

# NEWSLETTER



**JULY**  
**2020**

## PRESIDENT'S LETTER

*I worry about our emerging world, I really think with all our bubble wrapping, we as humans are losing our resilient nature.*

*Our capability to deal with life, CV 19 has increased the pressure and stress on our entire world. When we become resilient, we learn through experience, how to embrace the beautifully broad spectrum of human nature, we learn it's ok and normal to fail, we learn to rebound and always stand back up and fail forward.*

*Bubble wrapping our children creates bigger and future problems for them and their ability to function in this diverse world. We must encourage support them but also challenge them, push them and above all love them regardless.*



*Dear Friends,  
For those of you in the Muslim faith  
I wish you health and prosperity  
at this very special time.*

*Best regards,  
Roy Baker  
WAKO President*



# WAKO CALENDAR 2020 - CORRECTIONS

WAKO Class	Date From	Date to	Name	
     				
<b>July</b>				
Cancelled	21	25	5th European Universities Games 2020	Serbia
<b>August</b>				
<b>September</b>				
WAKO AFRICA	TBC	TBC	African Championship 2020 (K-1, LK, FC and Tatami Sports)	South Africa
C	5	5	Balkan Open 2020	Bosnia and Herzegovina
B	4	6	AmerKick Internationals	USA
C	11	12	Scandinavian Open 2020	Norway
C	11	13	3rd Silver Griffin Cup 2020	Latvia
Cancelled	12	13	Flanders International Kickboxing Cup 2020	Belgium
WAKO World Cup	14	19	Russian Open 2020 (World Cup) (Official WAKO Referee Worlds/Europeans)	Russia
<b>October</b>				
B	2	4	Serbian Open (WAKO European Cup)	Serbia
WAKO ASIA	TBC	TBC	Asian Championships 2020	South Korea
Cancelled	30	31	Czech-Open for Tatami Sports	Czech Rep.
<b>November</b>				
C	4	8	2nd International Jordan Open Kickboxing Tournament (K-1, FC, PF, LC) and Referee Seminar	Jordan
C	6	7	37th SLOVENIA OPEN	Slovenia

WAKO Class	Date From	Date to	Name	Country
B	11	14	WAKO K1 World Grand Prix	Czech Republic
Postponed	TBC	TBC	11 <sup>th</sup> Pan American Championship	Brasil
Cancelled	13	22	WAKO Cadets & Juniors World Championships (All disciplines)	Serbia
C	19	22	Spain International Open	Spain
<b>December</b>				
WAKO IF	5	5	World Games - test event (USA Vs World)	USA
C	5	6	Heroes of Hamburg	Germany
WAKO EUROPE	5	13	WAKO Senior&Master European Championships (All disciplines)	Turkey
WAKO ASIA	8	13	Bangabandhu Asian Kickboxing Confederation Cup 20	Bangladesh
C	12	13	WAKO European Clubs K-1 Cup	Estonia

## CONFIRMED CHAMPIONSHIPS 2020

**2020**  
ANTALYA

WAKO  
ASSOCIATION OF KARATE AND KICKBOXING

**WAKO EUROPEAN  
KICKBOXING  
CHAMPIONSHIPS  
ALL STYLE  
SENIORS & VETERANS**

**K1 Rules • Low Kick • Full Contact • Light Contact  
Kick Light • Point Fighting • Musical Forms**

**05 - 13 December 2020  
Antalya Sport Hall, Antalya - TÜRKİYE**

#kickboxing2020 #europeankickboxing2020 #wakoantalya2020

SPOR TOTO

adidas GAISF



WORLD ASSOCIATION  
OF KICKBOXING ORGANIZATIONS

Presidents and General Secretaries

13th July 2020

Re: Cancellation - WAKO Children, Cadets and Juniors World Kickboxing Championship 2020

Dear President/General Secretary,

The upcoming scheduled Children, Cadets and Juniors World Championship was to be held in November 2020. The World Association of Kickboxing Organisations has decided to cancel the biggest event of the sport due to the uncertain situation caused by the coronavirus pandemic.

After much consideration, intense discussion and analysis, the executive committee of the WAKO approved on Saturday 11<sup>th</sup> July the cancellation of the next Kickboxing World Championships. The main reason for the Board was the fact of the second wave entering Europe and other continents, and the fact that the well-being and safety of competitors and fans could not be ensured amid the ongoing ever-changing epidemic of COVID-19.

It has not been an easy decision, but an event of this magnitude with over 4,000 participants and the relevance of our Children, Cadets and Juniors World Championship could not be celebrated with enough guarantees as scheduled, due to current circumstances and with our children who are our very future at risk. It is the first time in nearly 50 years of history of our World Championships, that we will not celebrate one edition of our biggest event in its running year. We understand this is difficult for our athletes, coaches and national federations, but we must put the overall health of our members first and continue to act as a global sport and member of the Olympic family of sports for the common health of our respective countries.

The situation in regard to the Continental Championships will be discussed and agreed at the next scheduled board meeting on the 22<sup>nd</sup> of August. At present the Senior European Championship continues to be scheduled. The other events have yet to be confirmed.

