How much time do you spend on training?

S: *I train two hours in the morning and two hours in the evening. I use weights and I practice a lot of running. Monday rest.*

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

S: *I am only thinking of fighting well and not making mistakes.*

R: What was your greatest satisfaction? And your biggest disappointment?

S: *My greatest satisfaction was to win the World Championship in 2014, my biggest disappointment was to lose in the first round of the 2016 World Championship.*

R: Were you able to live a normal life



Serap Özçelik Arapoğlu - Grand Winner