

Touching tale

A YOGA teacher is shedding light on Borderline Personality Disorder (BPD) by sharing her journey to recovery in a tell-all autobiography.

Three years ago, Bahraini Weam Zabar was diagnosed with the mental health disorder that affects the way a person thinks and feels about themselves and others, causing problems functioning in everyday life.

"I was diagnosed with BPD after years of being misdiagnosed and mistreated," says the 37-year-old Namaste founder, who has been teaching yoga for the past 10 years.

"Because there are so many stigmas around BPD even among psychologists, psychiatrists and psychotherapists, I wanted to speak publicly about my journey to recovery in the hope that I could help someone get the help they need.

"This is the most healed version of my narrative that has been worked on for over a decade...a version that I hope will continue to evolve, transform, heal and

COMMUNITY REPORT
By MAI AL KHATIB-CAMILLE
mai.alkhatib@gulfweekly.com

make meaning of the mess it is to be borderline."

According to Weam, who has been dreaming of writing a book since she was 17 years old, *Living in the Grey* works as a mediator as well as a translator of the borderline experience. She adds that it is ideal for the curious, the healers, the therapists and the humans who have enough compassion,

drive for inclusion and a willingness to connect.

She chose the title *Living in the Grey* because one of the symptoms of the disorder is black and white thinking ... and finding a middle path has taken her a long time.

"I still struggle to gauge what is okay, what is overboard and what is too little," says Weam.

"This book is an external manifestation of the love in my heart pouring out to all the people diagnosed with the disorder.

"There is nothing about the borderline emotional landscape that is foreign to anyone. We are scared of being abandoned by those we love. We sometimes feel too much, find it hard to soothe ourselves, think in black and white, suffer immensely, love deeply, push people we love away, beg people to stay and downright gets too much even for ourselves.

"This book will say the one thing that your childhood self has missed, the thing that might have saved you from this disorder in the first place – I see you, I hear you, I understand you and I love you!"

Weam says the cover illustration, created by her friend

Dalal Al Sindi, truly embraces and captures both parts of her – the part that struggles and suffers and the part that transforms and uplifts.

The 130-page book features experiences from her childhood, her fears and what she learnt can help her over the years.

"I think there are many surprising facts in this book," adds the counsellor, hypnotist and Reiki healer living in Saar.

"One statement that a few people have mentioned was 'I had no idea you were going through that'. That is to say, you never know what someone is going through regardless of how strong, successful, popular or happy they seem. I talk about my childhood, suicidality, relationship to God and plenty of what I learned."

Weam says that BPD is not like any other

personality disorders.

"It is a direct childhood trauma response and can be treated using trauma treatments," she explains.

"A borderline is not being difficult, they respond to certain triggers the way any trauma victim responds to their triggers.

"There is currently a petition to change the term Borderline Personality Disorder as it is misleading.

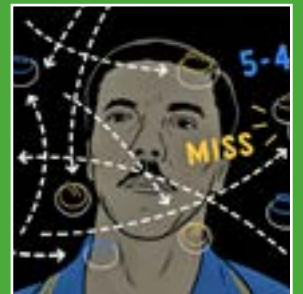
Also, it is not something to be ashamed of, loathed or feared. There is hope and recovery is possible.

"Learning to build meaningful and lasting relationships is one of the most fulfilling parts of recovery.

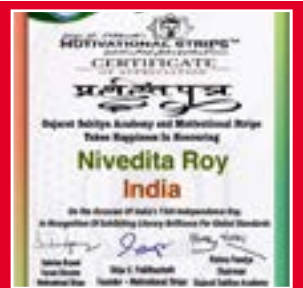
"A couple of days before publishing the book I felt a little anxious, vulnerable and naked but after it went out, the feedback has been overwhelmingly positive. I am so glad I was brave enough to do it. I already received messages from people with BPD or who have a loved one with borderline and that makes it all worth it."

The book can be purchased from Amazon or her yoga studio in Budaiya in paperback form and on Kindle.

For details, email info@namastebh.com or on follow @wanderwonderweam on Instagram.



LIFE IN COLOUR
Animation workshop
SEE PAGE 2



POET WITH THE MOSTEST
Literary award
SEE PAGE 3



THE GREEN MAN
A 3D dream
SEE PAGE 5



RACE REPORT
Unstoppable 'Stappen'
SEE PAGE 7



Weam

Weam in yoga mode



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A creative call



COMMUNITY REPORT
By MAI AL KHATIB-CAMILLE
mai.alkhatib@gulfweekly.com

THE Bahrain Authority for Culture and Antiquities and the US Embassy in Bahrain are launching a virtual animation workshop for those interested in the colourful career path.

The three-day free event, entitled *The Effective Use of Animation in Documentary Films*, will be conducted by internationally renowned American artist and filmmaker, Mickey Duzyj.

Mickey started his career in animation and directing before evolving into an illustrator. In the workshop, he will introduce the many dynamic ways animation is used in non-fiction documentary storytelling, and also present attendees with an accessible system to create animation in films.

"I'm grateful for the chance to lead a creative life and to help others make things too," said the 39-year-



Animation Mickey created for the *LOSERS* series

old from New York. "Being creative is the opposite of being destructive. I hope this workshop gives everyone a viable path to tell stories that might be hard to tell conventionally, and challenges the idea that animation needs to rely on expensive computer programs to be effective."

