



Media Centre

Pourrahnamaahmad pacing toward Tokyo 2020

25.01.2018

Four-time reigning world champion unbeaten in almost five years



Mahdi Pourrahnamaahmad - Taekwondo © • World Taekwondo Federation



By Lee Reaney | For the IPC

Iran's Madhi Pourrahnamaahmad has been virtually unbeatable in the men's up to 75kg K44. This year, the taekwondo fighter looks to stay on pace toward Tokyo 2020, where the sport will make its Paralympic debut.

The 22-year-old already has six World Championship medals, including the last four world titles, and is a three-time Asian champion. He closed 2017 with gold at the International Wheelchair and Amputee Sports Federation (IWAS) World Games in December.

The victory put him 150 points ahead of his nearest rival in his division. But he needs to maintain that form.

"The final success is Tokyo," Pourrahnamaahmad said. "Rankings mean little if you don't qualify for the Paralympics."

He has won every tournament he has participated in – including a demonstration bout at the 2016 Olympics in Rio de Janeiro, Brazil. His sole blemish since 2012 was a

LATEST NEWS



11.03.2018 PyeongChang 2018: Day 2 as it happens



11.03.2018 PyeongChang 2018: Bonding through guiding - Part Three



11.03.2018 PyeongChang 2018: Kendall Gretsch grabs double gold



11.03.2018 PyeongChang 2018: Kurt Oatway shocks in super-G



11.03.2018 PyeongChang 2018: Alpine skiing flash quotes day 2

More news...

shock loss at last year's European Open final to Russia's No. 3-ranked Magomedzagir Isaldibirov.

Still, the "Iranian Hurricane" does not take anything for granted.

"I'm so happy that the competition is increasing," he said. "I hope one day it will be a worldwide event."

The trick for competing at his level is following the strict training schedule from the Iranian [taekwondo](#) federation, which sees him train twice daily for up to three months before an event.

"I'm not the most powerful athlete. I have to use my brain, my head for advantages," he explained. "I try to change my strategy every year, because [my opponents] 'read my hand' [by watching competition videos]."

"You're not training alone – you're a team," he added. "I appreciate my teammates and my technical team. You may fight one-on-one, but I don't believe I'm alone."

Born without his right hand, Pourrahnamaahmad picked up the sport at a young age as his father wanted him to do something with his feet. A prodigy from early on, his first World Championship medal was a bronze – at the age of just 16.

"[Taekwondo](#) chose me," he recalled.

He also credits his father for getting him involved all those years ago.

"Every day he would bring me, watch me, complain if I lost," he laughed. "He'd even tell me what I did wrong if I won."

Related News

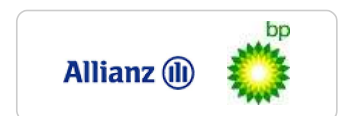
- [Eleven new sports and disciplines apply for Paris 2024](#)
- [Top 50 Moments of 2017: No. 24 - A star is born](#)
- [Top 50 Moments of 2017: No. 11 - Tokyo medals programme revealed](#)
- [Para sport preview: January 2018](#)
- [Who should be December's Allianz Athlete of the Month?](#)
- [Taekwondo: 5 things learned from 2017](#)

Like 94 Share Tweet G+ print send

Worldwide Paralympic Partners



International Partners



[FAQ](#) | [IMPRINT](#) | [JOBS](#)

Powered by [Atos](#)

The Paralympic Games

[Summer Games](#)
[Winter Games](#)
[Sochi 2014](#)
[Rio 2016](#)
[All the results & medallist since 1960](#)
[Games video archive](#)

About the IPC

[Who we are](#)
[Anti-Doping](#)
[Medical](#)
[Partners](#)
[IPC Strategic Plan 2015-2018](#)
[IPC Handbook](#)
[Publications and Documents](#)

Media Centre

[News](#)
[Features & Interviews](#)
[The Paralympian](#)
[Videos](#)
[Athlete of the Month](#)
[Media Office](#)

Sports

[Summer Sports](#)
[Winter Sports](#)
[Biographies](#)

NPCS

[Africa](#)
[America](#)
[Asia](#)
[Europe](#)
[Oceania](#)

3/11/2018

Pourrahnamaahmad pacing toward Tokyo 2020



Adenauerallee 212-214, 53113 Bonn, Germany

Telephone: +49-228-2097-200 • Fax: +49-228-2097-209 • E-mail: info@paralympic.org