

## Afghanistan Kyokushin-kan Best fighters

Sensei Ghulam Mahboub Rahimi, under 70 kg

Rank: 3<sup>rd</sup> dan

Achievements from International Tournaments:

- ✓ Champion of International Kyokushin Karate Tournament, Iran (2007)
  - ✓ Champion of International Kyokushin Karate Tournament, Iran, 2003
  - ✓ 2<sup>nd</sup> Place of All Middle East Kyokushin Karate Tournament (2002 & 2007)
  - ✓ 3<sup>rd</sup> Place of All Middle East Kyokushin Karate Tournament (1996, 1998, and 2004)
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### ***Interview:***

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

**Champion of International Kyokushin Karate Tournament, Iran (2007)**

**Champion of International Kyokushin Karate Tournament, Iran, 2003**

**2nd Place, All Middle East Kyokushin Karate Tournament (2002 & 2007)**

**3rd Place, All Middle East Kyokushin Karate Tournament (1996, 1998, and 2004)**

Why is this World Tournament important for you? **I have always been wishing to find the chance of participating in the World Tournament. And now my dream is going to come true. I am sure I will achieve a lot of success in this great tournament.**

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 for improving my speed and my breath, and Body training.**

What do you expect from yourself? **I want to prove myself and my country Kyokushin power to the world. I intend to be among the champions of this great tournament.**