



Ward Selman





## FREEDOM TO SHINE

There is this little sentence I wrote for a class assignment as a kid. It answered the question: “What do you want to be when you grow up?”, and my answer was: “I want to be a hero to help people”. This was my dream. I believed in this dream. I could feel it, and even see it come true in front of my eyes before it existed. It got me through my days, and kept me going under all circumstances. This dream helped me overcome obstacles and get back on my feet, every single time. It wasn’t always easy; the sweat, the falls, the struggles... Every time I was at my peak I found myself having to climb up again. But I never gave up, I chased my dream. This little girl inside me kept telling me: “You have to get there, don’t stop until you reach your dream”. So I kept on fighting for her, I kept on challenging myself more and more everyday, pushing my limits a little bit further every time. The energy you put in, the efforts you make, and the mental focus you exert will always pay off. I believe in action, in fighting for what you care about, desire, and aspire to be, in embracing people for who they are, along with the inner child that inhabits them. I believe in helping each other win because the only real challenge we face is the one with ourselves and our own limits. I want a world where girls like me feel free to wake up and be inspired, motivated, and supported. I believe in the value of sharing and inspiring each other. I want my generation to lead the world towards pursuing our goals, overcoming prejudice, and never surrendering to pre-established rules. I believe in change, in action and risk, in the courage to do what we love, in starting from scratch, and in growth and success. I believe in authenticity. In the silence before a fight, in the pulse of my heart beating along with the music, I can feel what I truly am: the vitality of my dream. In victory I taste the happiness of accomplishment and defeats are just a means to improve myself, another step towards the next goal. I will not stop until I reach the finish line. I want to be free to shine, and I want this to be a shared feeling. I want the girls in Lebanon and all the girls of my generation to feel free and worthy, in sports as in the arts and in any other field. I want them to be able to pursue their dreams with commitment, determination, and respect. I want them to be able to overcome obstacles, and break barriers. I believe that being able to pursue your dream shouldn’t be a luxury or a stroke of luck and this is what Taekwondo means to me. This is my special journey. Everyone has their own special journey, which challenges them, makes them grow and mature, makes them meet people, shake hands, and learn about new cultures. You have your own journey too, and I believe you should never settle for less. Always remember who you are and why you are here: you deserve everything you want, you owe it to your inner child. It is your story that makes you unique. So, do what you love doing and do it fully.

## TIMELINE OF MAJOR MILESTONES

## ELEVATOR PITCH

**T**aekwondo is my life. It taught me the value of balance, positivity, and perseverance. As a kid, it was my dream to become a hero in order to help people. Today, I continue to pursue my dream by teaching younger kids how to fight, both in sports and in life, to stand for what they believe in, and to never give up. By chasing my dream in Taekwondo, I strive to be an inspiration for people to follow their own path and become what they dream of.

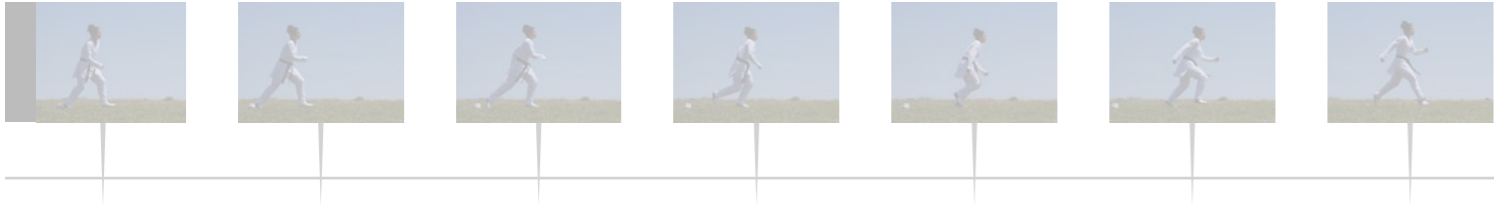
- Professional Taekwondo Athlete
- Lebanese National Team Player
- Ranking (November 2023):  
24th in World Official Ranking - 40th in Official Olympic Ranking
- Certified Taekwondo Instructor (2018) - WT International Coach Level 1
- Taekwondo Fighters Academy Partner and Co-manager ([taekwondobeirut.com](http://taekwondobeirut.com))
- AUB Alumni (2022 Graduate) - BA (Business Administration)



