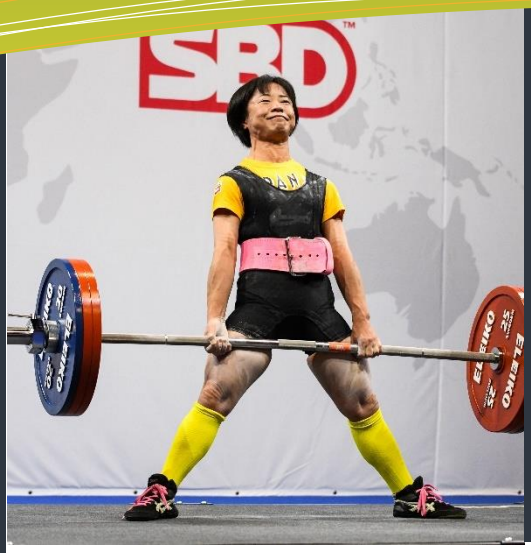
ISSUE 1

01 JUNE – 31 DEC

2022

THE OFFICIAL NEWSLETTER OF THE ASIAN POWERLIFTING FEDERATION

RAISING THE BAR



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APF Website

Asian Powerlifting Federation - Asian Powerlifting Federation (asia-powerlifting.com)

APF Calendar

Calendar - Asian Powerlifting Federation (asia-powerlifting.com)

APF YouTube Channel

Asian Powerlifting Federation - YouTube

APF Championship Invitations

Invitation - Asian Powerlifting Federation (asia-powerlifting.com)

Championship Nominations

GOODLIFT | Nominations

Key Points from The APF President…

The Asian Powerlifting Federation restarted its activities successfully after a 2-year stagnation from Covid.

We held the Asia-Pacific Championship in Istanbul Turkey, the Asian Powerlifting Championship in Coimbatore India, the Bench Press Championship in Mongolia, and the Classic Powerlifting Championship in Dubai UAE. **These Championships have been the most successful events in the history of the Asian Federation**.

The Asian Region has three new member federations – Bahrain, Palestine, and Saudi Arabia. Qatar is currently being reviewed. From these member federations, we shall see large and competitive teams.

We must begin to invest and prepare in our future, as **the Asian Region will become the largest federation in the IPF.** Evaluating our projected growth rate, we must begin to recruit additional volunteers and staff for the future.

As the IPF is now a member of the FISU, we shall focus on having **an Asian University Cup for the region.**

In all 5 sub-regions of the APF we need more training and education for our coaches, officials and referees. **All coach seminars and education must go through the IPF.** The new Bench Press rules will come into effect 1st January 2023. All referees will be required to ensure they understand and are prepared to officiate with the new rules in place.

Anti-doping is major concern of mine in the region. **We must ensure are member federations are clean!** I ask the member federations, to cooperate and team with their National Anti-doping agencies through having more anti-doping education for their athletes especially when it comes for Sub-junior and Junior lifters.

Thank you, always, for both your trust and support. Farshid Soltani APF President

Please send all articles, photos, and publishing requests to the Editor – Chrissy Chamley Christina.chamley@powerlifting.sport

Contributions this edition received with thanks from: Farshid Soltani, PJ Joseph, Karthik Sharan, The IPF, Chao Chen-Yeh

ANTI-DOPING MATTERS

THE 2023 PROHIBITED LIST

WORLD ANTI-DOPING CODE - VALID FROM 1 JANUARY 2023

The Prohibited List is a mandatory International Standard as part of the World Anti-Doping Program.
The List is updated annually following an extensive consultation process facilitated by WADA.
The effective date of the List is 01 January 2023.
The following is a summary only. Please see article on the IPF Website with links to the full WADA information documents. WADA Publishes 2023 Prohibited List - International Powerlifting Federation IPF

Prohibited at All Times:

This means that the substance or method is prohibited In- and Out-of-Competition as defined in the Code.

S0 Non-approved substances
Any pharmacological substance with no current approval by any governmental regulatory health authority for human therapeutic use is prohibited at all times.

S1 Anabolic agents.

S2 Peptide hormones, growth factors, related substances, and mimetics

S3 Beta-2 agonists

S4 Hormone and metabolic modulators

S5 Diuretics and masking agents

M1 Manipulation of blood and blood components of your sample

M2 Chemical and physical manipulation of your sample

M3 Gene and cell doping

Prohibited In-Competition:

The In-Competition period is the period commencing just before midnight (at 11:59 p.m.) on the day before a Competition in which the Athlete is scheduled to participate until the end of the Competition and the Sample collection process.

