

# MAN OF THE MONTH – APRIL 2013

## REGINALDO JOSE GOMES – BRAZIL



Reginaldo Jose Gomes born in September 9, 1962 and has six Children (3 Boys And 3 Girls). Gomes is energetic, determined and a confident person. He is a lawyer and a lecturer and currently still practising and performing these activities.

Reginaldo has been training with weights at the age of 15 but it was only in 1980 he decided to prepare to compete in bodybuilding competitions. He was exercising at Gym Vava and many bodybuilders from this training centre motivated him to compete. For the first time he completed in the

Mr. Alagoas in 1981 and won the overall title and since then he held this title up till 1990 undefeated for a period of 10 years.

He also participated in the First Cup Champion North East in 1988 and won the title and three times runners-up in the Mr. Brazil. He won several strings of titles, such as, Hors Concours from 1984 – 1990, Best athlete of the 80s conferred by the Governor of the State of Alagoas in 1984.



Reginaldo attributes his success to Joe Weider the trainer of the champions. He followed Joe's training courses and tips and achieved the results. He was also inspired

by the movies of Steve Reeves in Hercules and Mark Forest in Maciste and wanted to be one of them.

In 2010 after the tragic death of the late President Pagani Alexandre, he was elected as the President to lead the Confederacao Brasileira De Culturismo e Musculacao. He served faithfully as the Vice-President of CBCM for 12 years under Pagani. The CBCM is recognized by the Olympic Committee of Brazil and by the Ministry of Sports as the only association in control of physique sports in his country.

**How popular is bodybuilding in Brazil and in which city that has most gyms and bodybuilders and what about Women's bodybuilding, fitness and model physique?**

“Brazil is a big country with 190 million habitants; it is the second country in the world in number of gyms, we have over 18,000 gyms across the country, second only to the United States of America. Nevertheless, the main sport is soccer. Bodybuilding emerged in the 6<sup>th</sup> place in terms of popularity.

The women's segment is still growing, where states have more bodybuilders, are those of the South, Southeast and Northeast, cities like Sao Paulo, Sao Luis, Porto Alegre, Joao Pessoa, Recife, Salvador, Belo Horizonte, Rio de Janeiro and Fortaleza.”

Reginaldo's no.1 idol in bodybuilding is none other than Steve Reeves. He has all the old films, magazines and post cards of Steve as a personal collection.

### **REASON FOR CBCM TO JOIN THE WBPF:**

Reginaldo Gomes quoted:

“Brazil de-affiliated with IFBB (International Federation of Bodybuilding and Fitness) and joined the WBPF (World Bodybuilding and Physique Sports Federation) because of Rafael Santonja, IFBB President who had spurious interests to take over the Brazilian Confederation (CBCM) after the death of the former President Alexandre Pagnani . The IFBB President applied iron-fist tactics to take control of legally elected President (that is me) by not respecting the laws and by-laws of our country. Santonja tried to bulldoze his way to place his protégé, Mauricio Arruda to the helm of the CBCM. The General Assembly of the affiliated federations unanimously decided to resign from the IFBB and join the WBPF. “ Of the 26 Brazilian states, 20 are affiliated to CBCM and the remaining states will be with them by 2014.

“We chose to join the WBPF because this federation treats each and everyone like a true family member with great respect and dignity amongst its fraternities. Its leaders, especially Datuk Paul Chua, through his wisdom and discernment certainly lead us to a bright future and growth of bodybuilding and physique sports in the world.”





**Favorite food:** Lobster Thermidor

**Music:** Reginaldo has eclectic taste for good music in general e.g. evolutionary Rock, Brazilian popular music, French romantic music, Italian romantic music and the best classical music and his favorite male singer is the great Frank Sinatra.

**Hobbies:** Reginaldo enjoy movies, theater, tennis, swimming and football.

CBCM has great ideas and projects to lift the Brazilian bodybuilding and they plan to create the brand CBCM/WBPF as a trade mark to market them on various products to generate resources for the promotion of the sport and to be self-funded.

**AIM:** To organize the WBPF World Bodybuilding Championships in Brazil in the year 2015 or 2016 and this is the dream of Reginaldo Gomes.

# CBCM (BRAZIL) DE-AFFILIATION LETTER FROM THE IFBB



## CONFEDERAÇÃO BRASILEIRA DE CULTURISMO E MUSCULAÇÃO

FUNDADA EM 1963, RECONHECIDA PELO CND EM 08/10/76

Vinculada ao C.O.B. desde 1986.

Vinculada à Associação Brasileira de Estudos e Combate ao Doping desde 05/01/03

Filiada a I.F.B.B. International Federation of Body-Builders

Reconhecida pelo Ministério do Esporte Decreto de Lei nº 446/04/03

São Paulo-SP, 30 of august of 2011.

Office CBCM nº 016/2011

Mr. President,

By decision made by the majority of the members at the Extraordinary General Assembly, held on August 6 of 2011 in the city of Rio de Janeiro. The president of CBC-M, Mr. Reginaldo Gomes, fulfilling his statutory assignments, informs the following:

- CBC-M does not recognize IFBB's authority as interference on its administration, on the violation of its statute, laws and our country's sovereignty; neither do we accept the participation of Mrs. Mauricio de Arruda and Bruno Coraucci at CBC-M.

- We require, therefore, irrevocably, the disaffiliation of the CBC-M from IFBB.

In these terms, asks and demands deferment,

Graciously

  
REGINALDO GOMES

President - CBC-M

Mr.

Rafael Santonja

President of IFBB

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