2004 STARTED TAEKWONDO (4 YEARS OLD)



2010 EARNED THE BLACK BELT



BAROU

**2013 WON LEBANESE CHAMPIONSHIP**

**10**  
Years +  
**LEBANESE CHAMPION TITLE  
HOLDER AND COUNTING**

**3**  
**MAJOR INJURIES & SURGERIES:**  
2014 - 2016 Three Knee Dislocations  
2016 - 2017 Two Knee Surgeries  
2018 Ankle Injury and Surgery

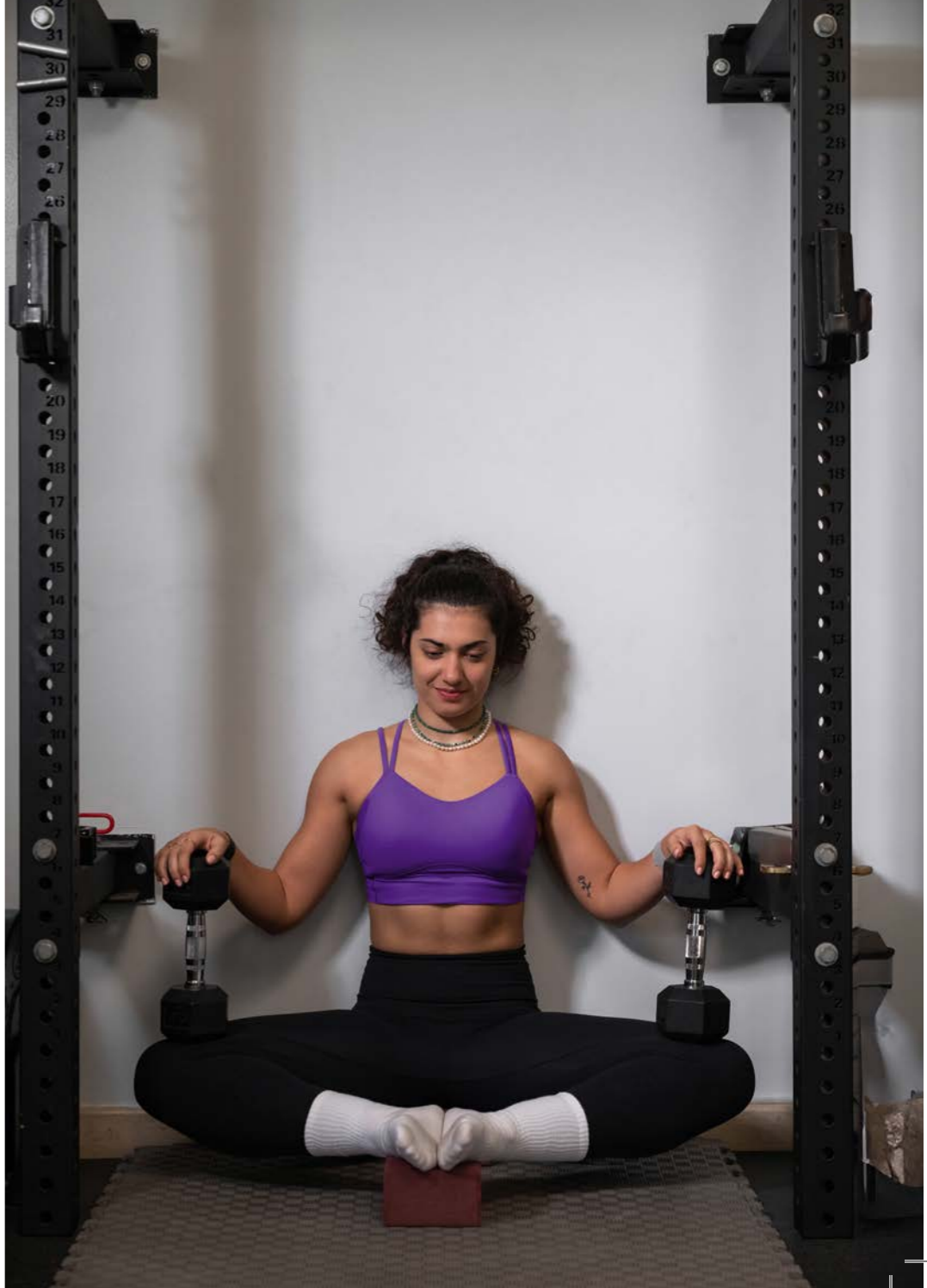






Although Taekwondo is my sport, I am an athlete first and foremost. Here is a glimpse of the work that goes into making me the athlete that I am. I go to the gym daily to build endurance, power, and strength. I also have regular physiotherapy sessions to maintain fluidity and optimal performance.





Being an athlete means knowing your limits and listening to your body.

So I also focus on recovery sessions to avoid burnout and injuries.

Honing your body is not enough if you want to rise to the top.

I make sure to attend my therapy sessions for optimal mental health, to maintain consistency, and to make sure I perform to my full potential.

To maintain my athleticism I have to make sure I am fit both physically and mentally to be the best I can be.