The workshop, which starts on Monday and ends on Wednesday, is designed

for all ages. Mickey will talk about animation, citing classic and contemporary examples of how it is used to tell real stories, from re-design to infographics to abstraction.

The event, in collaboration with the American Film Showcase (AFS) arts exchange programme, will also address how participants can create animated snippets that

serve as a powerful visual, emotional and communicative language.

Participants will also learn how to create audio and audio-visual clips and other design elements. The programme will conclude with a discussion on visual motifs and sound design for a more sophisticated end product. It will also highlight ways to tell compelling stories with

or without high-end production equipment.

"Animation is now rightly seen as a potent tool for directors and I've noticed that the bias against animation in 'serious' films is shrinking year by year," said Mickey.

"As I'll demonstrate in the class, animation is a visual language that's as facile and dynamic as film scoring – there's no limit to the type of story it can help tell."

Mickey's animation career is a colourful one. He got excited about the emotional possibilities of animation after creating an advert for Nike and animated sequences for a documentary about American athlete Bo Jackson.

He received his first opportunity to direct a seven-minute short film shortly after and has been



directing documentaries with animation ever since. Most recently, he created and directed the Netflix documentary series *LOSERS*, celebrating hidden victories within the sport world's most epic failures.

"Based on my conversations with AFS, the Bahraini film community is growing and enthusiastic... and I'm looking forward to meeting many of you in the future," he added.

Visit www.culture.gov.bh for further details.



Another Mickey animation



An animation from the Bo Jackson documentary

TROPICAL THAI TREATS

The annual Thai Fruit Festival is set to take place this weekend, under the theme 'The Fruit Paradise' offering citizens and residents of Bahrain an opportunity to sample delicious fresh and dried fruits from Thailand.

The four-day festival, being held at the Thai Mart in Diyar Al Muharraq, will kick off today at 3pm, and run until Saturday.

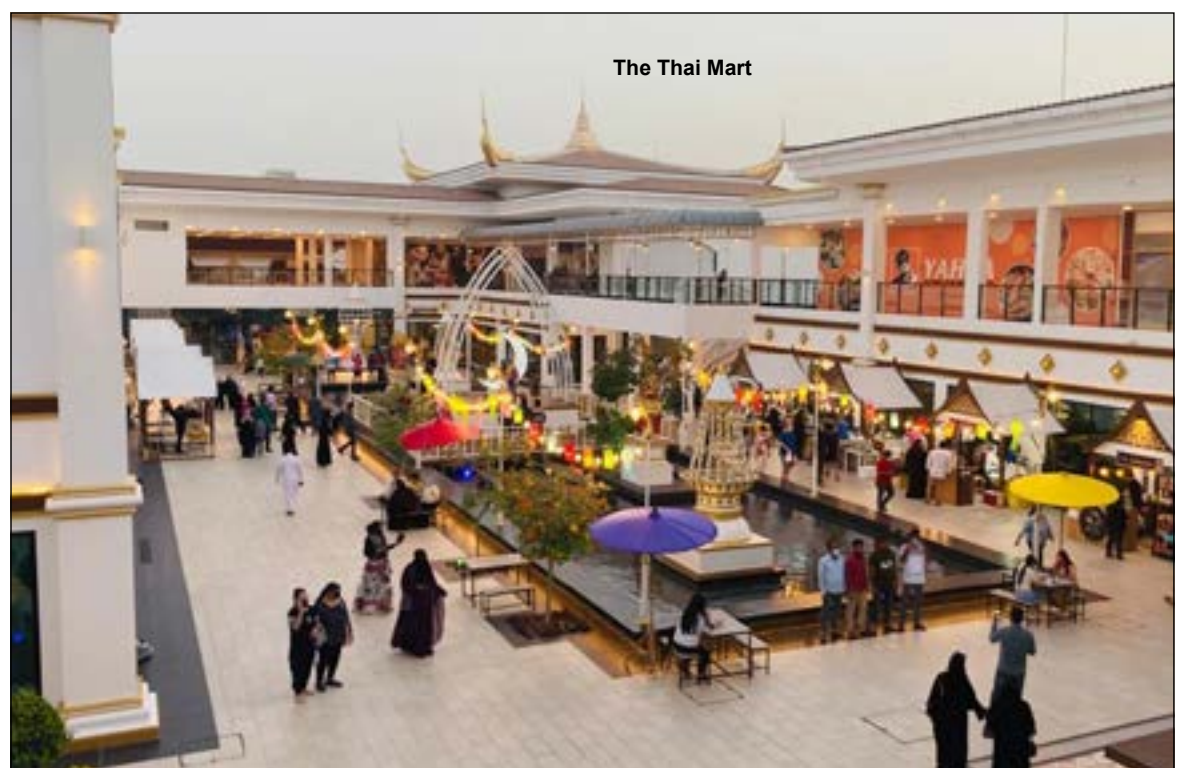
The festival will feature more than 20 participants including Thai Mart vendors, wholesalers and retailers, showcasing their fruit-based products including personal care products, accessories, souvenirs,

fresh fruit, dried fruits, desserts, and beverages.

During each of the four days, the Royal Thai Embassy will conduct a fruit carving demonstration between 3pm and 9pm. On Friday, students will participate in this demonstration, under the embassy's 'Fine Art' initiative.