Respectfully yours,

Roy Baker  
WAKO President

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## CONFIRMED TOURNAMENTS 2021

22 <sup>nd</sup> - 24 <sup>th</sup> January 2021:	<b>GOLDEN GLOVE (WAKO European Cup)</b> , Mareno di Piave, Italy
3 <sup>rd</sup> - 7 <sup>th</sup> February 2021:	<b>2<sup>nd</sup> INDIAN OPEN INTERNATIONAL CUP</b> , New Delhi, India
5 <sup>th</sup> – 7 <sup>th</sup> February 2021:	<b>ATHENS CHALLENGE</b> , Athens, Greece
12 <sup>th</sup> - 14 <sup>th</sup> February 2021:	<b>KARLOVAC OPEN 2021 (WAKO European Cup)</b> , Karlovac, Croatia
4 <sup>th</sup> - 7 <sup>th</sup> March 2021:	<b>IRISH OPEN (WAKO World Cup)</b> , Dublin, Ireland
19 <sup>th</sup> - 21 <sup>st</sup> March 2021:	<b>SERBIAN OPEN 2021 (WAKO European Cup)</b> , Belgrade Serbia
27 <sup>th</sup> - 28 <sup>th</sup> March 2021:	<b>YOKOSO DUTCH OPEN</b> , Amsterdam, The Netherlands
8 <sup>th</sup> - 11 <sup>th</sup> April 2021:	<b>6<sup>th</sup> TURKISH OPEN (WAKO European Cup)</b> , Antalya, Turkey
15 <sup>th</sup> - 18 <sup>th</sup> April 2021:	<b>THE AUSTRIAN CLASSICS (WAKO World Cup)</b> , Innsbruck, Austria
24 <sup>th</sup> - 25 <sup>th</sup> April 2021:	<b>POINT FIGHTING CUP</b> , Castellanza, Italy
3 <sup>rd</sup> - 9 <sup>th</sup> May 2021:	<b>WORLD COMBAT GAMES</b> , Nur-Sultan, Kazakhstan <b>(TO BE CONFIRMED)</b>
<b>21<sup>st</sup>-30<sup>th</sup> May 2021</b>	<b>6<sup>th</sup> ASIAN INDOOR AND MARTIAL ARTS GAMES (AIMAG)</b> , Bangkok /Pattaya, Thailand
13 <sup>th</sup> - 16 <sup>th</sup> May 2021:	<b>HUNGARIAN WORLD CUP (WAKO World Cup)</b> , Budapest, Hungary
10 <sup>th</sup> - 13 <sup>th</sup> June 2021:	<b>BESTFIGHTER (WAKO World Cup)</b> , Rimini, Italy
14 <sup>th</sup> - 27 <sup>th</sup> July 2021:	<b>EUROPEAN UNIVERSITY GAMES</b> , Belgrade, Serbia
13 <sup>th</sup> - 22 <sup>nd</sup> August 2021:	<b>WAKO CADETS &amp; JUNIORS EUROPEAN CHAMPIONSHIPS</b> , Budapest, Hun
10 <sup>th</sup> - 19 <sup>th</sup> September 2021:	<b>5<sup>th</sup> ISLAMIC SOLIDARITY GAMES</b> , Konya, Turkey
26 <sup>th</sup> – 27 <sup>th</sup> September 2021:	<b>FLANDERS INTERNATIONAL KICKBOXING CUP</b> , Beveren, Belgium
5 <sup>th</sup> – 14 <sup>th</sup> November 2021:	<b>WAKO SENIOR &amp; MASTER WORLD CHAMPIONSHIPS</b> , Moscow, Russia

## THE WORLD GAMES - 2022.

7 <sup>th</sup> - 17 <sup>th</sup> July 2022:	<b>WORLD GAMES</b> , Birmingham (Alabama), USA
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## FUTURE ACTIVITIES

<b>2022</b>	Cadets & Juniors WC (All disciplines) in Hungary;
<b>2022</b>	Senior EC (All disciplines) in Athens, Greece;
<b>2023</b>	Cadets & Juniors EC (All Disciplines) in Turkey;
<b>2023</b>	Senior WC (All Disciplines) in Ireland



TWG 2022 Sports Programme

as of 7 July 2020

Sport	Discipline	Event	Gender
Air Sports	Drone Racing	FPV	Mixed
	Parashooting	Canopy Piloting	Mixed
Archery	Field Bowbow	Bowbow	Men
		Bowbow	Women
	Field Recurve	Recurve	Men
		Recurve	Women
	Target	Compound	Men
Compound Team	Mixed		
Baseball - Softball	Softball	Team	Women
Billiards	Carom	3 Cushion	Men
	Pool	8-Ball	Men
		8-Ball	Women
Snooker	Snooker	Men	
Boules	Ligueuse	Precision Shooting Singles, Progressive Shooting Singles	Women
	Patagona	Precision Shooting Singles, Classic Doubles	Women
Bowling	Tenpin	Singles, Doubles	Men
		Singles, Doubles	Women
Canoe	Marathon	Long Distance, Short Distance	Men
		Long Distance, Short Distance	Women
	Polo	Team	Men
Team		Women	
DanceSport	Breaking	B-Boys	Men
		B-Girls	Women
	Latin	Couple	Mixed
	Rock 'n' Roll	Couple	Mixed
Standard	Couple	Mixed	
Futsal	Outdoor	Team	Men
	Indoor	Team	Women
Floorball	Indoor	Team	Men
Flying Disc	Ultimate	Ultimate	Mixed
Gymnastics	Acrobatic Gymnastics	Group, Pair	Men
		Group, Pair	Women
		Pair	Mixed
	Aerobic Gymnastics	Dance, Group, Pair, Trio	Mixed
		Freestyle, Speedrun	Men
	Parkour	Freestyle, Speedrun	Women
		Rhythmic Gymnastics	Ball, Clubs, Hoop, Ribbon
	Trampoline	Double Mini	Men
		Double Mini	Women
Individual		Men	
Tumbling	Individual	Women	
Handball	Beach	Team	Men
		Team	Women
Judo	Duo	Duo	Mixed
		48, 57, 63, 70 kg	Women
	Fighting	62, 68, 77, 85 kg	Men
		48, 57, 63kg, open	Women
	N/A	National Team Competition	Mixed
Karate	Kata	Individual	Men
		Individual	Women
	Kumite	50, 55, 61, 68, 68+ kg	Women
Kickboxing	KI rules	52, 60, 70 kg	Women
		63.5, 75, 81+ kg	Men
Korfball	Korfball	Team	Mixed

