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## Once overweight, now overachiever: Nazri Sutari sets sight on Gold in upcoming Kickboxing World Championships

*Losing 22kg from his heaviest at 97kg, Nazri's journey to overcome obesity set him on a path to become the best of the best*

**Singapore, 18 September 2019** – Looking at Nazri's current muscular physique and build, one would have never guessed that Nazri used to be obese. Yet, in less than 2 months time, Nazri will be competing at the highest level of Amateur Kickboxing tournaments, the **WAKO (World Association of Kickboxing Organizations) Senior World Kickboxing Championships 2019** held in Sarajevo, Bosnia and Herzegovina from 19 to 27 October.

### Real fight to lose weight isn't in training alone, it's fighting a bad diet

At 20 years old, Nazri was standing at 97kg, with a Body Mass Index (BMI) of 34.0, placing him at high risk of several health problems such as heart disease and high blood pressure to name a few.

Ever the over-achiever, Nazri recalls vividly *"During my weight loss journey, I have always had a problem with my nutrition and diet. Thankfully, my strength is in physical training and giving my 110%, as I have been actively competing from as young as I can remember. I lacked the proper knowledge on nutrition and dieting. So before I started my weight loss journey, I made it my number one priority to learn more about nutrition and map out a diet plan that could suit my lifestyle"*.



*Nazri at 97kg (left), Nazri at 75kg (right)*

With the newfound knowledge, Nazri found success and lost a startling 22kg in a span of 6 months.

### Appetite for food turned into appetite for excellence

6 months later and 22kg lighter, Nazri dived into combat sports and grew a passion for it. Actively competing at various tournaments, such as the Malaysian Invasion MMA fight tournaments for two seasons in 2015 and 2016, his appetite for competition grew.

*"I guess because I have been participating in competitions since young, I grew up with that kind of hunger and drive. I never settled for second, always wanting to be the best in everything that I did."*

## National Kickboxing Champion turned National Kickboxing Coach at age 29

Nazri took part in the Singapore Kickboxing Championships 2019, from 22 to 24 March, held at Marina Bay Sands, organised by Kickboxing Federation of Singapore (KFS).

Competing in the under 81kg Low Kick Ring Sport category, Nazri competed across the 3-day championship, and emerged as champion in his category. He recalls, *"It was really quite exciting to fight over 3 days back-to-back. It keeps you on your toes, because you have to maintain weight over the 3 days and make sure your fight strategies are on point to last over multiple fights."*

*"I'm super thankful to have my coach Bruce Loh, who guided me throughout the competition. I believe without him I would not have achieved what I have."*



Nazri in action (left)



Nazri (middle)

Nazri joined the National Kickboxing Squad, and shortly was offered to become a National Coach for the team. *"I was surprised, but very humbled that they offered me the role."*

Mr Jason Lim, President of Kickboxing Federation of Singapore shares, *"I saw an immense amount of potential in Nazri when I first met him personally during the initial stages of organizing the Singapore Kickboxing Championships 2019. He came across as someone who was very determined, disciplined and dedicated. During trainings, Nazri displays a high sense of responsibility with a deep hunger and desire to win. He never misses a training and puts in 110% effort, always."*

*"Nazri is a multi-talented Combat Sports athlete. With his cross-discipline skills and knowledge, he can take our competition team to the next level. Having trained in fencing (he was part of the Junior Fencing National Team), crossing over to boxing, then to Mixed Martial Arts (MMA) and now to Kickboxing, he brings a treasure chest of knowledge and skills to our federation. That's why I chose him to become a National Coach. With a high-achieving mental state grounded with humility and respect, Nazri definitely is a role model for the other athletes to look up to. As a young federation with big aspirations, I believe under Nazri's coaching and guidance, the National Kickboxing team will reach their fullest potential."*

## **Pit stop before competition, Nazri prepares with Training Camp in Taipei**

Undaunted against challenges, Nazri will be competing at a world-level competition, the highest standard of competition, something which he's never done before.