## 18

**Open Championships:**

- 2013 Bahrain Open Championship – 2nd place – Silver Medal
- 2015 Qatar Open Championship – 3rd place – Bronze Medal
- 2018 El Hassan Open Championship Amman – 1st place – Gold Medal
- 2018 Beirut Open Championship – 1st place – Gold Medal
- 2019 Beirut Open Championship – 3rd place – Bronze Medal
- 2020 Fujairah Open Championship – 5th place (quarterfinalist)
- 2020 El Hassan Open Championship Amman – 1st place – Gold Medal
- 2021 Beirut Open Championship – Round of 16 (participant)
- 2022 Fujairah Open Championship – 5th place (quarterfinalist)
- 2022 Spanish Open Championship – 5th place (quarterfinalist)
- 2022 Sweden Open Championship – Round of 16 (participant)
- 2022 Chuncheon Korea Open Championship – Round of 16 (participant)
- 2022 Beirut Open Championship – 2nd place – Silver Medal
- 2023 Fujairah Open Championship – Round of 16 (participant)
- 2023 Egypt Open Championship – 5th place (quarterfinalist)
- 2023 President Cup Africa Championship – 5th place (quarterfinalist)
- 2023 Skopje Macedonia Open Championship - 3rd Place - Bronze Medal
- 2023 Spain Open Championship - round of 16 (participant)