Sport	Discipline	Event	Gender
Lacrosse	Lacrosse	Team	Men
		Team	Women
Life Saving	Reel	200m Super Livesaver, 200m Obstacle Swim, 100m Mankin Tow with Fins, 100m Mankin Carry with Fins, 50m Mankin Carry, 4x50m Obstacle Relay, 4x50m Medley Relay, 4x25m Mankin Relay	Men
		200m Super Livesaver, 200m Obstacle Swim, 100m Mankin Tow with Fins, 100m Mankin Carry with Fins, 50m Mankin Carry, 4x50m Obstacle Relay, 4x50m Medley Relay, 4x25m Mankin Relay	Women
		46, 51, 54, 57, 60, 63.5 kg	Women
		57, 63.5, 67, 71, 61, 61 kg	Men
		Middle-Distance, Sprint	Men
Orienteering	Orienteering	Middle-Distance, Sprint	Women
		Sprint Relay	Mixed
Powderlifting	Powderlifting	Lightweight, Middleweight, Heavyweight, Super Heavyweight	Men
		Lightweight, Middleweight, Heavyweight, Super Heavyweight	Women
Racquetball	Racquetball	Single	Men
		Single	Women
Roller Sports	Artistic	Freeskating	Men
		Freeskating	Women
	Inline Hockey	Pair	Mixed
		Team	Men
	Speed Skating Road	Speed Skating Road	15000m Elimination, 10000m Point Race, 1 Lap, 100m
15000m Elimination, 10000m Point Race, 1 Lap, 100m			Women
Speed Skating Track	Speed Skating Track	10000m Elimination, 10000m Point Elimination, 1000m Sprint, 500m Sprint, 200m Time trial	Men
		10000m Elimination, 10000m Point Elimination, 1000m Sprint, 500m Sprint, 200m Time trial	Women
Sport Climbing	Boulder	Single	Men
		Single	Women
	Lead	Single	Men
		Single	Women
	Speed	Single	Women
Squash	Squash	Single	Men
		Single	Women
Sumo	Sumo	Lightweight, Middleweight, Heavyweight, Open Weight	Men
		Lightweight, Middleweight, Heavyweight, Open Weight	Women
Tug of War	Outdoor	540kg	Women
		580kg	Mixed
		640kg	Men
Underwater Sports	Freediving	400m Surface, 200m Surface, 100m Surface, 100m BI Fins, 50m Apnoea, 50m BI Fins, 4x100m Surface Relay, 4x50m Surface Relay	Men
		400m Surface, 200m Surface, 100m Surface, 100m BI Fins, 50m Apnoea, 50m BI Fins, 4x100m Surface Relay, 4x50m Surface Relay	Women
Waterski & Wakeboard	Wakeboard	Freestyle	Men
		Freestyle	Women
Waterski	Waterski	Jump, Slalom, Trick	Men
		Jump, Slalom, Trick	Women
Total			
30 Sports	64 Disciplines	207 Events	

All information about THE WORLD GAMES 2022 - [www.twg2022.com](http://www.twg2022.com)



**WAKO Board Meeting - online**  
**Saturday, July 11<sup>th</sup>, 2020**  
**15:00 pm – 16:00 pm (Dublin time)**

**Agenda**

**Introduction:**

- Appointment of the Chairman of the meeting
- Appointment of the Secretary of the meeting

1. CV 19 update
  - a. 2020 Championships
  - b. National Federation Seminar
  - c. Miscellaneous



ment workshop  
 and, Istanbul, Turkey

**53**

Total Responses

**53**

Completed Responses

Completion Rate

**100%**

LIVE IT - BREATHE IT - FIGHT FOR IT!



WAKO.SPORT



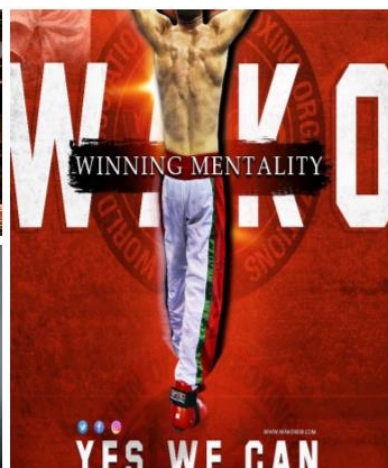
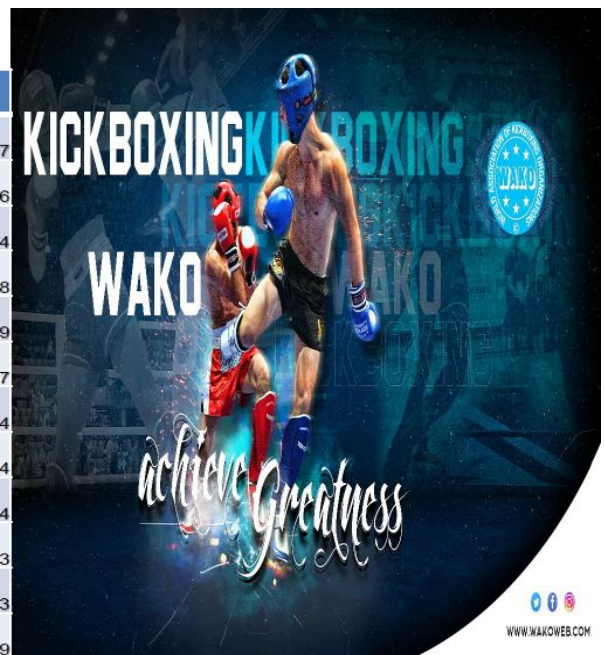