S6 Stimulants
Warning: Some of these substances may be found, in medications used for the treatment of anaphylaxis, attention deficit hyperactivity disorders, cold and influenza symptoms.

S7 Narcotics
Warning: Some of these substances may be found, in medications used for the treatment of pain, including from musculoskeletal injuries.

S8 Cannabinoids

S9 Glucocorticoids
Warning: Some of these substances may be found, in medications used for the treatment of allergy, anaphylaxis, asthma, inflammatory bowel disease.

wada

The IPF is a Signatory to the World Anti-Doping Code and has adopted and implemented anti-doping policies and rules which conform with the Code. These are reflected in the IPF Anti-Doping Rules. These Rules apply to the IPF, to each of its Regional Federations, National Federations, Athletes, Athlete Support Personnel, and other Persons, each of whom are deemed, as a condition of their membership, accreditation and/or participation in the sport of powerlifting to have agreed to be bound by these Anti-Doping Rules.

ANTI-DOPING MATTERS

What are the risks of taking supplements?

Supplements such as: protein powders, muscle gainers and fat burners are products that are intended to supplement the athlete's diet and support the demands of their training and travelling.

Supplements may seem "safe" to use however they may:

➢Be mislabeled and contain prohibited substances

➢Unintentionally be contaminated with prohibited substances

➢Claim they are "WADA certified" but are not.

If a prohibited substance is found in your sample, even if it was unintentional from taking a supplement you believed to be safe or labelled safe -

You are still considered fully responsible and may be sanctioned for the maximum period.

SPOTLIGHT ON SUPPLEMENTS

The IPF and APF does not recommend the use of supplements.

However, they do acknowledge that many athletes will choose to use them to support the nutritional demands of training and travelling.

Athletes who do choose to use supplements MUST take these precautions PRIOR to using the supplement to minimize their risk:

➢Seek advice from your nutritionist or other health professionals regarding dietary supplement use.

➢Make a direct enquiry to the manufacturer and get a written guarantee or manufacturer's certificate confirming that the product is free of any substances on the WADA Prohibited List.

➢Ask if the manufacturer makes any products that do contain prohibited substances at the plant where the supplement is produced. If prohibited substances are present in a manufacturing plant, the risk of cross-contamination with the supplement is very high – don't use that product.

➢Ask if the manufacturer is prepared to stand behind its product. If they are not, you should not use that product.

➢Have proof showing the sensible and obvious precautions you took before taking the supplement to address the various risk factors associated with its use.

Common dietary supplements are:

- Protein powders
- Creatine
- Fat burners and weight loss products
- Muscle gainers
- Vitamins

The IPF believes the use of most supplements poses an unacceptable risk for athletes and their athletic career. Therefore:

The IPF does not recommend the use of supplements.

IPF TECHNICAL RULE CHANGE BENCH PRESS

Arguably the most significant technical rule change in many years to affect the Bench Press has been ratified and comes into effect 1st January 2023.

The IPF Rule Change Committee comprised of representatives of the Athlete's Commission, Coach Commission, Women's Commission, Youth Commission, the IPF Technical Committee and Executive Committee, reviewed the existing rule and agreed upon the following changes.

Athletes, Coaches and Referees are obliged to observe the following two changes

1. During the set-up on the bench, the athlete is **not allowed to place his/her feet on the bench**.

2. After receiving the signal, the lifter must lower the bar to the chest or abdominal area whereby the **underside of both elbow joints is lowered level with OR below the top surface of each respective shoulder joint.**

GOOD LIFT

- top of the shoulder joint - elbow joint

failure to lower the underside of both elbow joints level with or below the top surface of each respective shoulder joint

GOOD LIFT

- top of the shoulder joint - elbow joint

failure to lower the underside of both elbow joints level with or below the top surface of each respective shoulder joint

NOT GOOD 1

- top of the shoulder joint - elbow joint

failure to lower the underside of both elbow joints level with or below the top surface of each respective shoulder joint

NOT GOOD 2

- top of the shoulder joint - elbow joint

failure to lower the underside of both elbow joints level with or below the top surface of each respective shoulder joint

Failure to lower the underside of both elbow joints level with or below the top surface of each respective shoulder joint will result in a Red Card Disqualification of the lift.