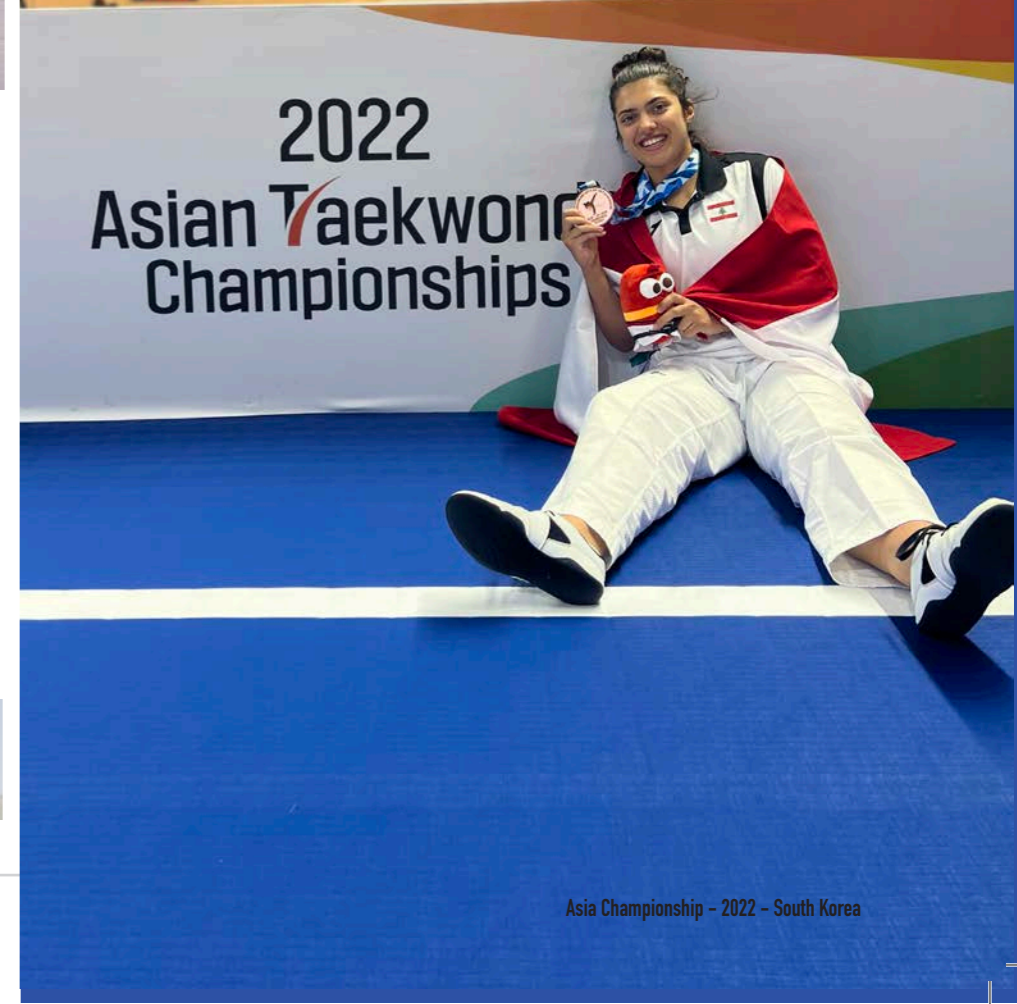
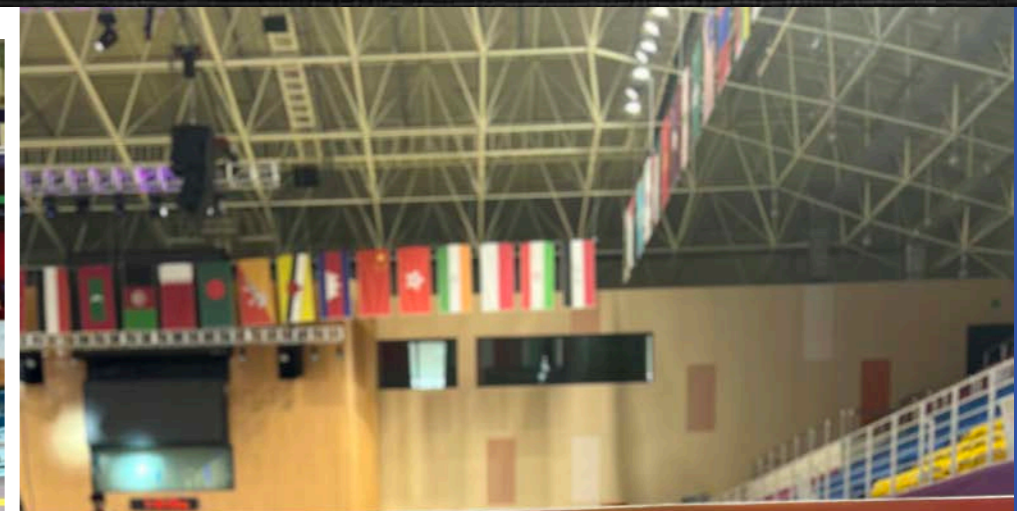




