

# KarateNow

Notizie, interviste, gare e risultati del Karate Olimpico

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Number 1 in the world in the -55 kg category, qualified for the Tokyo Olympics

## Anzhelika Terliuga

*For me Karate is fight against my fears. I always think that my fear is to lose, but before every match I said myself: "Lika, go and do your job, don't think about win or loose so much!"*



Interview  
by Rossella Zoccali

The editorial staff of the KarateNow column is very proud to have been able to dedicate two pages to Anzhelika Terliuga, the strongest athlete in the world in the -55 kg category. Sure to meet you in Tokyo, we wish you to realize your Olympic dream.

### INTERVIEW

**R:** How did you start practicing Karate?

**A:** When I was 7 years old my parents took me to the karate class in my city, I remember that I had been interested in it from the first second. I always was so active kid. My mom said in every interview that I never wanted to sleep, I always had a lot of energy. After some

months my parents presented me my first karategi and white gloves. I remember that at that moment we trained without tatami and without protection (just white gloves) like now. We had a traditional Japanese atmosphere in the gym. Now karate started to be more sportive.

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

**A:** I remember. I was 8 years old. First competition was in another city in Ukraine. I took two gold medals in Kata and Kumite. But I remember that it were not that many participants and the category was divided by belts, so I was the best among beginners.

**R:** What studies did you undertake?

**A:** I educated as Foreign Manager. I finished my university 7 years ago. And after I worked in some companies as a manager.

My student life was great actually.

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

**A:** My hobbies: I love practice yoga, especially fly yoga or gravity yoga. I like watching interviews of some celebrities or successful people, series, movies and sometimes reading.

I like listening music when I am driving my car, in gym when I have training, when I am cleaning my apartment, when I am running and dancing of course.

I don't have just one style, in my music list you can find a lot of lyric songs and active for trainings. Everything depends on my mood. All my close people say that I am a great cooker and my food are so tasty. I am doing it when I have a time and muse. I love cats and my cats name is Bagira. She is totally black with yellow eyes. Even she looks



Anzhelika, at 11 years old

strong, she is so sweet cat who always likes hugs and be near with me. My character.

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

**A:** Last time I always do physical trainings and sometimes yoga.

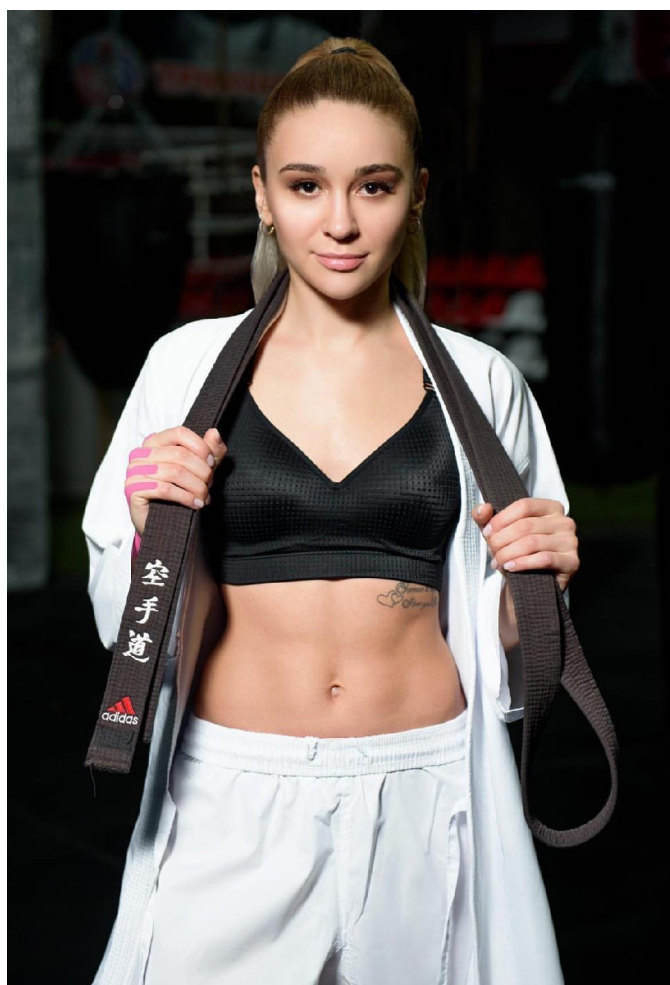
**R:** How many hours do you train per day?