### Who will attend

	Total Responses	Yes
President	49	63% 31
General Secretary	37	41% 15
Administration	34	44% 15
Legal Council	25	12% 3

### Subject PRIORITY

Rank	Subject	Score
1	High Performance in Tatami	2.7
2	Good Governance ( Creating statutes- By Laws - Accounts - Administration Infrastructure	2.66
3	How to set up and use Sports Data at events	2.64
4	How to promote your federation on Social Media	2.58
5	How to grow your athlete pool of members	2.49
6	Tatami Sports Development and growth	2.47
7	How to Grow your National Federation	2.4
8	High Performance in Ring	2.4
9	How to develop and implement an Anti Doping program	2.4
10	Ring Sports Development and growth	2.3
11	How to use the NEW and MANDATORY WAKO Membership System	2.3
12	Referee Development and Growth	2.19



**Wisemore Hotel, Istanbul**

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**WAKO Board Meeting - online**  
**Saturday, August 22<sup>nd</sup>, 2020**  
**15:00 pm – 18:00 pm (Dublin time)**  
**Agenda**

Introduction:

- Appointment of the Chairman of the meeting
- Appointment of the Secretary of the meeting

1. Approval of previous Minutes (by video-conference, June 27<sup>th</sup> and July 11<sup>th</sup>,2020)
2. Rules revision project
  - a. Dr Massimiliano Bianco (10 mins)
    1. Approval of the updated Medical Rules
    2. Approval of Draft Safety Protocol to adopt at next WAKO European Championship
  - b. Romeo Desa (10 mins)
    1. Additional updates proposal
3. President's Report (10 Mins)
  - a. CV 19 Impact on our Sport
    1. Events cancelled
    2. Development of Online Activity (Education)
    3. 2021 Event Plan
    4. National Federations Workshops Conference, 25<sup>th</sup> -27<sup>th</sup> September, Istanbul (Turkey)
    5. IOC Funding opportunity
  - b. Portugal Report (15 mins)
    1. Government Meeting
    2. WAKO Portugal Legends dinner
    3. Complaint letters
4. Serbian President Letter 1 and Letter 2
5. WAKO Strategic National Federation Workshop Overview
  - a. Date
  - b. Venue
  - c. Agenda
  - d. Uptake
  - e. Costs
  - f. Deliverables
6. Final decision about WAKO European Championship (Turkey) (15 mins)
  - a. Salim presentation (5 mins)
  - b. Donato presentation (5 mins)
  - c. Decision (5 mins)
7. Finance (20 mins)
  - a. Income / Expenditure update
  - b. Members payment update
  - c. IOC Funding
  - d. Update of Budget 2020 (if any)
  - e. Approval of the Financial Statement 2019
  - f. Approval of the Audit Report 2019
8. Membership (10 mins)
  - a. New applications, change of name, change of entity, change of contact details (if any)
  - b. Proposal of suspension of "Ghost Federations" and not compliant members as per art.15 of the WAKO Statutes
9. Legal Committee Update (15 mins)
  - a. Update on revision of Continental Statutes
    1. Africa
    2. Asia
    3. Oceania
    4. Europe
    5. Pan America
  - b. Implementation of the GDPR compliance update
10. Ethical Committees' update on cases and proposals (If any)
11. Disciplinary Committees' update on cases and proposals (If any)
12. Continental Update Correspondences (5 minutes each continent)
  - a. Continental Activity Plan 2020
  - b. Continental Championships update
    1. Date
    2. City
    3. Venue
    4. Disciplines
    5. Age Group
    6. General Assembly
  - c. 2021 Events Update (5 minutes)
  - d. Junior/Cadet Continentals 2021?
    1. Europe (Gyor)
    2. Pan America?
    3. Africa?
    4. Asia?
    5. Oceania?
13. IWGA World Games 2022 Qualifications?
  - a. Russia - Possible WAKO World Championships, 5<sup>th</sup> – 14<sup>th</sup> November 2021
  - b. Combat Games Update
14. General Assembly 2020
  - a. Date
  - b. Time
  - c. Place
  - d. Agenda
15. Next Board Meeting
16. AOB



## WAKO Arab federation

With the participation of more than 300 Arab coaches, the first day of the international trainers course has started on electronic platforms organized by the Arab Kickboxing Federation and in collaboration with WAKO.

The session was opened by the President of the Arab Federation Dr. **Basil** with a speech of thanks to all national unions for their continued interaction amid the Corona pandemic and thanks and appreciation for the participation of international lecturers and experts in this course and the great benefit that will be given to coaches and coaches participating in the course.

The course started with a very interesting lecture by Dr. **Fayez Abu Aida** on training theories and theories.