Asia Championship - 2022 - South Korea



Islamic Games - 2021 - Turkey



Asia Championship - 2022 - South Korea

### 3

#### Arab Championships:

- 2020 Arab Open Championship  
Fujairah - 1st place - Gold Medal
- 2022 Arab Cup Fujairah  
3rd place - Bronze Medal
- 2023 Arab Cup Fujairah  
3rd place - Bronze Medal

### 3

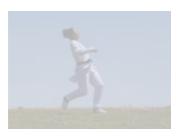
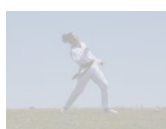
#### World Championships:

- 2014 World Championship  
Baku, Azerbaijan - 5th place (quarterfinalist)
- 2022 World Taekwondo Championship  
Guadalajara, Mexico - Round of 16 (participant)
- 2023 World Taekwondo Championship  
Baku, Azerbaijan - Round of 16 (participant)

### 3

#### Continental Tournament:

- 2015 Asia Championship Taipei, Taiwan  
5th place (quarterfinalist)
- 2021 Asia Championship Beirut, Lebanon  
5th place (quarterfinalist)
- 2022 25th Asian Championship  
Chuncheon, South Korea, 3rd place - Bronze Medal





Training Camp - 2023 - China



Asian Games Certificate

## 4

### International Training Camps:

- 2017 Taekwondo Training Camp Cairo, Egypt
- 2022 Taekwondo Galeb Training Camp Belgrade, Serbia
- 2023 Taekwondo Training Camp Istanbul, Turkey
- 2023 Post Asian Games Training Camp Hangzhou, China

## 3

### Games:

- 2019 Summer Universiade Games - Napoli, Italy  
Round of 16 (participant)
- 2021 Islamic Solidarity Games - Konya, Turkey  
2nd Place - Silver Medal
- 2023 Asian Games - Hangzhou, China  
5th Place (quarterfinalist)



Islamic Games - 2021 - Turkey





Taiyuan Grand Prix - 2023 - China

# 1 Grand Prix

Taekwondo Athletes can only participate in Grand Prix Championships through an invite from the World Taekwondo, and by being ranked one of the Top 30 athletes in the world.  
2023 Taiyuan Grand Prix - Taiyuan, China (participant)

