

If I can achieve my world dreams, there is no reason you can't



MOTIVATOR: Joshua Iyalla. Right, practising his punches and with his three record certificates

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JOSHUA SET THREE RECORDS AS PLANET'S FASTEST PUNCHER

By EVA MILLETT
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JOSHUA Iyalla is officially the world's fastest puncher. The 23-year-old, from Leicester, set three Guinness World Records in under two hours last 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 seconds and 333 full-extension punches with 1kg dumbbells in 60 seconds – averaging at more than 7.5 punches per second.

He had been training for a year for the attempts.

"The magnitude of what's 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 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 motivator while studying for a mathematics degree at the University of Leeds.

"When I was growing up, I

always wished I had an older 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 lot more capable than you realise.

"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 have probably failed.

"What I would say to these people who feel held back or suppressed is I am not a special person. I am just a person that's worked really hard.

"If I can achieve my world dreams, there's no reason you can't because we're all just human at the end of the day."

Joshua has been posting fitness and motivational content online since 2019.

Two years later, he secured his first brand deal.

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

He said: "I was taking lectures in the gym lifting weights.

"In 2022 I pushed through and got a first in my maths degree."

Also in 2022, he set up Ji Martial Arts, which specialises in

providing martial arts training 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 football academy.

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

"Sport has been so productive for me. It gives you mental clarity, physical growth, teamwork.

"I think everyone should be doing some sort of sport.

"Sport and my family are the two biggest things that have shaped me as a person.

"Leicester really enabled me to reach such a high level of sport in both football and taekwondo.

"I think Leicester's doing a fantastic job with sport.

"If every young boy went to box at the mixed martial arts (MMA) gym, there would be zero fights at school.

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

"The discipline and the mor-

als instilled in a boxing gym, 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 curriculum boxing and MMA should be mandatory.

"Boxing and MMA could literally save the world."

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 your energy out there, a lot of people will try and tear you down, inflict their opinions and drain your energy.

"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 mind to."



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