

# THE COMPETITION “LEARN TO WIN”

My idol is a  
sportsman



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My idol is the World champion in arm wrestling among disabled athletes –  
**Rishat Zainetdinov.**



Childhood is the happiest time of our life. But, life is not what we think. It has many difficulties. **Zainetdinov Rishat Ilshadovich** was born on the 19<sup>th</sup> of October in 1996 in the village of Bolshoi Tyulyazi Tyulyachinsky district of the Republic of Tatarstan. He played with friends in the yard, swam in the river, every day discovered something new for himself as a child.

Sudden pain in his leg puzzled everyone in the family. Parents took him to different hospitals, health centers. But all the doctors told him that he had "Strumpel's disease". It is chronic and genetic disease that paralyzes the limbs and a pain prevents walking.





It's hard to imagine, how his mother was worried. She did not sleep at night and thought how to help her child. She helped Rishat to understand and realize that waiting is the worst and you could miss all the best you had in the life. If you wait for something bad - you get it. You can gain such a strong spirit that every difficult situation of your life will have positive affect on it.

Rishat is happy that he has a lot of reliable friends. Classmates never leave him in trouble, help him in everything. He is grateful to his teachers, first of all to the class teacher – **Zinnur Zufarovich**. He helped him very much.



# Words Said By Rishat Zainetdinov:



- “I still remember the first day when the coach of the children's health center Airat Akhmetovich called me to the arm wrestling section. I remember my first failures and ridiculous defeats. He took me three times a week to the district center for full trainings, because there were no conditions for these here in the village. I became very interested in this kind of sport. I did sports not only for the body, but also for the soul. I’ve chosen the most acceptable sport for myself – arm wrestling!”



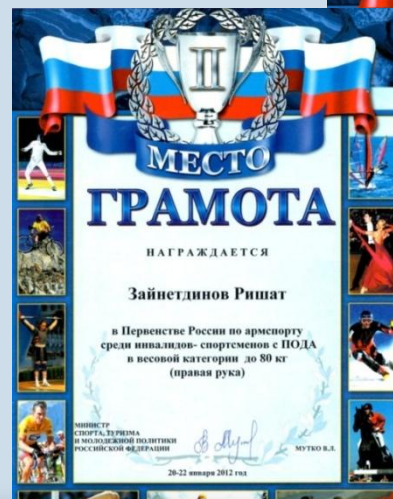
# A long way to victory

As a member of the district team, Rishat Zainetdinov went to the Republican arm wrestling competitions. He took the first place there, joined the ranks of the national team of the Republic. Then he took part in the championship of Russia in arm wrestling among young disabled people in PODA (i.e. for support) in Bryansk. Rishat also took the first place there.

The main event in his life (i.e. the world arm wrestling championship) was held in the most beautiful cities in the world – Sao Paulo, Brazil! He performed extremely well at that championship: Rishat took I place with his left and III place with his right hand.



# His victories!



XXII European championship, XV European championship among disabled athletes. Poland. Gdansk.

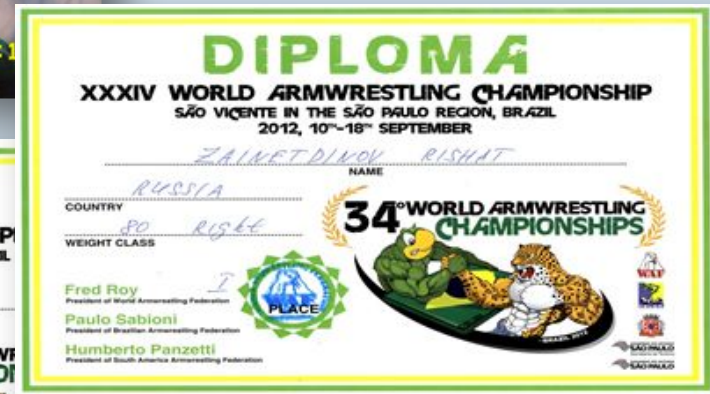
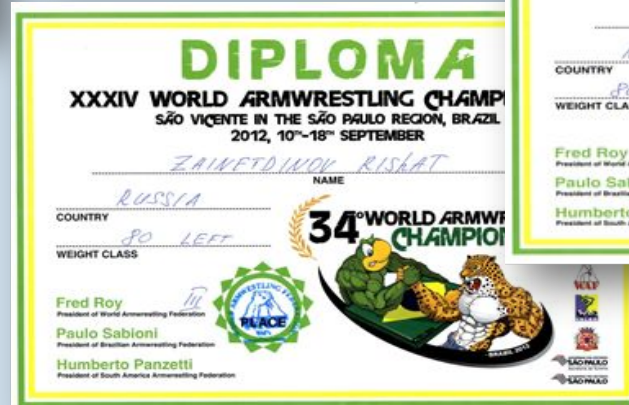
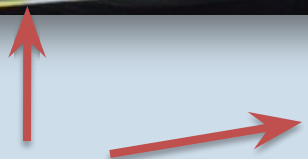
XXII European championship, XV European championship among disabled athletes. Poland. Gdansk. The moment of triumph.



The championship of  
Russia in arm  
wrestling **Belgorod**  
2013.



From 9-16 September 2012  
in **Sao Paulo (Brazil)** during  
the world championship in  
armsport.







World Championship among disabled athletes from **PODA**, Poland, GDYNIA.

The Championship of Russia among disabled athletes with PODA in Ramenskoye - 1st place, 2014.



The Championship of Russia among disabled athletes from PODA, Ramenskoye (among men) 5th place. 2015



2014 World Championship among disabled athletes with PODA in Poland, Rumia-the 1st and the 2nd PLACES.



June 21, 2016. He was awarded the «Master of sports of Russia of international class».



2016 Russian armwrestling championship and the championship among disabled athletes with **PODA**.



His dream became a reality. He graduated from school in 2014 and entered the correspondence department of **Kazan Federal University**, the Academy of Sports. Rishat is a student and he is a future coach.

He joined the sports complex “**Batyr**”, which is located in the district center of Tyulyachi.

He continues participating in different competitions.

We will continue monitoring his success and cheer for him. We wish you happiness and success in your future career and life, Rishat!





**Thanks for your attention!**

