

**MAN OF THE MONTH FOR JULY 2012**  
**IBRAHIM BANGURA - SIERRA LEONE(AFRICA)**



**IBRAHIM BANGURA - Secretary-General of African Bodybuilding and Physique Sports Federation was born on 5th September 1974 in the city of Freetown, Sierra Leone (Africa).**

## The Buoyant Virgo Tiger Personality

Being born in the Chinese astrological Year of The Tiger is considered most fortunate as the personality is believed to acquire this creature's natural luck. Ancient astrologists also regarded the Tiger as a symbol of power and vitality. So these influential traits when coupled with the Western sign of Virgo usually equal a strong, lucky and light in spirit personality. A Virgo Tiger is usually lively, cheerful and very expressive with a wonderful inbuilt sense of humor. Their buoyant persona from the Tiger's influence appears to liven up the usual Virgo straightforwardness. This creates fun-loving temperaments and lovely people who are not pessimistic, compassionate, and have their hearts in the right places.

A Virgo Tiger is usually a confident, lighthearted and friendly person who is full of optimism and motivation. There is not much in life that grinds them down if they are generally happy and feeling loved. These are tolerant and patient people who while taking a carefree outlook still know how to be sensible when it really matters. The Virgo Tiger personality is best placed in jobs where their humorous temperament and generous patience will be an asset. People who work alongside these particular Virgo's often grow to love and rely on their good-humored natures and high spiritedness in the workplace.

By Profession he is a lawyer based in the United Kingdom.

## WHY ARE YOU INVOLVED IN BODYBUILDING SPORT AND AT WHAT AGE YOU STARTED YOUR ACTIVITY IN THIS SPORT?

I started bodybuilding when I was fifteen (15) years old, because I want to develop my body strength and also to have the physical attraction and to be able to represent my country in international event.

## **YOUR POSITION IN THE LOCAL FEDERATION OF YOUR COUNTRY?**

I am the President of the Sierra Leone Weightlifting; Power lifting, Bodybuilding and Arm wrestling Association.

## **YOU ARE ALSO THE SECRETARY-GENERAL OF THE AFRICAN BODYBUILDING AND PHYSIQUE SPORTS FEDERATION, WHAT ARE YOUR GOALS AND VISION FOR AFRICA?**

Since the inception of bodybuilding in Africa, most Africa countries has not been able to participate or represent their country in international event or even has the fund to organized national championships and continental event. This is because of lack of support from sponsors and national government. I want to see Africa bodybuilding in the All Africa Games, able to organized continental Championships and organized developmental program such as training and coaching courses for our affiliated members, bringing the sport into our schools, colleges and the state securities.

## **WHAT OTHER SPORTS YOU ARE INVOLVED WITH?**

I was the President for the Sierra Leone Association of Martial Art, which comprise of Karate, Judo, Taekwondo, Kickboxing, Fencing, Wushu and Ju-Jitsu

## **WHAT IS YOUR HOBBY?**

Reading, listen to classic music

## WHAT FOOD YOU LOVE BEST?

My Africa dish, which is FOO-FOO & KRAIN-KRAIN

## DO YOU LOVE ANIMALS AS PETS?

Yes, I love dog.

## WHAT KIND OF MUSIC YOU LOVE TO HEAR AND WHO ARE YOUR MALE AND FEMALE FAVOURITE SINGERS?

I love Classical and R&B music, my favorite male singer is R. Kelly and my female singer is Judy Bucher.

## WHO IS THE BODYBUILDING ICON YOU LIKE MOST?

Arnold Schwarzenegger, Dave Draper and Larry Scott.

## WHAT DO YOU THINK OF WBPF AND WHAT PROMPTED YOU TO JOIN THIS FEDERATION?

WBPF give us African the opportunity to know more about bodybuilding, attend the World Championships like the 1<sup>st</sup> WBPF Championship in Dubai, UAE. WBPF is none discriminating, encourage and ready to help in the development of bodybuilding in the world regardless of your background. The objective and mission is awesome and I am proud to be part of the WBPF family.

I want to express my sincere thanks and appreciation to the entire memberships of WBPF for given me the supports and privilege to be part of your family. I must personally thank the former President for financial contribution toward WBPF, the present Secretary-General my DAD PAUL CHUA for his tireless efforts to maintain the sustainable development of WBPF, The Treasurer Mr. Hussain Alsafar for his friendly and brotherly reception he always demonstrate to me and I want to call on all our Africa brothers and sisters to believe in WBPF as this is the only bodybuilding federation that can help maintain the rekindle spirit of our sport in Africa.