

## Afghanistan Kyokushin-kan Best fighters

**Sensei Ahmad Sha Afzali**, Weight Category: under 80 Kg

Rank: Ni dan, Kyokushin-kan International Honbu

Achievements from International Tournaments:

- ✓ **3rd Place, All Asia Open Weight Kyokushin Karate Championship, Pakistan, 2007.**
- ✓ **3rd Place, International Kyokushin Karate Tournament, Iran, 2005**
- ✓ **Four Times Champion, All Afghanistan Kyokushin-kan Championships**







***Interview:***

What are your best results? **My best results are:**

**3rd Place, All Asia Open Weight Kyokushin Karate Championship, Pakistan, 2007.**

**3rd Place, International Kyokushin Karate Tournament, Iran, 2005**

**Five Times Champion, All Afghanistan Kyokushin-kan Championships**

Why is this World Tournament important for you? **Well, this would be the biggest tournament ever held in Kyokushin Karate history and is with no doubt my dream world cup. This is a good chance to prove my**

**talents to the world and if God is willing, I will win my weight category.**

How much do you train daily and weekly for the WT? **I practice 6 hours a day, seven days a week.**

Have you got any special training for the WT? What are those? **My trainings include special techniques training (combinations), Kumite training, running and other speed trainings for improving my speed and my breath, punch and kick trainings, and Body training.**

What do you expect from yourself? **My intension is to achieve success by being a good competitor. I will win my weight division if God is willing.**