*"I'm always ready for a challenge. I believe that's the way I can improve as a fighter. Ask me if I'm nervous, I will say yes. But ask me if I'm afraid, I will say no."*

A good training camp is the best way to prepare for competitions. Nazri will be joining a 7-day training camp to be held in Taipei from 23 to 30 September 2019. The training camp will be jointly organized by WAKO Chinese Taipei (TAIWAN) and Asian Kickboxing Confederation (WAKO ASIA), the governing authority for the sport of Kickboxing in Asia. Aslan Sports, a combat sports equipment supplier, will be sponsoring part of Nazri's training camp.

*"Words can't express how grateful I am to Aslan Sports for the sponsorship they provided. Ahead of this competition, I've sacrificed a lot of things, finances are one of them. I'm a coach and personal trainer. So, if I'm not working, I'm not earning. That takes a toll on me as I support my parents with my income. If I'm not earning as much, I can't give my parents as much."*

*"It was a miracle actually, this sponsorship. I committed and signed up for the competition and training camp. I was working more to save up as much as I could, prepared to pay everything on my own. I booked my flight for the World Championships already. Then I got a call from Aslan Sports, who heard about what I was going through and they offered a partial sponsorship to me, for the training camp."*

## **First World-level Kickboxing competition Singapore will be participating in, with its biggest contingent**

Kickboxing Federation of Singapore will be fielding a team of 4 athletes for the WAKO Senior World Kickboxing Championships 2019. It is the gold standard of Amateur Kickboxing competition in the world, which takes place bi-annually.

The competition will take place from 19 to 27 October 2019 in Sarajevo, Bosnia and Herzegovina.

## **Goal for Gold**

Nazri sets his sight on gold and has been training with this goal in mind since May 2019. Nazri recalls, *"Jason told me about this World Championships happening in October, which happens once every 2 years. I only had 5 months advance notice then. I told him almost immediately 'Sign me up!'."*

*Nazri says, "This competition is going to be the biggest and most significant thing I've ever done in my life, for my country and for myself. I've never lost sight of my goal. Every day this thought drives me to train harder and push beyond my boundaries."*

*"There are days where I sleep at 1am and wake up at 6am. But it's all worth it. Because I'm going to do train my best, give my best and do my best in the competition."*

## About Kickboxing Federation of Singapore

Kickboxing Federation of Singapore (KFS) is the appointed national representative of the World Association of Kickboxing Organisations (WAKO) – the world’s sole governing body for the sport.

### Mission

To be the beacon for Kickboxing in Singapore, promoting it as a wholesome sport for ALL and nurturing those with the attributes for “competitive Kickboxing” to realise their maximum potential.

### Vision

- To become one of the leading nations in the sport; at SEA Games, Asian Games and World Level.
- To develop, groom and nurture talent; and to consistently compete and perform at the highest levels across the national squad, and all major international championships.
- To become a regional hub for Kickboxing in South East Asia.

### Objective

We aim to develop the sport of Kickboxing in Singapore by providing:

- Kickboxing as a Sport and/or Fitness activity to everybody regardless of age, gender and race.
- Competition opportunities at National, South-East Asia, Asian and International Levels.
- An avenue to reach out to at-risk youths.

## About Asian Kickboxing Confederation (WAKO ASIA)



OCA recognized body in charge of Kickboxing in Asia

Asian Kickboxing Confederation (in short “WAKO ASIA”) is Asian Continental Confederation in charge of all Kickboxing activities in ASIA.

After recognition of sport of Kickboxing by Olympic Council of Asia (OCA) during its the General Assembly held on 9 September 2005, Asian

Kickboxing Confederation has been granted the recognition by OCA as being the body in charge of sport of Kickboxing in Asia.



Accordingly, the sport of Kickboxing under direct supervision of Asian Kickboxing Confederation was included in Asian Indoor & Martial Arts Games as official sport.

## About Aslan Sports



Aslan Sports is a Combat Sports and Functional Equipment supplier offering a wide range of products. From all things martial arts, to fitness products we have just the right equipment for you!

We specialize as Gym set-up consultants as well, providing expert advice to set up your ideal gym and/or martial arts business.

## Contact Person

Joel Lye  
Vice President  
Kickboxing Federation of Singapore

E: [joel@wakosingapore.com](mailto:joel@wakosingapore.com)

T: +65 8363 5661

