

General Information

Country:	GER
Gender:	M
Handedness:	Right-handed
Date of birth:	1993-02-10
License:	10021993001

Further Personal Information

Residence	Cologne, GER
Occupation	Athlete, Serves in the Army
Languages	English, German
Higher education	Economics - University of Cologne: Germany

Sport Specific Information

When and where did you begin this sport?	He took up fencing while growing up in Solingen, Germany.
Why this sport?	As a child he played handball for the Wald-Merscheider Turnverein club in Solingen, Germany, where he also first competed in fencing. He later played basketball for TSV Bayer Dormagen, but switched his focus exclusively to fencing.
Club / Team	TSV Bayer Dormagen: Germany
Name of coach	Olaf Kawald [club]; Vilmos Szabo [national], ROU
Training Regime	He trains six mornings a week and does cardiovascular training three times a week.
Handedness	Right

General Interest

Nicknames	Richie (Instagram profile, 30 Dec 2020)
Hero / Idol	Russian fencer Stanislav Pozdniakov, German fencer Nicolas Limbach. (sporthelden.de, 10 Apr 2010)
Injuries	In February 2019 he tore his medial meniscus cartilage [knee] and underwent surgery, which put him out of competition for several months. He returned to compete in October that year at the 2019 Military World Games in Wuhan, People's Republic of China, where he won a gold medal. (solinger-tageblatt.de, 19 Dec 2019)
Milestones	In 2010 he became the first athlete representing Germany to win a fencing medal at the Youth Olympic Games, when he won bronze in the individual sabre event in Singapore. (SportsDeskOnline, 06 Jul 2018; schwaebische.de, 15 Aug 2010)
Ambitions	To compete at the 2020 Olympic Games in Tokyo. (Instagram profile, 30 Dec 2020; tsv-bayer-dormagen.de, 06 Aug 2020)
Other information	GOLDEN MINDSET He said he realised the importance of relaxing about performance pressure after winning a gold medal at the 2019 Military World Games in Wuhan, People's Republic of China, seven months after tearing the medial meniscus cartilage in his knee. "I didn't put any pressure on myself and just really wanted to do it, that was key. For me it was the determination of my performance that showed me what is possible." (solinger-tageblatt.de, 19 Dec 2019)