

Spotlight

World's Champion!

Tim Quinlan started kickboxing in 2018, but his journey started as a martial artist much earlier when he was 5! He started with karate and then later studying Taekwondo, Judo, Fencing, Kung Fu, Boxing, Kickboxing and Brazilian jiu jitsu.

"I always enjoyed martial arts movies. I grew up on Jackie Chan and Bruce lee movies and watching anime when I got home from school, most of my inspiration came from fictional characters. I wanted to be like them so bad"

On 1st of June, he officially won a world title in Kickboxing!

We were delighted to interview Tim to find out more about this huge achievement:

Q1. Congratulations on becoming a world's champion! How does it feel to achieve this milestone?

Thank so much, it feels great! I can't really describe the feeling; it is just a lot of happiness, more than I can put into words.

Q2. Can you describe the moment when you realised you had won the championship?

I remember standing in the middle of the ring after 12 rounds thinking that I had done enough to get the win, but I wasn't sure if the judges felt the same, but I kept my head high and one arm raised waiting in anticipation for the judges to add the score cards. The announcer took his time!!!! When reading the score cards... the first judge scored it 116 to 112 in favour of the red corner (my opponent), the second judge scored it 116 to 112 to the blue corner (me). This meant a split decision coming down to the last judge who scored it 115 to 113 in favour of the blue corner (me). I cheered looking around, seeing, and hearing all my friends and family screaming and shouting in celebration. I saw my son on my brother's shoulders with his hands in the air as well. And before I could turn around my whole team had all jumped in the ring and hugged me in celebration jumping around. I was so happy!



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Q3.What were some of the biggest challenges you faced on your way to becoming a world champion?

Staying in good shape, trying to stay motivated to improve myself and trying not to eat too many donuts and pizzas... I'm a bit of a foody!!

Q4.Was there a particular match or opponent that stood out as a turning point in your journey?

In all the fights that I have had, I've learnt that it is key to stay calm and collected, and not let my emotions control me but instead react at the right time.

Q5.How did you prepare specifically for the championship match?

I always keep myself in good shape and ready to fight. I took this fight on a one-day notice! I received a call from my brother at 7:30am saying that the promoter wanted to know if I could fight for the world title on the next day as the fighter from Greece was pulled out due to injury. I asked what the weight for the fight was. He said to me: 67Kg which to I replied: "tell the promoter that I said HELL YEAH, I can fight!". I didn't know my weight at the time, so I asked my brother to bring me some clothes and scales to work. While I was waiting for the night to come, I grabbed the brush and started jogging with the brush and cleaning the warehouse as quick as I could. I then began to move on to my other cleaning tasks doing them as fast as I could as I was trying to break a sweat. I was fearing that I was going to be overweight for the 'weigh ins' that were due later that night. My brother brought me the scales and a change of clothes to work, I stepped into my office and checked my weight... I was 67.8kg and the maximum weight was 67.5kg so I was only slightly over. I said to Stuart "I will go for a run on my break". Which I did and when I returned from my break, I checked my weight again and I was 67.3kg so happy days!

Q6.Did you adopt any new strategies or techniques for this match that differed from your usual approach?

I didn't really have any time to prepare a game plan or any strategy. I knew that I was taller than my opponent, so my plan was to use my 'teep' (push kick), jab and land kicks at the beginning and at the end of my punch combos.

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Q7.Now that you've achieved this major goal, what's next for you?

I want to fight on bigger promotions around the world and defend my title. I also want to win a world title in MMA and Boxing.

Q8.What advice would you give to young kick boxers who aspire to become champions?

To always work hard, train harder than everyone else and to keep good people around you. To have great goals and to aspire to be great too, don't be scared to fail. Failure is where I have learnt the most from. No risk, no reward and sometimes it is worth the risk!

Q9.How did you celebrate this incredible achievement?

I celebrated it with family. We had a family BBQ and had a great feast the next day!

Please join us in congratulating Tim:

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Thank you for reading!

If you have any content that you would like considered for future editions, please contact:

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