The international expert, Professor **Miodrag Jotic** from Serbia, he presented a very interesting lecture on the challenges facing the sport coach.



At the end of the lecture, the questions of the participants were answered and very important matters were clarified.

Second day of on line seminar the lecture was given by Dr. **Mazen Qaqish** - Titled sports injuries



## WAKO Arab federation

Great interaction of trainers during the third day lectures of the Arab Kickboxing Federation's trainer's session. More than 350 participants for this day.

Last day of the International Point Fighting seminar witnessed a practical lecture of Hungarian **Zsolt Moradi** chairman of the WAKO IF Athlete Committee and the world champion ten times explaining fighting situation, basic techniques, planning, execution and ending attack, balance and speed, defences, and control during punches and kicks.



At the end of the lecture, 150 trainers from 12 Arab countries answered several questions that influenced the information.

All thanks to the Palestinian Olympic Committee and to the international and Arab Federation and thanks to the Dr. **Nizar Talib, Tariq David, Khalil Basharat** and everyone who contributed to the success of this international sport event.



On Sunday, the Arab training session was completed through electronic platforms and in coordination with the WAKO and with the participation of 512 trainers from 16 Arab countries and 41 coaches participated from Iraq.





The SEAGF Council among the important matters accepted and confirmed the host countries of the future SEA Games as follows:

- 32<sup>nd</sup> SEA Games in Cambodia 2023
- 33<sup>rd</sup> SEA Games in Thailand 2025
- 34<sup>th</sup> SEA Games in Brunei Darussalam 2027 (pending confirmation by the Government of Brunei Darussalam)
- 35<sup>th</sup> SEA Games in Lao 2029

### SEA Games Federation Council confirms host countries

The Southeast Asian (SEA) Games Federation Executive Committee meeting was held on Wednesday, July 22, with participation of officials of Vietnam Olympic Committee, the Olympic Council of Malaysia.

The SEAGF Council meeting was held in the afternoon at 2pm and was chaired by H.E. Mr. **Nguyen Ngoc Thien**, Minister of Culture, Sports and Tourism of Vietnam, who is also the President of the Vietnam Olympic Committee.

In addition, the SEAGF Council accepted the 36 sports as proposed by the Vietnam Olympic Committee to be listed in the programme of the 31<sup>st</sup> SEA Games 2021 including the Kickboxing sport.



## BULGARIA

Bulgarian National kickboxing championships in Full contact and K-1 - July 3<sup>rd</sup> -5<sup>th</sup>



Participated:  
228 competitors  
38 clubs

Best club in full contact:  
"Star Team" (Sofia)

Best club in K1  
"Shumenska krepost" (Shumen)



## CHILE

At this seminar was present Mr. **Paulo Zorello** who in addition to having an extensive sports resume and achieving 7 mo Dan in Kickboxing WAKO.

At this seminar was present Directors of the National Arbitration Commission, Mr. **Juan Gonzalez, Luis Medel** and **Elvis Urbina**. Together with them participants learn more about the modalities, training and future of WAKO refereeing in Mexico.

EDUCACIÓN WAKOCHILE PRESENTA:  
**#WAKOCHILELIVE**

ENTREVISTADOR



**RODRIGO OYARZUN**  
ENTRENADOR WAKO CHILE

INVITADO



**SR. PAULO ZORELLO**  
PRESIDENTE WAKO PANAMA  
VICE PRESIDENTE WAKO IF

EN VIVO POR:  facebook  
 YouTube

SABADO 18 DE JULIO  
20:00 HORAS (CLT)

EDUCACIÓN WAKOCHILE PRESENTA:  
**#WAKOCHILELIVE**

ENTREVISTADOR



**RODRIGO OYARZUN**  
C. EDUCACION WAKO CHILE

INVITADOS



**JUAN LUIS GONZALEZ**  
**LUIS MEDEL CEBALLOS**  
**ELVIS URBINA LOPEZ**

EN VIVO POR:  facebook  
 YouTube

SABADO 25 DE JULIO  
20:00 HORAS (CLT)

Officials of Finish Kickboxing Federation - **Sami Savo, Juha Saurama** and **Thierry Meyour** had great developing meeting on 20. July. Topic was WAKO Kickboxing Tatami sports in Finland and how to develop it in the future.

Finland Kickboxing Federation will organize WAKO Tatami sports event on 7 of November in Järvenpää, which is TOPTEN CUP IV. Same day 7th November on the evening in the same place will held Ring Night II where will be boxing and kickboxing fights. The main fights going to be two Wako Pro World title bouts.



Finish Kickboxing Federation will organize next competition in Kickboxing Tatami sports on 16-17 of January 2021. Goal is to build great international tournament in the beautiful city Tampere in Finland. Plan is to make nice experience to all participants and wish to all very welcome to be there!

**COVID19 Guidance has now changed for outdoor exercise in ENGLAND.**

For social interactions the limit of 6 people from 6 different households meeting outdoors will still apply. However, businesses and venues following COVID Secure guidelines can host larger groups.

**COVID19 Guidance for kickboxing activity in England**



**All coaches and athletes must follow government social distancing guidelines**

[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

**Based on government advice the following activity is currently permitted.**

**Online Training**

WAKO GB Insurance allows Coaches to deliver classes pre-recorded or live overzoom as long as safeguarding and health & safety requirements are met. For further details contact [safeguarding@wakogb.com](mailto:safeguarding@wakogb.com)

**Individual Training**

Practise of individual skills or fitness indoors or outside.