Best Lifters - Asian Championships

Asian Bench Press Championships

7-11th September 2022 Ulaanbaatar, Mongolia

WOMEN Best Classic Bench press

Lifter	Bodyweight	Best Bench	IPF GL Points
① Barno Jumabayeva KAZ	75.2kg	120.5kg	92.8898
② Anujin Narantuya MON	56.96kg	82.5kg	73.4060
③ Altansuvd Badam MON	56.63kg	80kg	71.4815

MEN Best Classic Bench Press

Lifter	Bodyweight	Best Bench	IPF GL Points
① Kosei Yokoyama JPN	71.9KG	227KG	122.9309
② Sodnompiljee Enkhbayar MON	107.7kg	245kg	108.4299
③ Orgilbold Galdan MON	89.5kg	217.5kg	105.1652

WOMEN Best Equipped Bench Press

Lifter	Bodyweight	Best Bench	IPF GL Points
① Miyabi Kikuchi JPN	50.9kg	120kg	84.6506
② Altansuvd Badam MON	55.92kg	115kg	75.2941
③ Maral Batgerel MON	74.15kg	115kg	63.4041

MEN Best Equipped Bench Press

Lifter	Bodyweight	Best Bench	IPF GL Points
① Oleg Butenko KAZ	79.7kg	275kg	100.8466
② Bat-Amgalan Purevsuren MON	58.22	200kg	100.2178
③ Ilya Maslov KAZ	104.25kg	320kg	99.6941

Asian Equipped Powerlifting Championships

17th – 21st June 2022 Coimbatore, India

WOMEN Best Equipped Powerlifting

Lifter	Bodyweight	Total	IPF GL Points
① Shovita Shovita IND	82.95kg	620kg	97.9947
② Akshaya Ajit Shedge IND	68.10kg	532.5kg	92.1571
③ Vummalla Yadav IND	82.9kg	580kg	91.6951

MEN Best Equipped Powerlifting

Lifter	Bodyweight	Total	IPF GL Points
① P Suresh IND	58.9kg	660kg	96.2168
② Kumar Rarr Dharmendra IND	58.8kg	642.5kg	93.7896
③ Shailendra Sevetiya IND	73.55kg	740kg	92.0701

Asian Medalists at IPF World Championships

IPF WORLD MASTERS POWERLIFTING CHAMPIONSHIP 8 – 15TH OCTOBER 2022

ST. JOHNS, CANADA

Classic Powerlifting - Masters

Wataru Shimoyashiki	JPN	M1 59KG BWT	SILVER MEDAL
Martin Smith	AUS	M1 59KG BWT	BRONZE MEDAL
Tomoyoshi Shiiki	JPN	M2 59KG BWT	BRONZE MEDAL
Tetsuo Koike	SGP	M2 74KG BWT	BRONZE MEDAL
Stephen Varady	AUS	M3 83KG BWT	SILVER MEDAL
Kathleen Stoikov	AUS	M2 84KG BWT	BRONZE MEDAL
Helen Trenerry	AUS	M3 57KG BWT	GOLD MEDAL

Equipped Powerlifting – Masters

Enkhbat Saduijav	MON	M1 74KG BWT	SILVER MEDAL
Keitaro Oishi	JPN	M1 83KG BWT	SILVER MEDAL
Uurtsaikh Bazarsuren	MON	M1 120+KG BWT	BRONZE MEDAL
Koichi Taniguchi	JPN	M3 74KG BWT	SILVER MEDAL
Katsumi Akiyama	JPN	M3 105KG BWT	GOLD MEDAL
Tsutomu Ichikawa	JPN	M4 74KG BWT	GOLD MEDAL
Merinda O'Brien	AUS	M1 63KG BWT	SILVER MEDAL
Yoshie Takizawa	JPN	M3 47KG BWT	SILVER MEDAL

IPF WORLD OPEN EQUIPPED POWERLIFTING CHAMPIONSHIP 14 – 20TH NOVEMBER 2022

VIBORG, DENMARK

Women

Yukako Fukushima	JPN	-47KG BWT	477.5KG TOTAL	GOLD MEDAL M2 WORLD RECORD
Kotomi Hayakawa	JPN	-47KG BWT	440KG TOTAL	BRONZE MEDAL
Yen-Tzu Huang	TPE	-57KG BWT	515KG TOTAL	BRONZE MEDAL
Joyce Gail Reboton	PHI	-76KG BWT	580KG TOTAL	BRONZE MEDAL