The festival is being organised by Vega Thai Mart Bahrain and Thailand-based Vega Intertrade and Exhibitions, in partnership with the Thai embassy and Thai Department of International Trade Promotion.

For more details, follow @thaiembassybahrain on Instagram.



The Thai Mart

EQUIPPING STUDENTS WITH SKILLS OF TOMORROW

A Bahraini engineering student has got a head start on his final year studies this summer with a unique internship opportunity at one of the largest construction firms in the kingdom, writes Naman Arora.

Hashem Alsada, a Bahrain University civil engineering student, will be completing his internship at Keller Grundbau tomorrow, and finds himself well-equipped with practical experience and theoretical knowledge gained during his two-month term.

"It has been a unique and exceptional internship experience, during which I learned a lot about piling and groundwork," the 21-year-old student, who is entering his senior year at the university, told *GulfWeekly*.

"Site visits, coupled with the theory I learned during my first week, helped me develop a unique understanding for coursework that I haven't even done in university yet!"

Hashem is the most recent intern to complete the



Hashem

programme at Keller, which has been training interns for the last decade, during their summer holidays.

Keller Bahrain, which has been in the country for more than four decades, will be working in tandem with Bahrain University to identify the best and brightest students in its engineering programme.

"We have been working with Dr Nuha Alzayani, the head of the civil engineering department at the university to identify students who would benefit from the kind of hands-on experience and exposure Keller can provide," explained Elango Jayaprakash, Keller Bahrain's general manager.

"All our interns are partnered up with two supervisors, who also become their mentors during their work term – one at the office and one at the site where they work."

"We also make sure to balance theoretical learning in the office with practical experience in the field, to make sure interns get the best of both worlds."

Visit kellermc.com for more details.



Elango recognises Hashem's achievements, centre, in the presence of Keller Bahrain operations manager Sarfaraz Syed and senior engineer Sarath Javvadi, on the left, as well as Dr Nuha and design engineer Vinothkumar Manivannan on the right.

A proud moment

LITERARY REPORT
By MAI AL KHATIB-CAMILLE
mai.alkhatib@gulfweekly.com

BAHRAIN-BASED poet and author Nivedita Roy has been honoured for her literary prowess along with other writers from around the world in this year's Independence Day Literary Awards.

As part of India's 75th Independence Day celebrations, Motivational Strips – known as the world's most active writer's forum – and Gujarat Sahitya Academy honoured 440 poets and writers from 82 nations.

"I am overwhelmed," said the Al Raja School teacher who lives in Adliya.

"It came as a pleasant surprise to me. I thank and praise God for these blessings. I am grateful to my parents who instilled the love of reading and writing in me."

"In the literary journey, it is the most satisfying moment when a writer, author or poet is recognised for his or her writing. The cherry on the icing is being recognised as the only one from Bahrain, a country which has been



Nivedita

my home for 18 years."

Nivedita was awarded for her poetry and other literary works over the years; she has authored a book of her English poems and co-authored six anthologies in the last one-and-a-half years.

"Nivedita's poems take you to unexplored zones covering philosophical, rational and practical themes," said Motivational Strips founder Shiju H Pallithazheth.

"Her poems guarantee amusement and rational awakening in the readers."

While Gujarat Sahitya Academy chairman Dr Vishnu Pandya said: "Nivedita's dedication to poetry is vibrant and evident in her literary works."

That stands true as writing gave her the therapy to heal after the tragic loss of her father, the late reverend Dr Komal Masih, and younger brother, Vinay Kant Komal, a few years back.

"Losing them had left me numbed," said the mother-of-two.

"There is a deep-rooted pain and it was bottled up inside me as losing two strong pillars of my life was killing me within. I found solace in writing. Many of my poems are dedicated to both."

She began to scribble her thoughts in diaries and then during lockdown, her scribbles flew straight from her heart and found shelter in a newly-created Facebook page. She then started her blog N-expressions11 on Facebook and Instagram in May 2020.

"Since then, there has been no looking back," added the former radio jockey for an FM in the kingdom.

"I want to keep writing and I do want to try my hand at short story writing. Another thing that's on my mind is a story book for children based on the values of life. I want my writing, my words to bring peace to distressed minds, reach across borders and be an instrument in global peace and harmony."

Her first book, *Gallery de' Heart*, features a collection of 35 English poems and was released last year on December 15.

"Each poem has been like a painting hanging in a frame in my heart's gallery," she said.

"Emotions have a direct connection with the heart and my poems touch the heart. These poems are brimming with human emotions."

"Parental love, romance, love for life, melancholy and inherent hope are a part of these poems. These are partially based on my life and mostly my observations of human behaviour, nature and life. Every age group can relate to my poems."

Also, it's my tribute to my late father. I feel close to him when I write."

Her second poetry collection in Hindi, *Komal Ehsaas*, which means gentle feelings or perceptions, is on its way to get published in India soon.

Nivedita thanks her husband Allen, daughter Aanya and son Alex for all their support and calls them her strength. She also is grateful to the GDN for publishing her

poetry over the years.

"That has been a real encouragement in my journey," she added.

"The fact that you are now recognising my achievement

is a great moment. I am proud to represent India and Bahrain in the world."

For details, follow @nexpressions11 on Instagram.