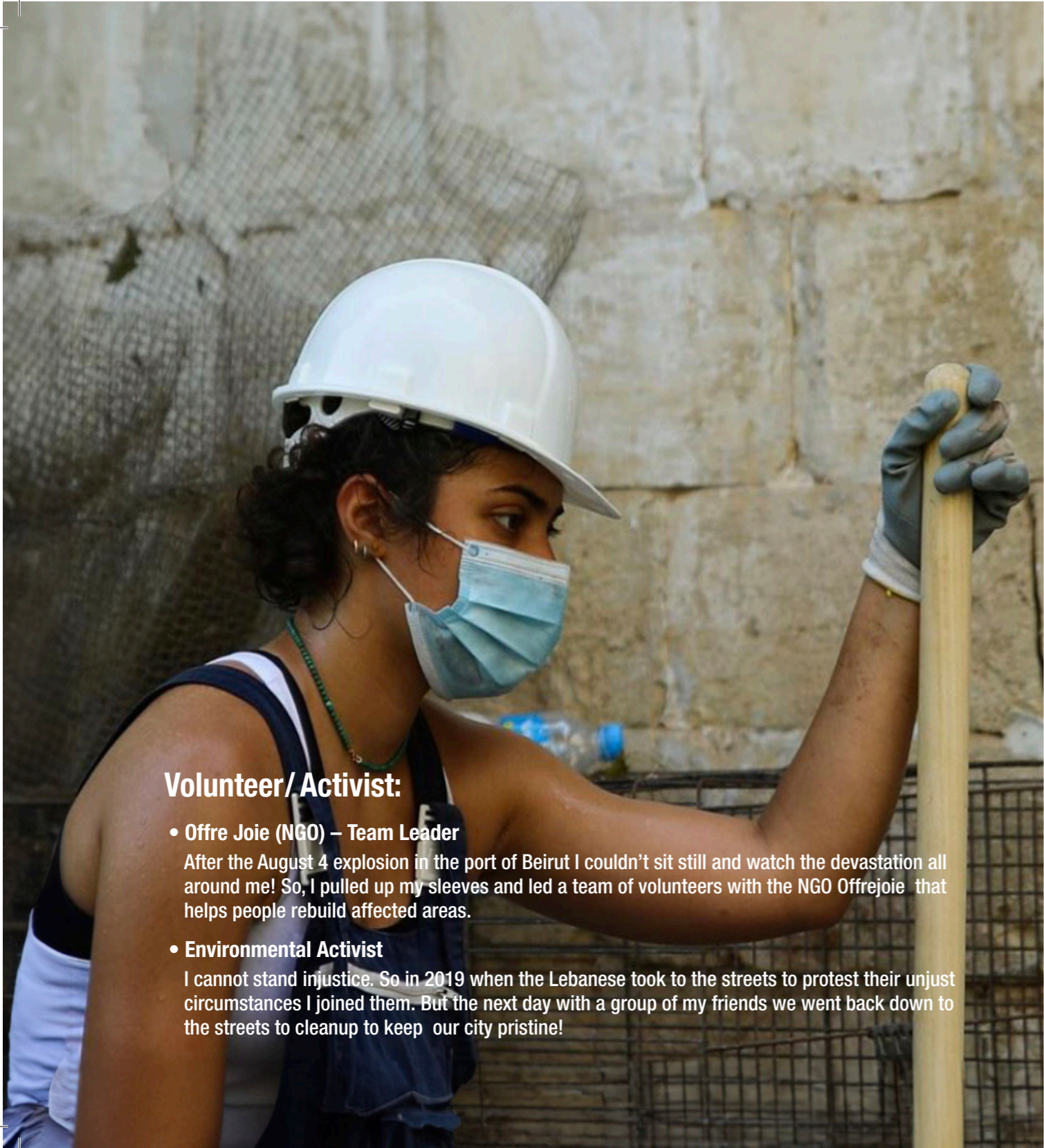
# The Future

- 2024 Olympic Games Qualification
- 2024 Olympics



**OFF THE COURT – PASSIONS/ PROJECTS**





**Volunteer/ Activist:**

- **Offre Joie (NGO) – Team Leader**  
After the August 4 explosion in the port of Beirut I couldn't sit still and watch the devastation all around me! So, I pulled up my sleeves and led a team of volunteers with the NGO Offrejoie that helps people rebuild affected areas.
- **Environmental Activist**  
I cannot stand injustice. So in 2019 when the Lebanese took to the streets to protest their unjust circumstances I joined them. But the next day with a group of my friends we went back down to the streets to cleanup to keep our city pristine!



**Adventurous/ Extreme Sports:**

I love extreme sports. They push me to explore my limits and feed my sense of adventure.

## Coach:

Being “Coach” to young kids lights up my days and I hope one day to inspire them just like my coaches inspired me.





### Sports Management:

- Real Madrid Internship
- NYU Fundamentals of Global Sports Management course

Going beyond borders and having new experiences in sports management broadened my horizons and showed me I am up to any adventure being business or pleasure.



### Art/ Theatre/ Public Speaking:

I am not even afraid of the stage, from theatre classes in Russia to the TEDx platform in Lebanon, I love to capture the audience's attention.

Get in touch with  
Ward



Email: [ward.salman@gmail.com](mailto:ward.salman@gmail.com)

Phone: +961 71 622 216

 [@ward.selman](https://www.instagram.com/ward.selman)

 [ward selman](https://www.linkedin.com/in/wardselman)

[www.wardselman.com](http://www.wardselman.com)

