

# MAN OF THE MONTH FOR SEPTEMBER 2012



## **BAWAR KHAN HOTAK - AFGHANISTAN**

Bawar Khan Hotak was born on 5<sup>th</sup> May 1979 in Kabul, Afghanistan. He is married with 7 children (four sons and three daughters).

By profession he is a politician and an Afghan traditional wrestler. Hotak was among the top 27 candidates to become a member of the lower house of the parliament. Currently works as an advisor for Afghanistan Olympic Committee besides being the President of Afghanistan Bodybuilding Federation for almost ten years. As a wrestler he need to pump iron to keep his body in shape and gradually he got involved in Bodybuilding.

He was awarded twice the prestigious Gold Medal for Sports by His Excellency Hamid Karzai the President of Afghanistan. Hotak is also the head of the Eastern election zone for Mr. Karzai. He also leads a huge number of Afghan youths and is the head of Kabul based Afghan Youth Association.

Bodybuilding is a popular sport in Afghanistan. It is among the top three sports and everybody – even from other sports would like to become members of bodybuilding Gyms. There are more than 200 bodybuilding and fitness gyms in the capital city of Kabul and estimated around 900 gyms in other 34 provinces of Afghanistan. Most of the gyms are well equipped and with modern equipment. The best gyms are being established in capital Kabul, North of Afghanistan Mazar-e-Sharif, and Eastern province of Jalalabad, Western provinces of Herat, Helmand and Kandahar. There is no exact record as to how many bodybuilders are actively engaged in this sport, however, almost every gyms are packed with 200 to 300 people exercising every day in the gyms.

Hotak was a bodybuilding champion and now as the President of the Afghanistan Bodybuilding Federation he exercise with weight to keep fit. To Hotak the sport of bodybuilding is a key and very important sport. Afghans traditionally loves to be fit and strong. He feels that bodybuilding is a great sport and very important for health and physique and it is a life style.

Besides bodybuilding, Hotak was involved in Wrestling, Buzashee (Traditional Afghan Sport) and Athletics. His hobbies are Horse riding and Buzashee. His favorite food is rice.

His icon in bodybuilding is Arnold Schwarzenegger and Roni Coleman.



**BEING A MEMBER OF SABBF,  
ABBF AND WBPF WHAT IS YOUR  
OPINION OF THESE  
FEDERATIONS?**

**“We as a nation and I personally as a bodybuilder and President of Afghanistan Bodybuilding Federation feel proud to be associated with these federations. These three federations have been strongly promoting and supporting bodybuilding and fitness throughout the world and Asia.**

**We all work hard together to promote and improve the status of bodybuilding and make this sport one of the best in the world.”**

**“As key members of these federations, our existence does not mean anything without them. We have good relations and contacts with key members of these federations and it is highly important for us to support each other to promote bodybuilding in Afghanistan and the world.”**

## WHAT ARE YOUR VISION AND MISSION FOR THE SPORT IN YOUR COUNTRY?

"I wish to see bodybuilding as an iconic sport in Afghanistan. I also want to introduce as many champion bodybuilders as possible. I will much more focus on establishing new gyms for women so that they also get benefits from this sport. At the moment there are 15 gyms for ladies in the capital city of Kabul and several others in major stable provinces. I will use bodybuilding to show everyone that we are not the nation who produces 90 percent narcotics of the world but we are keen and determined to show others our interest to this sport. Right now our Mr. Afghanistan winners two of them and the winners of the two gold medals in the South Asian Bodybuilding Championships are from the very insecure and unstable province of Helmand. As it is know that Helmand province with Nadi Ali and Gerashk districts are so popularly known for its insecurity and illegal drugs. These two bodybuilders has shown to the world that if we get our security and peace, we can produce top athletes of the world and become a famous nation for strength sports."

In the near future Afghanistan will be ready to organize the South Asian Bodybuilding Championships in Kabul and this will be a major breakthrough for bodybuilding.

Quotations in the Washington Times in 2007:

"During the Taliban time, I dreamed about the future and about how when peace and stability came I would make a modern equipped gym," Mr. Hotak said. "When they left, I was the only one to invest; others were buying vehicles to leave."

[Afghans religious about bodybuilding →](#)

"Iran and Pakistan are well-equipped. If we can't have as much as them, we at least shouldn't be far worse off. But we get nothing from [the government]," Mr. Hotak said.