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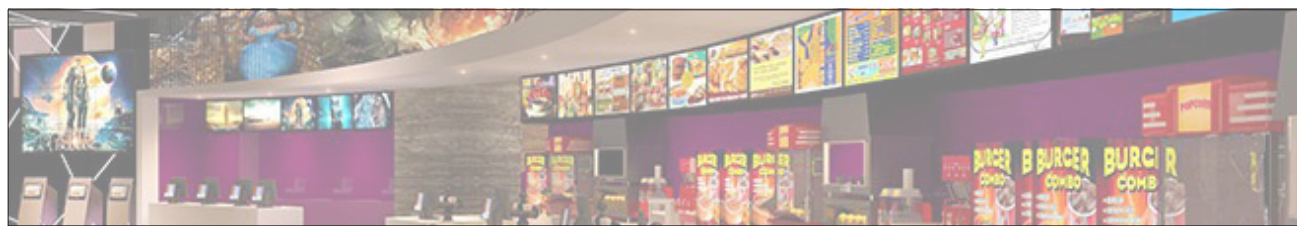


Contracting Partner



Organiser





Culture

Not much of a 'M



FILM REPORT

By NAMAN ARORA
naman@gulfweekly.com

ALTHOUGH the Marvel Cinematic Universe (MCU) is undeniably the most culturally unifying franchise of this century, its success over the last decade has turned it into something akin to a mythical beast that feeds on itself.

Fittingly, a symbol prevalent across both Western, Eastern and Egyptian mythology, the ouroboros depicts a serpent or a dragon eating its own tail.

It is supposed to be symbolic of the cycle of life, death and rebirth, and is the perfect metaphor for Marvel – supposedly rejuvenating but ultimately feeding on its previous successes.

And the latest iteration in this cycle is an attempt at creating a Black Panther that panders to the Chinese population.

Shang-Chi and the Legend of the Ten Rings tells the story of Shaun (Simu Liu), a 20-something slacker in the MCU who just happens to be destined to wield a weapon so

powerful that it has never been heard of before, despite an alien warlord having invaded the planet and wiped out half the population with the snap of his fingers.

And right off the bat, we have a consistent inconsistency that has been popping up in post-Endgame MCU movies. The stakes can never be quite high enough anymore.

No matter what happens, MCU fans can shrug it off saying, "Well, it doesn't seem bad enough that the Avengers have to show up."

Or worse, any new movie makes one wonder, "Where were these people when the planet was being destroyed?"

In *Shang-Chi*, Shaun and his best friend Katy (Awkwafina) are swept away on an adventure that involves underground superhero fight clubs, ninjas, a high-tech Captain Hook, and of course, a complete set of wrist rings with indiscriminate powers.

And to give credit where it's due, Shaun and Katy's platonic friendship is a breath of fresh air in a franchise where a mere glance between members

SHANG-CHI AND THE LEGEND OF THE TEN RINGS

STARRING: Simu Liu, Awkwafina, Tony Chiu-Wai Leung, Meng'er Zhang

GENRE: Adventure, Action, Fantasy

RATING: PG-13

RUNTIME: 132 minutes

Naman's Verdict:

of the opposite genders is emblematic of a deep, universe-spanning romance.

But everything else is stale, hot air packaged and resold in a shiny new canister.

A potential superhero, impeded by the legacy of his father, who has a very obvious dark side? Check.

A family that comes together conveniently before one of them becomes a martyr? Check.

A massive battle between two sides that charge, screaming at each other, to engage in hand-to-hand combat despite having extremely powerful long-range weapons? Check.

An hour of added drama and antagonism that could have been resolved with a WhatsApp message, which ends up undone in the trademark mid-credit and end-credit scenes? Check and mate.

To be fair, if we had gotten



Shang-Chi five years ago, it would be lauded as a visual achievement and the right move towards diversity. But now, it comes as a cheap knockoff of *Black Panther*, with a similar hip hop soundtrack, tired Chinese family archetypes and side-line characters far more interesting than the protagonist.

And as such, Awkwafina,

Meng'er Zhang and even Ben Kingsley are far more fun to watch than the extremely bland hero, making them the sprinkles in a sugarless cookie.

Readers who are Marvel

fans will probably watch it regardless of what critics say, but that doesn't change the fact that the impending tail-end of Marvel movies is bound to have traces of faecal matter.

A refreshing friendship





Marvel



That scene from the trailer that made you want to watch the film

Bite-sized trailers

Queenpins

DIRECTOR: Aron Gaudet, Gita Pullapilly
CAST: Kristen Bell, Kirby Howell-Baptiste, Paul Walter Hauser, Vince Vaughn
GENRE: Comedy, Crime



PLOT: A bored and frustrated suburban homemaker and her best pal turn a hobby into a multi-million-dollar counterfeit coupon caper.

Prisoners of the Ghostland

DIRECTOR: Sion Sono
CAST: Nicolas Cage, Sofia Boutella, Nick Cassavetes
GENRE: Action, Horror, Thriller



PLOT: A notorious criminal must break an evil curse in order to rescue an abducted girl who has mysteriously disappeared.

Till Death

DIRECTOR: SK Dale
CAST: Megan Fox, Eoin Macken, Callan Mulvey
GENRE: Horror, Thriller



PLOT: A woman is left handcuffed to her dead husband as part of a sick revenge plot. Unable to unshackle, she has to survive as two killers arrive to finish her off.