**Household Training**

Members of the same household may train with no social distancing e.g. sparring is permitted. Training may be inside or outside

**Coach Led Training - outside only**

Coach led group training of no more than 30 people can be done outside.

Sharing of equipment should be kept to a minimum. Strong hand hygiene practises should be in place before and after.

**Indoor Training**

Clubs may run classes for school years subject to the guidelines for Out of School Settings.

From the 25th July Gyms may reopen subject to being COVID Secure. All clubs must perform a risk assessment and document their operational plan before opening.

All training indoor is subject to 2m social distancing (1m+ does not apply).

This new guidance means that coach led training can now be run outside with groups of no more than 30 people. Coaches must continue to following all social distancing and hygiene guidelines.

Note that under WAKO GB guidelines no contact training is allowed, this includes the use of pads, kick shields and paddles.

# WAKO GB ZOOM WEEKEND TRAINING CAMP

Point Fighting - Kick Light - Light Contact - Full Contact

Saturday 18th - Sunday 19th July

## Saturday

- 12:45 – 13:00 Introduction Neville Wray
- 13:00 – 14:00 Point Fighting
- 14:00 – 14:15 Break
- 14:15 – 15:15 Light Contact/Kick Light
- 15:15 – 15:30 Break
- 15:30 – 16:30 Full Contact
- 16:30 – 17:15 Ask the coach Q & A



## Sunday

- 10:45 – 11:00 Introduction
- 11:00 – 12:00 Video Analysis
- Point fighting and Light Contact - Jacey Cashman.
- Full contact – Mark Watkins
- 12:00 – 12:15 Break
- 12:15 – 13:30 Point Fighting
- 13:30 – 13:45 Break
- 13:45 – 15:00 Light Contact/Kick Light
- 15:00 – 15:15 Break
- 15:15 – 16:30 Full Contact
- 16:30 – Peter Edwards and Neville Wray



Please email office@wakogb.com with your name and age to register

## GREAT BRITAIN

### WAKO GB Weekend Training Camp

On the weekend 18-19.07., WAKO GB organized annual WAKO GB Weekend Training Camp.

This is usually a weekend where all of the WAKO GB squads come together at Lilleshall National Sports Centre and train under the watchful eyes of our team of top class Coaches.

Unfortunately, due to the pandemic, this could not be run as normal, but our athletes did not let us down. The event still took place, but slightly differently - online! Well done to all involved. It was an incredible, invigorating and inspirational weekend.



## GERMANY

July 3<sup>rd</sup>, 15 children of the WAKO Germany FFT Academy successfully passed their white / yellow belt test.

There are turbulent months behind the kids. After their martial cat class, they start their martial arts training at the end of January, after the lock down in March, their living room was the dojo and classes are online, after the relaxes in May followed the outdoor lessons.

Great respect for endurance 👍





## GERMANY



For the first time, the Federal squad trained closely in the time of Corona.

The modified annual framework training plan is designed to ensure that the new annual highlight of the European Championship takes place in Turkey in Antalya. Despite Corona, the federal squad athletes presented themselves in an impressive form.



Big thanks go to our judges and federal judges who have travelled from different federal states (Hessen, NRW, Hamburg, Bremen) to enable us to compete closely.

We would like to thank our light contact juniors for their commitment as sparring partners.

Thanks to the athletes who implemented the distance and hygiene measures according to DOSB.



We salute all the Kickbox friends in the world! Step by step back to normal.

July 2<sup>nd</sup>

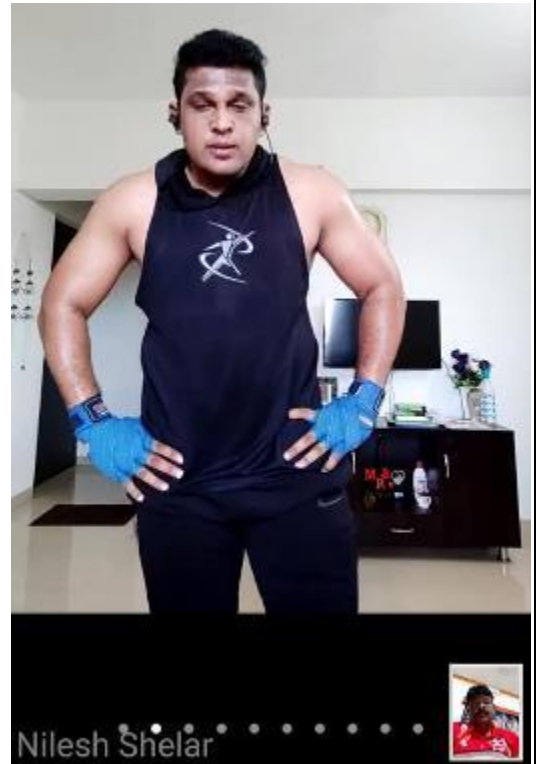
INDIA

wakoindia@gmail.com | Website: [wakoindia.org](http://wakoindia.org)'."/>

July 3<sup>rd</sup>

wakoindia@gmail.com | Website: [wakoindia.org](http://wakoindia.org)'."/>

July 4<sup>th</sup>

wakoindia@gmail.com | Website: [wakoindia.org](http://wakoindia.org)'."/>


### July Report 2020

The First Online Training Program of WAKO India is running successfully since 2 months now. This has been a great achievement for our federation seeing as the people are still in lock down state. This program has been helpful to the Athletes/ Coaches/ Officials to cope up with the routine in such situation. Federation has also monitored a lot of growth in confidence of the participants since it provides equal opportunity to everyone to come up as an individual and train the other members of the group. It has been observed that the altitude of interest has increased and so is the participation level. President Mr. Agrawal has sincerely thanked WAKO (IF) Officials for continuously backing up our set of people to grow in the sport.

