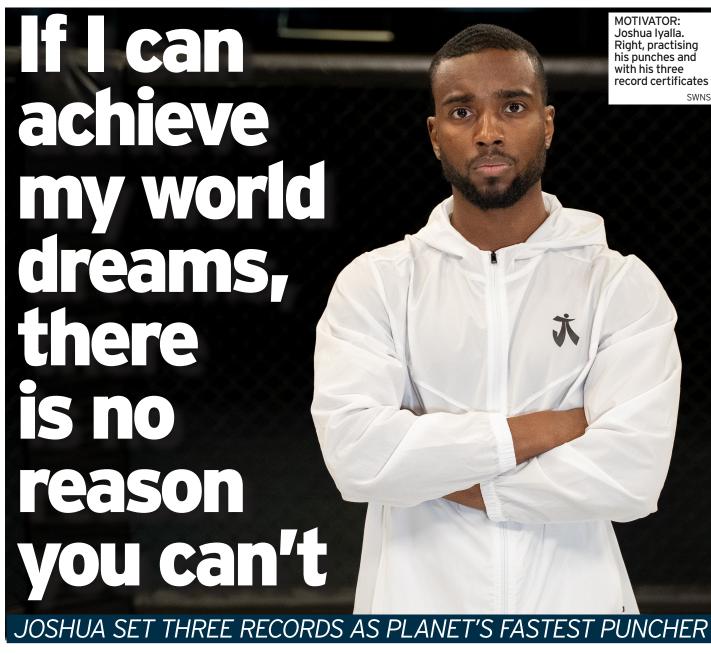
News





By EVA MILLETT

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JOSHUA Iyalla is officially the world's fastest puncher.

The 23-year-old, from Leices-Records in under two hours last ise. month - and he has plans to break three more.

To set the record, he made 453 full-extension punches in 60 seconds; 374 full-extension punches with gloves on in 60 have probably failed. seconds and 333 full-extension 60 seconds – averaging at more than 7.5 punches per second.

He had been training for a vear for the attempts.

happening hasn't properly settled in yet," Joshua said.

"But I'm a very focused individual, so I'm really trying to capitalise on this moment.

When you're given an opportunity to achieve greatness and first brand deal. get these world records, I'm going to make the most of every opportunity I can."

Joshua decided to become a full-time content creator and in the gym lifting weights. motivator while studying for a mathematics degree at the University of Leeds.

brother to help me," he said.

"So I made that promise to myself that I would be that older brother to young men.

"I say to young men, you are a ter, set three Guinness World lot more capable than you real-

> "Nowadays everyone's so negative and you're told what you want to do isn't realistic.

"If you have big aspirations, you get put down by people who

"What I would say to these suppressed is I am not a special ity, physical growth, teamwork. person. I am just a person that's worked really hard.

"If I can achieve my world "The magnitude of what's dreams, there's no reason you two biggest things that have can't because we're all just human at the end of the day."

Joshua has been posting fitness and motivational content sport in both football and taekonline since 2019.

Two years later, he secured his

At the time, Joshua balanced being a student, content creator and athlete.

He said: "I was taking lectures

"In 2022 I pushed through and got a first in my maths degree." Also in 2022, he set up Ji Mar-

"When I was growing up, I tial Arts, which specialises in

always wished I had an older providing martial arts training als instilled in a boxing gym, and equipment.

"I went from having really low self-confidence to quite high self-confidence," he said.

Since the age of four Joshua has been playing a range of sports, including being English Taekwondo Champion three times and playing for Hinckley lum boxing and MMA should be football academy.

'Since I could walk, I've been kicking a football or punching ally save the world." people safely," he said.

"Sport has been so productive punches with 1kh dumbbells in people who feel held back or for me. It gives you mental clar-

> 'I think everyone should be doing some sort of sport.

> "Sport and my family are the shaped me as a person.

> Leicester really enabled me to reach such a high level of

fantastic job with sport.

box at the mixed martial arts drain your energy. (MMA) gym, there would be zero fights at school.

"It's very humbling to take a punch to the face and realising, you think you cannot when

"The discipline and the mor- mind to."

even though sometimes they can be perceived as something of a dangerous space or hostile space, these are some of the best spaces - and the most humble people I've met have been in a boxing ring.

"I think in the school curricumandatory.

"Boxing and MMA could liter-

Since breaking the world records, Joshua has been featured by ESPN, SportsCenter and House of Highlights sports networks as well as gaining traction across social media and in the boxing MMA scene.

On his plans for more world records, Joshua promised details will be revealed soon.

He said: "I don't disclose too much of what I'm going to do.

"I've found that once you put "I think Leicester's doing a your energy out there, a lot of people will try and tear you "If every young boy went to down, inflict their opinions and

"The reason I vibrate such a high frequency is because of the incredible people around me.

"It's pure positive and love I'm surrounded by, so I feel like I'm capable of anything I set my







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