Men

Yi-Chun Lin	TPE	-59KG BWT	685KG TOTAL	SILVER MEDAL
Tsung-Ting Hsieh	TPE	-66KG BWT	800KG TOTAL	GOLD MEDAL M1 WORLD RECORD
Sen Yang	TPE	-120KG BWT	1083KG TOTAL	SILVER MEDAL

PHOTO GALLERY

IPF WORLD OPEN Equipped Powerlifting Championships
14TH – 20TH NOVEMBER 2022 Viborg, Denmark

IPF
50th Anniversary
1972 - 2022
2
1
3

IPF
50th Anniversary
1972 - 2022
2
1
3

ELEIKO

VIBORG
KOMMUNE
ELEIKO
IPF

ELEIKO
SBD
-83kg DL ATT 2
Jhang
You-Si
TPE
IPF
International Powerlifting Federation

ELEIKO
SBD
IPF
International Powerlifting Federation

SBD
IPF
International Powerlifting Federation

IPF
International Powerlifting Federation

SBD
BULL
VIBORG
KOMMUNE
-120kg DL ATT 3
Shuurai
Chanrav
MGL
ELEIKO
IPF
International Powerlifting Federation

-66kg DL ATT 2 00:24
Satake
Yusuke
JPN 260.0
ELEIKO
IPF
International Powerlifting Federation

IPF
International Powerlifting Federation

VIBORG
KOMMUNE
ELEIKO
IPF
International Powerlifting Federation

SBD
IPF
International Powerlifting Federation

ELEIKO
25
SWEDEN
IPF
International Powerlifting Federation

IPF

IPF
International Powerlifting Federation

ELEIKO
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International Powerlifting Federation

ELEIKO
IPF
International Powerlifting Federation

WORLD POWERLIFTING
2022 VIBORG DENMARK
NOVEMBER 14-19
IPF
International Powerlifting Federation

IPF
International Powerlifting Federation

ELEIKO
SBD
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International Powerlifting Federation

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IPF
International Powerlifting Federation

PHOTO GALLERY

Asian Equipped Powerlifting Championships
17th – 21st June 2022 Coimbatore, India

ELEIKO
SBD

ELEIKO
SBD

ELEIKO
SBD

215.0 kg
ELEIKO
SWEDEN

SBD

SBD

ELEIKO
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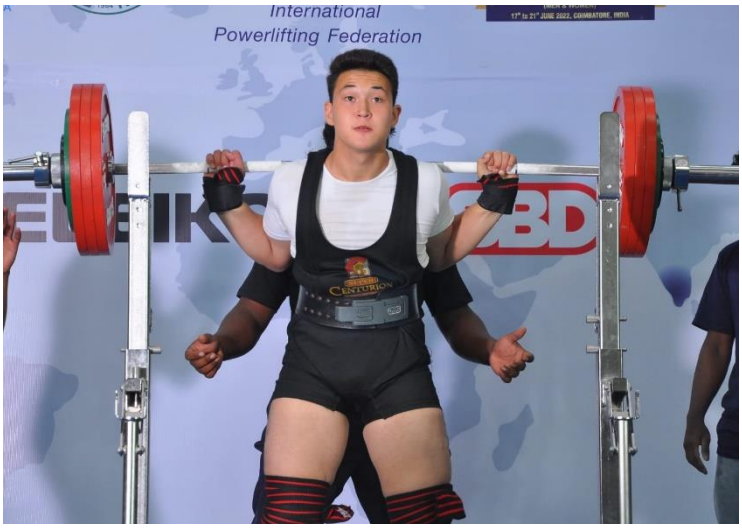
International
Powerlifting Federation
SBD

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PHOTO GALLERY

Asian Bench Press Championships
7-11th September 2022 Ulaanbaatar, Mongolia

ULAANBAATAR - MONGOLIA
ELEIKO

POWERLIFTING
ELEIKO

2022 Asian Equipped & Classic Bench Press Championships
ULAANBAATAR - MONGOLIA
ELEIKO
SBD
SBD APPAREL

2022 Asian Equipped & Classic Bench Press Championships
ULAANBAATAR - MONGOLIA
ELEIKO

TOKYO 2020
Coca-Cola

IN MEMORIAM 2020 - 2022

It is with great sadness that we said goodbye to many wonderful friends and associates from our Asian powerlifting family.