The Green Man Project



A teaser

Moving art

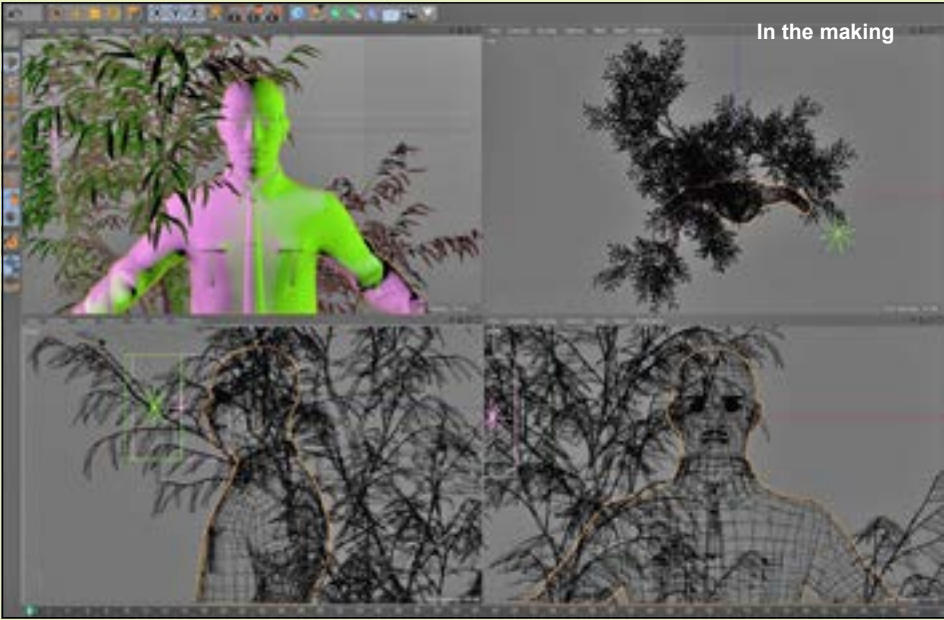
GRAPHIC designer Karim Al Janobi aims to delight art lovers with a cool video installation staged across the kingdom, *writes* Mai Al Khatib-Camille.

The Green Man Project was conceptualised by the Saudi after one of his social media followers questioned him on his 3D artwork.

“I explained how behind every design I create, there is a learning curve which I really enjoy,” said the 42-year-old self-taught designer currently living in Adliya.

“I like learning how to use new software or working with new techniques; it’s rewarding to see ideas come to life. That’s how the Green Man idea came to me. He is the embodiment of the hidden journey that we take to get to where we’re now.”

The video installation will be featured in different locations around the island and while Karim is still developing his Green Man, he has given social media followers a teaser by posting him *@krayem7* on *Instagram*. “What I hope to

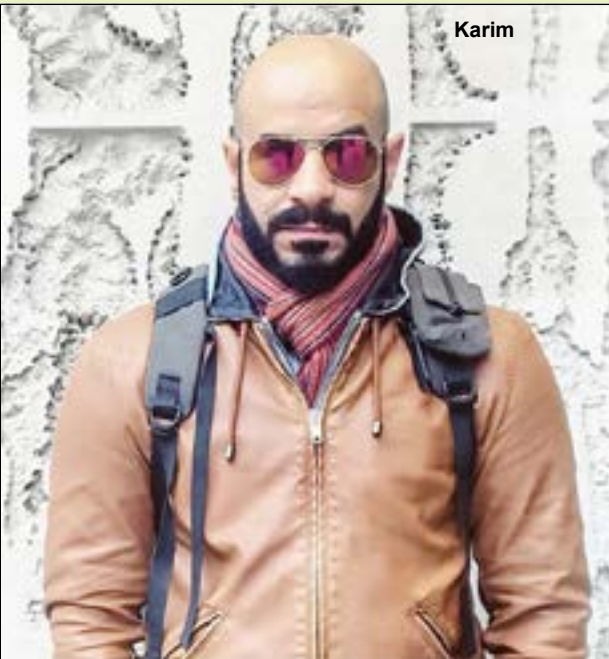


In the making

achieve from this installation is to remind and urge everyone not to miss all the beautiful things around them, just because they can’t see them,” he added.

“So keep looking and also love what you do.” Aside from his work in 3D art, he is also known for being one of the three winners of the Table and Chair contest staged by the Bahrain Authority for Culture and Antiquities in December last year.

He not only clinched a BD1,500 prize but also won high praise for creative, sustainable and functional furniture.