**A:** Everything depends on season. If

I have a preparation for competition 6-9 trainings per week.

**R:** You are one of the strongest athletes in the world, first in the ranking in the WKF ranking - 55kg., do you believe in luck or bad luck?

**A:** I am so lucky Girl and I know it. Sometimes I couldn't believe in everything what happened with



Anzhelika Terliuga - Ukraine



me. Last years my career is racing so fast in karate and I don't know how I achieved it.

I can only guess that maybe it's mix of my persistence, hard working, strength of character, some talent, great coach and good people around me who believe in my success.

**R: When you arrive on the tatami to play any fight, even the finals, you see yourself serene and carefree, what is your secret?**

**A:** It's just how I look like. But in real I always nervous a little and I feel adrenaline in my blood. And I like that feeling actually. For me Karate is fight against my fears. I always think that my fear is to lose, but before every match I said myself "Lika, go and do your job, don't think about win or loose so much"!

**R: Do you think that until August 2021 something can change on the world stage?**

**A:** I really hope that my life came back as soon as possible. I really miss my

competition life, all this travels and I even miss the training camps. So I am trying to think positive and wait 2021.

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

**A:** I guess my best result it's became the European champion 2018. I was so happy that day. It was one of my best days in life. But I also so proud of every my WKF medal from senior category. I appreciate that I can fight against the best athletes in the world and I feel how hard it is to get a medal every time. My biggest disappointment is World Championship. I still don't have medal from World. And I am disappointed because of it. I don't want to finish my career without this medal. I know that I can do it. Every time when I won K1 tournament (and it was 15 times actually) against Best 64 opponents in world, I prove that I can and I deserve the world medal. So I will wait my time and

I will try again.

**R: Were you able to live a normal life while practicing karate at very high levels?**

**A:** How do you spend your standard week? I am not sure that my life was normal last years. But I love it. I can't imagine me who is working for example in a office every day from 9 am to 6 pm. Sport is giving us the freedom. I can build my day and I am working on my result: if I was working hard, so I will



get everything what I want, it's my philosophy. I am trying to build my day always with trainings, some girly stuff (like nails, lashes, cosmetology, shopping), cook something or visit cafe, spend a time with my family or friends. For lazy days I choose watching something in my TV or reading on the beach in summer time. Actually I love taking sunbathe and spend a time on the beach. And in summer time you can find me there almost every day.

**R: What do you plan to do once your**

**competitive career is over?**

**A:** Life is so interesting and I don't need to plan something because it's never works like I want so. I will just enjoy my life and who knows where I will be after and what will I do.

**R: If you want, tell me about your family, your friends, things you like and to whom dedicate your victories?**

**A:** I love my parents and I am so thankful for everything what they had done for

me. I want they proud of me every day. My mom trained judo when she was young and my father was doing cycling. So sport is in my blood. They gave a lot of energy and finance for my competitions, because they always want to see me not like usual kids. My mom is strong person, her life wasn't easy to be honest. She build her business from nothing and she is a big example for me. She overcame a lot of obstacles in real life what is much more

harder than I need



**Anzhelika at the Colosseum - Rome (Italy)**

to win on the tatami. She gave me opportunities to think about education and sport, not about how to survive. My father is my angel. My father believed in my success always more than me. His support was so important for me. Suddenly he is not with me anymore and mentally I always feel him close to me. I have just one tattoo on my body and it's about how I love him. I raise with a huge fathers love. He always was proud of every my success and he was really happy every time when I took a gold medal. He loved just gold (laughs). And last years every my victory I dedicate him and I know that without his help I couldn't do that hard way to the Olympic license. I dream to have a husband who will care and love me the same to be honest. And I know when I will have my kids I will give them all I have like my parents did.

**R: Do you like Italy?**

**A:** I love Italy!!!

For me it's one of the most beautiful countries in the world.

I had a great vacation in Italy - summer 2019, we were visit Rome, Vaticano, Florence, Pisa, Lake Garda, I will never forget about that amazing time. I fall in love in history of this country, every building I wanted to take a picture, beautiful nature, so tasty food... just amazing. Before I also visited great places like Milan (There was a competition-Golden League and took gold there), Venice (my first seminar in my career was close to this city for Roberto Ronchini club), than he and his club invited me for training camp in mountains, I also was in nice shock of how great everything around, and when I was a kid a had one competition in Jesolo, I don't remember the city but I remember that I won there also, so Italy is good place for me and gives me just positive emotions.