July 6th

INDIA

**WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY**  
The Coaching Programme helps instructors provide a safe and positive training environment in their clubs. It also helps raise awareness of best practice in contemporary Coaching methods.

**SPEED FIGHTING**  
ATTENTION TEAM COACHES  
DEAR MEMBERS, MR. BISWADEV PATTANYAK WILL BE PROVIDING TRAINING FOR IMPROVEMENT OF SPEED AND ABILITY WHILE FIGHTING

Date: 6<sup>th</sup> July 2020  
Time: 6 to 7 pm  
Meeting ID: 201 311 3219  
Password: KICKBOXING

WAKO INDIA NATIONAL ACCREDITED COACH

July 7th

**WAKO INDIA NATIONAL REFEREE SEMINAR 2020**  
TATAMI SPORTS  
Session Conducted By:  
**Mr. Brian Beck** (Guest Speaker)  
Chairman of Referee Committee, National Sports, WAKO JPN

Date: 7<sup>th</sup> July, 2020 | Time: 6 to 7 pm

Zoom Meeting Details:  
Meeting ID: 201 311 3219  
Website: www.india.org

WAKO INDIA NATIONAL ACCREDITED COACH

July 8th

**WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY**  
The Coaching Programme helps instructors provide a safe and positive training environment in their clubs. It also helps raise awareness of best practice in contemporary Coaching methods.

**LOW KICK**  
DEAR MEMBERS, TODAY'S SESSION CONDUCTED BY MR. PRAVEEN RAJ KUNNATH ON LOW KICK

Date: 8<sup>th</sup> July 2020  
Time: 6 to 7 pm  
Meeting ID: 201 311 3219  
Password: KICKBOXING

WAKO INDIA NATIONAL ACCREDITED COACH

We successfully organized “WAKO India Online Referee Webinar” on 7<sup>th</sup> July 2020. WAKO India was proud to have WAKO (IF) Chairman of the Referee Committee in Tatami Sport, Mr. Brian Beck who conducted the Webinar. It had an overwhelming response and the learning and the overall enhancement of the technical skills for the members was good chunk to attain. For a developing nation like ours these webinars/ seminars plays a very important role in improving and promoting the sport. And if WAKO India is getting this from the top official, it’s like crux of the biscuit.

Our Federation had participated in a Webinar organized by the World Anti Doping Agency (WADA) held on 18th July. Mr. Santosh K Agrawal and Ace Doctor from Manipal Hospitals Dr. Sushant Chhabra who is also the chairman of WAKO India Medical Committee were the attendees. There were other countries also who took part in the session and gathered lot of productive information about the WADA rules & regulations and guidelines. This came out to be rich tutorials which are much needed by our group.

We thank again to our WAKO India President for encouraging and redefining Kickboxing sport in India and taking the game close to get the official recognition.

WAKO India PR

July 10th

**WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY**  
The Coaching Programme helps instructors provide a safe and positive training environment in their clubs. It also helps raise awareness of best practice in contemporary Coaching methods.

**FITNESS EXERCISES**  
DEAR MEMBERS, TODAY'S SESSION WILL BE CONDUCTED BY MR. BISWADEV PATTANYAK

Date: 10<sup>th</sup> July, 2020  
Time: 6 to 7 pm

Zoom Meeting Details:  
Meeting ID: 201 311 3219  
Password: KICKBOXING

WAKO INDIA NATIONAL ACCREDITED COACH

July 11<sup>th</sup>



### WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY

The Coaching Programme helps instructors provide a safe and positive training environment in their clubs. It also helps raise awareness of best practice in contemporary Coaching methods.

#### K1 STYLE

DEAR MEMBERS, TODAY'S SESSION WILL BE CONDUCTED BY Mr. Jitesh Banjan



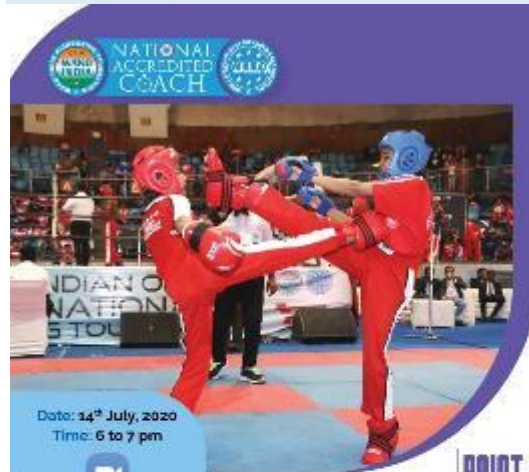
Date: 11<sup>th</sup> July, 2020

Time: 6 to 7 pm



INDIA

July 14<sup>th</sup>



Date: 14<sup>th</sup> July, 2020

Time: 6 to 7 pm



### POINT FIGHT

DEAR MEMBERS, TODAY'S SESSION WILL BE CONDUCTED BY Mr. Sidhant Mundapat

Coaching Program Controller Mr. Karthik Dakua Chief Coach - WAKO India National Team



### WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY

The Coaching Programme helps instructors provide a safe and positive training environment in their clubs. It also helps raise awareness of best practice in contemporary Coaching methods.

