



December 22,  
2007

[Home](#)

[News](#)

[Sports](#)

[Community](#)

[Comment Section](#)

[Happenings](#)

[Joint Services News](#)

[Fort George G.  
Meade homepage](#)  
[Religious  
Services](#) [Download  
Archives](#)

[Weather](#)

[Contact Us](#)

[Other Patuxent  
Publishing sites](#)  
[Classified](#)

Severe Weather Alert!

 **43°F** **6**  
mph

[Forecast Radar  
Cameras](#)



**Search**

[Archives](#)



[Search tips |  
Advanced](#)

**Search Google**



**Features**

[Local TV Listings](#)

## AWG Soldier lifts way to world records

12/20/07

*By Chad T. Jones  
Editor*

[Email this story to a friend](#)

Sgt. 1st Class  
Christian Carlson  
tried to "whoop up  
on" his Soldier Staff  
Sgt. Kwansah Ackah  
... once.

That's all it took for  
the  
noncommissioned  
officer in charge of  
logistics for the  
Asymmetric Warfare  
Group to realize that  
messing with Ackah  
isn't really a good  
idea.

And not just because  
Ackah, who has approximately 2 percent body fat, is "a pillar  
of physical fitness."

He's also stronger than an ox, or at least any 159- to  
165-pound bench presser in the world. He has the records to  
prove it.

Ackah set two world records at the RAW Powerlifting  
Federation World Bench Press Championship, Nov. 17 in  
Currituck, N.C. RAW Powerlifting is an organization for natural  
athletes who are clean of any type of performance-enhancing  
drugs.

"I don't know," Ackah said about the feeling he gets knowing  
his 407.9-pound lift set records in the 159-165 Weight Class  
as well as the Police, Fireman and Military division. "I was just  
trying to do my best."

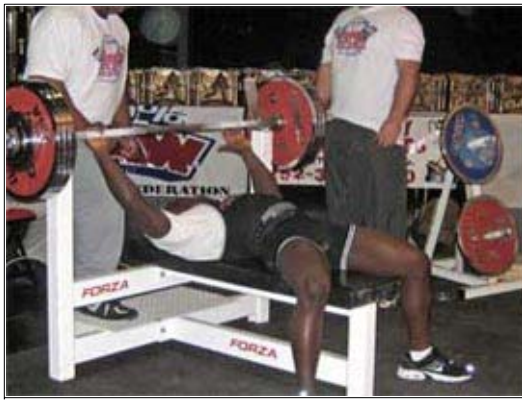


Staff Sgt. Kwansah Ackah of the Asymmetric Warfare Group enjoys the spoils of victory after setting two world records at the RAW Powerlifting Federation World Bench Press Championship.



[Home Page](#)

Actually, the world-record lift isn't even the 28-year-old's



personal best. In Afghanistan he lifted 485 pounds.

"I thought, how did I do that?" Ackah remembered about benching the equivalent of 10 average 6-year-olds.

Ackah's love for lifting began as a quest to stay in shape after he graduated from high school in his native Ghana.

Ackah prepares to hoist the 407.9 pounds that earned him lift records in the 159-165 Weight Class and the Police, Fireman and Military division.

"I was looking for something to do," said Ackah, who unlike most lifters can be found running up to 12 miles on any given Sunday. Also unlike most fine-tuned athletes, Ackah "loves to eat."

"I love food, all of it," said Ackah who doesn't eat pork, fast food (except for the occasional Chick-fil-A) or drink alcohol.

Ackah is also a momma's boy.

"She's my heart," Ackah said.

In 2000, Ackah left his heart and moved to the United States where he joined his father who arrived some 15 years earlier.

It didn't take long for Ackah to start looking for a job, but unfortunately for him, the search "wasn't going to good."

Hello, U.S. Army.

"I saw the recruiter and what they were preaching sounded good," said Ackah who went into the logistics field, which according to him covers "providing everything you need to accomplish the mission."

During his tour at Fort Bragg, N.C., Ackah was urged by his first sergeant to get into bench pressing competitions and the rest has been record-breaking history.

"The hardest part is pressing the weight after the momentary pause," Ackah said. "You have the whole weight pressed on you and then push it up. It does feel heavy."

But to confuse Ackah as just another weightlifter would be a mistake. He's also an excellent professional warfighter, Carlson said.

"He stands apart from the rest," Carlson said about his Soldier, who puts in a lot of work with the AWG's combatives training program and has just been selected to officers'

candidate school.

"The Army's been very good to me," said Ackah who isn't sure what field he'll be commissioned under.

Whatever it is, he's sure he'll still be learning, eating and lifting.

"I'm going to take a little bit of a break for the holidays and do a lot of eating," said Ackah, who will be spending this holiday season with his mother, who joined him in the U.S. this year. "But I'll get started again next year and God willing I can break the record again."



Copyright 1998-2007 [MyWebPal.com](http://MyWebPal.com). All rights reserved.  
Contact us at [webmaster@mywebpal.com](mailto:webmaster@mywebpal.com)  
All other trademarks and Registered trademarks are property  
of their respective owners.