Karim

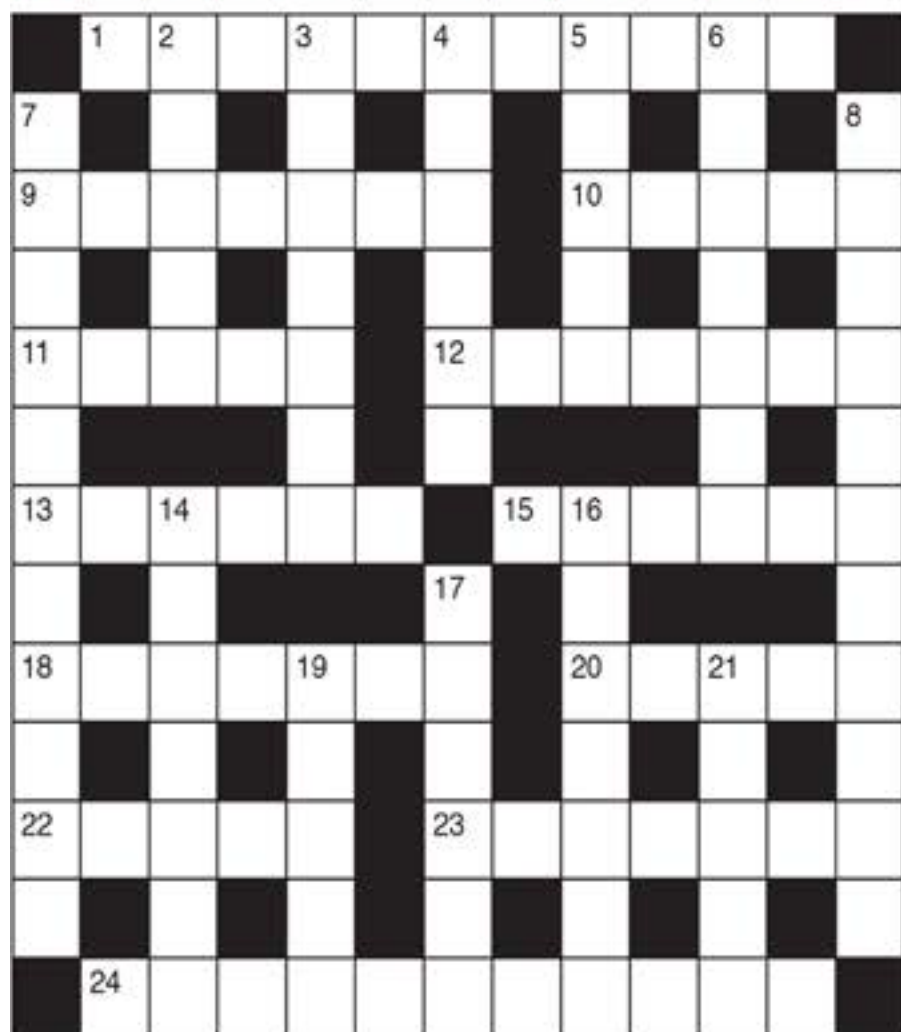
Time Out



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crossword break



Solutions in next week's issue.

ACROSS

1. Liaise (11)
9. Ebbed (7)
10. Less frequent (5)
11. Energy (5)
12. Effective (7)
13. Take in (6)
15. Aft (6)
18. Non-specific (7)
20. Kingly (5)
22. Correct (5)
23. Withdraw (7)
24. Postulate (11)

DOWN

2. Happen (5)
3. Lunacy (7)
4. Nakedness (6)
5. Joyous song (5)
6. White ant (7)
7. Sexton (11)
8. Newness (11)
14. Arsenal (7)
16. Cloud formation (7)
17. Char (6)
19. Wireless (5)
21. Pasture (5)

who, what, where, when

WHO ... wrote the stage plays *Whose Life Is It Anyway?* and *The Petition*?

WHAT ... Shakespeare play features the character Tullus Aufidius?

WHERE ... did the film director Luis Buñuel die in 1983?

WHEN ... did the *Archie Comics* comic book character Archie Andrews first appear?

WHO ... recorded the 1953 UK No 1 single *She Wears Red Feathers*?

WHERE ... was the film director Terry Gilliam born?

WHEN ... was Ahmed Ben Bella elected as the first President of Algeria?

just so

YEHUDI MENUHIN

ROUGH

YELTSIN

cc

float

darn tough sudoku

So you think you're good enough at Sudoku to crack this baby? Remember, we were the first in the Gulf to bring you this bit of Japanese mayhem...so we don't kid around

Last week's sudoku

2	4	5	7	3	9	6	1	8
1	3	7	4	6	8	2	9	5
9	6	8	5	2	1	7	4	3
6	2	1	3	7	5	4	8	9
8	7	3	9	1	4	5	6	2
4	5	9	2	8	6	1	3	7
5	8	2	6	4	3	9	7	1
3	9	6	1	5	7	8	2	4
7	1	4	8	9	2	3	5	6

3	4	2	8	6	9	7	1	5
6	7	1	4	5	3	9	2	8
9	5	8	7	1	2	3	6	4
4	9	3	5	2	1	8	7	6
5	2	6	3	8	7	4	9	1
8	1	7	6	9	4	2	5	3
1	8	9	2	4	6	5	3	7
2	3	5	1	7	8	6	4	9
7	6	4	9	3	5	1	8	2

darn tough sudoku

2	5	6	9	7	1	3	8	4
8	9	3	2	6	4	1	7	5
1	7	4	5	3	8	2	6	9
6	4	5	7	1	3	9	2	8
3	2	7	8	4	9	6	5	1
9	1	8	6	5	2	7	4	3
5	3	9	4	2	6	8	1	7
4	6	1	3	8	7	5	9	2
7	8	2	1	9	5	4	3	6

Sudoku

		9		7			3	
	3		4		9		6	
7		6	2		3			1
		8		9	4	1		
6	2			5	1		7	9
		3		2		5		
9			1		8			2
	6		9		5		8	
		5		2				4

Sudoku

5				8		2		7
	1				6			3
		3	5			1		
9			8	1	7			4
	8						7	
1			3	4	5			
		8			2	4		
	4		6				3	
6		5		3	1			2

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 1 Fabulous; 5 Solo; 9 Hard; 10 Magazine; 11 Adore; 12 Chariot; 13 Unfortunately; 18 Hesitate; 19 None; 20 Proverb; 21 Bogus; 22 Yank; 23 Derisory.

