

KarateNow

Notizie, interviste, gare e risultati del Karate Olimpico

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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 20 March 2020, we can find: 21 races, 97 fights found, 83 won, 14 lost, 271 points in favor and 126 suffered, 10,372.5 points conquered which led him to be the first in the "Tokyo 2020 Rankings" ranking, male cate-

gory +75kg. In addition to being a great athlete, Ugur is a boy who can be an example for the younger generations: sport, study and family.

The editorial team thanks the champion Ugur Aktas for his willingness to release the interview and his wish to win the well-deserved gold medal at the Tokyo 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 practice Karate to give me some rules. I was ten and it was 2005.*

R: Who was your first teacher? Do you remember your first race? How old were you?

U: *My first teacher was Süleyman Orhan. At twelve I participated in my*

first race and I lost in the first round.

R: Have you practiced other sports besides Karate?

U: *No, I only practiced Karate.*

R: When did you get your first title and what is the race you remember with greatest emotion.

U: *At 13 I won my first bronze medal in the Turkish national championship. I remember with particular emotion my first gold medal at*

champions, I admired Haldun Alagaş, Yıldız Aras, Zeynel Çelik and they were my reference points.

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

U: *It was our dream. Because karate really deserves to be an Olympic sport. I dreamed of competing in the Olympics.*

I am very happy to have ranked first and to have qualified.



Ugur Aktas "Grand Winner 2019"



Training with mom

the European Championships, it seemed strange to me.

R: Have you ever thought about 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?

U: *Turkey has many*

R: How does your week go through this Coronavirus period?

U: *I'm training at home. Our coaches send us the program and we do it.*

R: Do you think you will have difficulty competing with +84 kg athletes?

U: *I think I have to study them tactical-ly, because I never*

fought with them.

R: What did you study?

U: *I studied electronic engineering.*

R: What are your hobbies? how do you spend your free time? Do you like animals?

U: *I like watching movies and solving math problems. I spend my free time with my family and my best friends. Yes, I really like animals.*

R: What are you afraid of?

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

R: If you want, talk about your family.

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

R: What do you think when you are

on the tatami?

U: *I think I can do what I like trying to be happy and live that moment.*

R: In your opinion there are few 3 male and 3 female Olympic categories?

U: *I think that the categories are few and 10 qualified athletes are few, there must have been many more. We should 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 rules are more balanced.*



Ugur Aktas at the age of twelve