We acknowledge each one of these great people and thank them for their contributions and service to our sport.

The Asian Powerlifting Federation extends its sincere condolences to the friends and family of those who have passed away.

We will miss them and always remember them; may they rest in peace.

Koichi Nakatani JPN

Professionally, Koichi was a high school teacher where he devoted his time to not only teaching but coaching the high school powerlifting team for well over 25 years. Many of his student athletes moved on to lifting at the university level and some became IPF World Champions. Koichi was also an IPF Category 2 Referee. He attended many of the IPF World Championships with Japanese National Teams. He served proudly as an executive and board member of the Tokyo Powerlifting Association (TPA) for well over 20 years, where he directed many national championships.

Hidenao Miyamoto JPA

Hidenao was a major and long-time contributor to the advancement and development of the Japanese Powerlifting Association.

Shui-Chuan Lee TPE

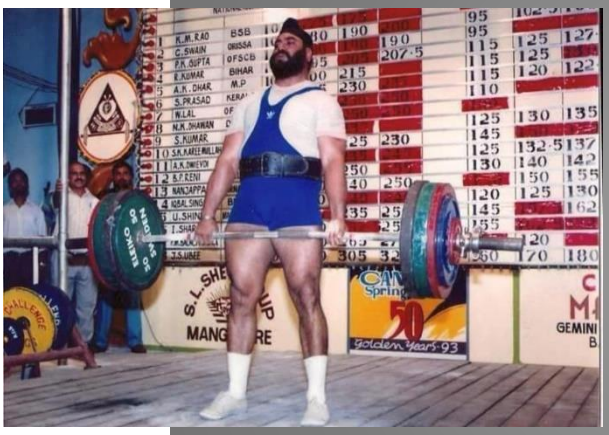
Shui-Chuan was the founding member and former Vice-President then President of the Chinese Taipei Powerlifting Association (CTPA), service that ran from 1987 - 2021. He was also known as the Head Coach and was instrumental in the discovery and training of many internationally successful Taiwanese powerlifters

Tokiharu Maeda JPN

Tokiharu was a leading figure in Japanese powerlifting, competing and medalling over a 14-year period at National, Regional and International level from 1980 – 1994. Strong in both the squat and deadlift he was said to display great courage during competition and was an inspiration to so many the Japanese lifters. Some of his lifts remain National Records until today.

Masako Okumura

Masako started competing in Bench Press in 2011 at the age of 81 with her final competition at age 89 in 2020. She was a five-time World Bench Press Champion and seven-time National Champion. Masako was still training at the time of her death aged 90 and was also going to be torch runner for the Tokyo Olympic Games.



Jaswinder Singh Ubee IND

Jaswinder was a thirteen-time National Champion, Regional Gold and Silver medallist and IPF World Championship competitor. He held numerous National Records and was held in very high esteem in Powerlifting India.

Ratan Basak IND

Ratan was the first powerlifter from India to compete at an IPF World Championship, which was in 1976. Over his long and distinguished career in powerlifting he was a multi-time National Champion, an International Category 1 Referee, and the Treasurer of Indian Powerlifting.

Subrata Dutta IND

Affectionally known to many in India as “Dada”, Subrata held many positions in Powerlifting India. He served as the former President of the Indian Powerlifting Federation for over 25 years, as well as the Secretary General for the Asian Powerlifting Federation. Subrata was an accomplished athlete and was several times National Champion in Powerlifting, but also in weightlifting and bodybuilding. He directed numerous National and International Championships. Subrata was awarded the IPF Hall of Fame in 2008 as well as India’s highest sportsman award in all of India – The Arjuna Medal that was presented to him by the President of India.

Manabu Ogata JPN

Manabu was a Masters 3 and 4 Bench Press competitor. He was a Japanese and an IPF World Masters Bench Press Champion.

Please send **In Memoriam** information with photo to the Editor:

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IN THE NEXT ISSUE…

➲Full wrap up of 2022 APF Classic Powerlifting Championships, Dubai

➲"Women's Business" – Let's talk about women's issues in the Asian Region

➲Full update of the Asian Regional Records

Next issue due 1st April 2023

Please send all articles, photos, and publishing requests to the Editor –

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