Down: 2 Abandon; 3 Undergo; 4 Unaccountable; 6 Orifice; 7 Overtly; 8 Panama; 13 Unhappy; 14 Festoon; 15 Rotten; 16 Tenuous; 17 Languor.

JUST SO: The eighteen twelve overture, A guinea pig, The North pole, When in Rome

WHO, WHAT, WHERE, WHEN:

Lloyd Alexander; Australia; Scotland; 1975; Peter Hall; The five pillars of Islam; India; 1961.

Darn Tough Sudoku

2			8		9	1		7
7				6			2	
								6
4	9				7	6		
		6	2				8	1
3								
	2			1				8
1		5	7		3			4

The Finn flies

RACE REPORT
By NAMAN ARORA
naman@gulfweekly.com

THE Dutch Grand Prix this year was historic, not just because it was held after a break of 35 years, but it was also the first time ever that a Dutchman took home the title.

Max Verstappen (Red Bull) retook the lead in the 2021 Formula 1 Drivers Championship with his ironclad victory over Mercedes' Lewis Hamilton and now holds a slender three-point lead.

"It's incredible to win here today on another home track and it feels great to take the lead in the drivers' championship again," the 'Flying Dutchman' said after the race.

"Of course, the expectations were very high coming into the weekend and it's never easy to fulfil that but the whole crowd has been incredible and I am so happy to win here.

"Seventy-two laps around this track is cool, especially in front of all these fans, they were incredible throughout the whole race, and I've never experienced anything like this before in my life."

Hamilton's team mate Valtteri Bottas cruised to a third, despite his own late stop for soft tyres, with the Finn appearing to ignore team orders not to attempt to take the fastest lap bonus point away from Hamilton – only for Hamilton to claim it anyway on the final lap.

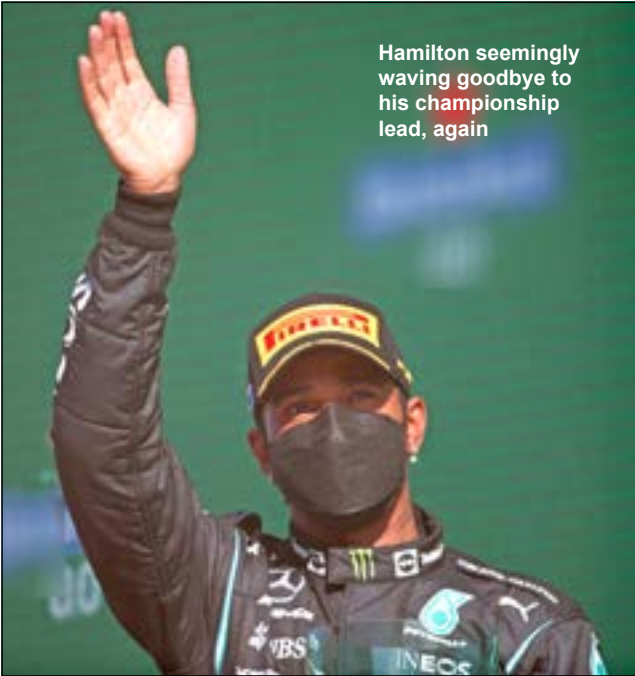
Behind Bottas was the Alpha Tauri of Pierre Gasly, who has shown incredible pace and composure this season, rising as high as third in Azerbaijan, only to retire two races later in Styria.

Charles Leclerc of Ferrari took fifth, followed by Alpine's Fernando Alonso and Leclerc's team mate Carlos Sainz.

Red Bull's Sergio Perez was only able to manage P8, with Alpine's Esteban Ocon hot on his trail. Lando Norris rounded off the top 10 in a race characterised by its midfield battles.

Perez's lacklustre performance capped off a weekend of bad fortune, after not making it out of Q1 and then being required to start from the pit lane because of a new power unit.

His Dutch drive took another hit when he flat-spotted his hard tyres attacking Nikita Mazepin



Hamilton seemingly waving goodbye to his championship lead, again



A sea of orange cheers on the Dutchman

(Haas) early on, forcing the Mexican racer to pit for mediums on Lap 9 and dropping him back to P19.

Nicholas Latifi was another who had started from the pit lane after a change to his gearbox and front wing after his qualifying crash – with Latifi showing Perez how to pass Haas' Nikita Mazepin with a beautiful move around the outside of the Haas at Turn 1 on Lap 13.

Ricciardo took 11th, having played the team game at McLaren by letting Norris – who ran a 42-lap spell on the mediums – through earlier on.

The Aston Martins of Lance Stroll and Sebastian Vettel managed to come in 12th and 13th after a

disappointing day for the team in green.

Arguably, for this race, the news emerging out of the pit lane was just as intriguing as the race itself, with Kimi Raikkonen announcing his retirement at the end of the season, followed by news that the Iceman had contracted Covid-19.

And right after the weekend, news broke that Bottas had signed a multi-year contract with Alfa Romeo, which clears the path for Williams' George Russell to join Mercedes, after having driven for the team for the first time in last year's Sakhir Grand Prix.

The Monza Grand Prix takes place next Sunday.

