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The Turkish champion is already qualified for the Tokyo Olympics

Ugur Aktas, the number One

An example for the new generations: sport, study and family



Intervista di Rossella Zoccali

This is not the need to present, when he fights the attention of the world audience is turned on his tatami. The public follows him waiting for his action full of efficacy and effectiveness. Define it in one word: disruptive. From the statistical data collected by "KarateNow", in the Premier League and Serie A matches, held from 2 July 2018 to can find:

21 races, 97 fights found, 83 won, 14 lost, 271 points in red, 10,372.5 points conquered

tion to being a great in the first round. athlete, Ugur is a boy R: Have you practiwho can be an example for the younger sides Karate? generations: sport, U: No, I only practistudy and family.

Ugur Aktas for his willingness to release the interview and his wish to win the Olympics.

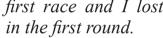
THE INTERVIEW

R: When did you start practicing Karate and why?

U: As a child I was too lively and my family sent me to prac-20 March 2020, we tice Karate to give me some rules. I was ten and it was 2005.

R: Who was your first teacher? Do favor and 126 suffe- you remember your first race? How old which were you?

led him to be the U: My first teafirst in the "Tok- cher was Süleyman yo 2020 Rankings" Orhan. At twelve I ranking, male cate- participated in my



ced other sports be-

ced Karate.

The editorial team R: When did you was finally included thanks the champion get your first title and what is the race vou remember with greatest emotion.

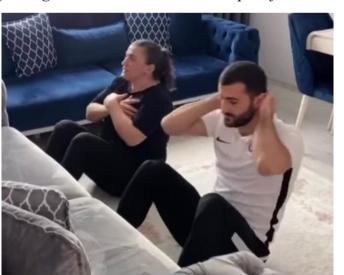
U: At 13 I won my medal at the Tokyo in the Turkish national championship. I remember with parfirst gold medal at to have qualified.

gory +75kg. In addi- first race and I lost champions, I admired Haldun Alagas, Yıldız Aras, Zeynel *Celik and they were* my reference points.

R: What did you think when Karate in the Olympic disciplines in Tokyo?

U: *It was our dream.* Because karate really deserves to be an well-deserved gold first bronze medal Olympic sport. I dreamed of competing in the Olympics.

> I am very happy to ticular emotion my have ranked first and



Training with mom

pionships, it seemed strange to me.

R: Have you ever about thought abandoning Karate in these years?

U: Karate is an important thing for me and I never thought about giving up.

R: Who were your reference points in Karate?

the European Cham- R: How does your week go through **Coronavirus** period?

home. Our coaches send us the program and we do it.

will have difficulty competing with +84 kg athletes?

U: *I think I have to*



Ugur Aktas "Grand Winner 2019"

fought with them. study?

nic engineering.

hobbies? how do you spend your free time? Do you like pic categories? animals?

movies and solving ry? math problems. I spend my free time with my family and my best friends. Yes, I really like animals. U: I'm training at R: What are you

afraid of?

U: *I'm afraid of peo*ple who tell lies.

R: Do you think you R: If you want, talk about your family.

U: I am nothing without my family. I love them.

U: Turkey has many ly, because I never think when you are

on the tatami?

R: What did you U: I think I can do what I like trying to **U:** I studied electro- be happy and live that moment.

R: What are your R: In your opinion there are few 3 male and 3 female Olym-

Are few 10 athletes U: I like watching qualified by catego-

U: I think that the categories are few and 10 qualified athletes are few, there must been many have We should more. compete in the Olympics as in the world championships or in the competitions of the main leagues. We had to run 20 races to be able to qualify. In other sports the study them tactical- R: What do you rules are more ba-



Ugur Aktas at the age of twelve