DRIVER STANDINGS		
1	Max Verstappen (Red Bull)	224.5
2	Lewis Hamilton (Mercedes)	221.5
3	Valtteri Bottas (Mercedes)	123
4	Lando Norris (McLaren)	114
5	Sergio Perez (Red Bull)	108
6	Charles Leclerc (Ferrari)	92
7	Carlos Sainz (Ferrari)	89.5
8	Pierre Gasly (AlphaTauri)	66
9	Daniel Ricciardo (McLaren)	56
10	Fernando Alonso (Alpine)	46
11	Esteban Ocon (Alpine)	44
12	Sebastian Vettel (Aston Martin)	35
13	Yuki Tsunoda (AlphaTauri)	18
14	Lance Stroll (Aston Martin)	18
15	George Russell (Williams)	13
16	Nicholas Latifi (Williams)	7
17	Kimi Räikkönen (Alfa Romeo)	2
18	Antonio Giovinazzi (Alfa Romeo)	1
19	Mick Schumacher (Haas)	0
20	Nikita Mazepin (Haas)	0
21	Robert Kubica (Alfa Romeo)	0

A force to reckon with



SPORT REPORT
By MAI AL KHATIB-CAMILLE
mai.alkhatib@gulfweekly.com

MARTIAL artist Ali Monfaradi's golden glory continues as he bagged three medals after beating some of the best Jiu-Jitsu athletes from around the world in Europe.

The 27-year-old Bahraini, who has more than 150 medals under his belt, brought home three golds in the Croatia National Pro held in Split.

This event is part of the UAE Jiu-Jitsu Federation World Ranking and Abu Dhabi World Professional Jiu-Jitsu Qualifying Series and was open to all nationalities, belts, juveniles, adults and masters.

"I actually broke my own record for fastest submission three times in this event, which was previously 30 seconds," said Monfaradi, the owner and head coach of Elements Jiu-Jitsu Academy.

Monfaradi competed in the Adult black division. In the 77kg Gi final, he went up against Bilal Benmahammed of France and won 6-4. In the 77kg No Gi semifinal, he faced Mohamed Hayat of France where he also won by submission with an outside heel hook.

The fight was over in nine seconds.

He battled Benmahammed yet again in the 77kg No Gi final where he won by submission with an inside heel hook and the fight was over in 22 seconds.

In the Open weight semifinal, he grappled Hayat and won by submission with a back choke. The fight was over in 29 seconds.

In the Open weight final, he went up against Martin



Nedbal of the Czech Republic and his trusted back choke served him well causing him to win by submission and the fight was over in 3:15 minutes.

"It felt great to win three gold medals and five fights," said Monfaradi.

"We don't indulge or celebrate for too long. I am focused and determined for what's next. And while this was probably my best performance ever, the real best is yet to come.

"Nonetheless, I credit my success to countless people, the least of which being myself. As a professional, I have the good coaches at Elements overseeing my training, two strength and conditioning coaches, a mobility coach, a nutritionist and a physical therapist.

"In a broader sense, and I would say even more importantly, I thank the support of every single Bahraini propelling me forward and giving me a reason to keep doing 'one more run'. I also thank

His Majesty King Hamad, Shaikh Nasser bin Hamad Al Khalifa and Shaikh Khalid bin Hamad Al Khalifa, for all that they do for local sports and, of course, the community at large. The support I receive from Bahrainis is truly humbling."

Aside from his stellar performances in the ring, Monfaradi was also thrilled to run a five-day training

camp leading up to the tournament in Croatia.

"It was an absolute honour sharing my knowledge and training with everybody who was going to compete in the event," he added.

"I was the first Bahraini to run a Jiu-Jitsu workshop in Europe."

Monfaradi's Jiu-Jitsu journey started at the age of 12. As an adult, he spent five

years training at the Alliance Headquarters in Sao Paulo, Brazil, under legendary professor Fabio Gurgel and is the first and only Bahraini black belt competitor to have been trained by him.

He won the IBJJF World Championship in 2012, six bronze medals throughout the years in the UAEJJF World Professional Championship, a bronze at the Jiu-Jitsu International Federation (JJIF) World Championship in 2018 and gold at the Brazilian Championship. He was crowned Asian JJIF champion four times, has achieved several gold medals at IBJJF Opens, as well as a triple gold at the 2016 American Nationals. His list of achievements is quite long and he is already preparing himself for his next big feat – the Ju-Jitsu Asian Union (JJAU) Asian Championship.

"I've previously won three Asian gold medals and one bronze," said Monfaradi.

"One would say I am a veteran in this tournament and division. However, I don't let that get to me. The

past hardly matters and the level is higher than ever. I treat every competition as if it's the first and the last. I am very determined for this though and really want to bring the gold home.

"I always say that I compete because of a genuine passion for it, because it's the most effective way for me to be an ambassador of sorts for my country and because I want to get the word out that Jiu-Jitsu is for everybody.

"Jiu-Jitsu is meant to positively influence people's lives, regardless of their weight, size, age, goals or background. Whether it's for weight loss, fitness, learning self-defence, becoming a competitive athlete, Jiu-Jitsu can be adapted for you and everybody is welcome. That, I would say, is my main mission."

Brazilian Jiu-Jitsu or BJJ is based on grappling and ground fighting, focusing on the skill of controlling opponents through techniques that force them to submit.

Follow @alimonfaradi on Instagram for more updates.