July 15<sup>th</sup>



### WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY

The Coaching Programme helps instructors provide a safe and positive training environment in their clubs. It also helps raise awareness of best practice in contemporary Coaching methods.

#### LOW KICK

DEAR MEMBERS, TODAY'S SESSION WILL BE CONDUCTED BY Mr. Vishal Singh



Date: 15<sup>th</sup> July, 2020

Time: 6 to 7 pm



Coaching Program Controller Mr. Karthik Dakua Chief Coach - WAKO India National Team

July 16<sup>th</sup>



### WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY

The Coaching Programme helps instructors provide a safe and positive training environment in their clubs. It also helps raise awareness of best practice in contemporary Coaching methods.

#### RING FIGHT

DEAR MEMBERS, TODAY'S SESSION WILL BE CONDUCTED BY Mr. Nilesh Shelar

Date: 16<sup>th</sup> July, 2020

Time: 6 to 7 pm



Coaching Program Controller Mr. Karthik Dakua Chief Coach - WAKO India National Team



July 17<sup>th</sup>



### WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY

The Coaching Programme helps instructors provide a safe and positive training environment in their clubs. It also helps raise awareness of best practice in contemporary Coaching methods.

#### FIGHT TECHNIQUES

DEAR MEMBERS, TODAY'S SESSION WILL BE CONDUCTED BY **Mr. Bichitra Narayan Jena**

Date: 17<sup>th</sup> July, 2020  
Time: 6 to 7 pm



Coaching Program Controller  
**Mr. Karthik Dakua**  
Chief Coach - WAKO India National Team



INDIA

July 18<sup>th</sup>



### ADVANCED PUNCH TECHNIQUES

DEAR MEMBERS, TODAY'S SESSION WILL BE CONDUCTED BY **Mr. Krushna Ch. Dakua**

Date: 18<sup>th</sup> July, 2020  
Time: 6 to 7 pm



Coaching Program Controller  
**Mr. Karthik Dakua**  
Chief Coach - WAKO India National Team



### WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY

The Coaching Programme helps instructors provide a safe and positive training environment in their clubs. It also helps raise awareness of best practice in contemporary Coaching methods.

July 20<sup>th</sup>

**WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY**

The Coaching Programme helps instructors provide a safe and positive training environment in their clubs. It also helps raise awareness of best practice in contemporary Coaching methods.

**PRESTYLE GYMNASTIC TECHNIQUES**

DEAR MEMBERS, TODAY'S SESSION WILL BE CONDUCTED BY **MR. SAYYAD HAVIV REHMAN**



Date: 20<sup>th</sup> July, 2020 | Time: 6 to 7 pm



Coaching Program Controller  
**Mr. Karthik Dakua**  
Chief Coach - WAKO India National Team



July 18<sup>th</sup>

**SUCCESSFULLY PARTICIPATED IN THE ANTI-DOPING WEBINAR**



**DR. SUSHANT CHIVARA**  
Head of Sports Medicine  
Manager of Medical Services  
Head of Team Medicine  
Chairman  
Medical, Health & Anti-doping  
Committee - WAKO INDIA

**MR. SANTOSH K. AGRAWAL**  
President - WAKO INDIA  
Member - WAKO Technical Committee

WAKO INDIA  
WORLD ANTI-DOPING AGENCY  
WAKO

Manipal Hospitals  
WAKO INDIA - ANTI-DOPING WEBINAR



July 21<sup>st</sup>

**WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY**

The Coaching Programme helps instructors provide a safe and positive training environment in their clubs. It also helps raise awareness of best practice in contemporary Coaching methods.

**POINT FIGHT AND TECHNIQUES**

DEAR MEMBERS, TODAY'S SESSION WILL BE CONDUCTED BY **MR. SIDHANT MUNDAPAT**

Date: 21<sup>st</sup> July, 2020  
Time: 6 to 7 pm



Coaching Program Controller  
**Mr. Karthik Dakua**  
Chief Coach - WAKO India National Team



July 22<sup>nd</sup>

**WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY**

The Coaching Programme helps instructors provide a safe and positive training environment in their clubs. It also helps raise awareness of best practice in contemporary Coaching methods.

**FUNCTIONAL TRAINING AND FIGHT TECHNIQUES**

DEAR MEMBERS, TODAY'S SESSION WILL BE CONDUCTED BY **Mr. Ranjeet Khatade**

Date: 22<sup>nd</sup> July, 2020  
Time: 6 to 7 pm



Coaching Program Controller  
**Mr. Karthik Dakua**  
Chief Coach - WAKO India National Team



July 24<sup>th</sup>

**WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY**

The Coaching Programme helps instructors provide a safe and positive training environment in their clubs. It also helps raise awareness of best practice in contemporary Coaching methods.

**WAKO INDIA MEMBERS LIVING STORY**

DEAR MEMBERS, TODAY'S SESSION WILL BE CONDUCTED BY **Mr. Mohit K. Sahoo**

Date: 24<sup>th</sup> July, 2020  
Time: 6 to 7 pm



Coaching Program Controller  
**Mr. Karthik Dakua**  
Chief Coach - WAKO India National Team



July 25<sup>th</sup>



Date: 25<sup>th</sup> July, 2020  
Time: 6 to 7 pm  
Zoom

**BOX FIGHT TECHNIQUES**

DEAR MEMBERS, TODAY'S SESSION WILL BE CONDUCTED BY Mr. Anil Mirkar



**WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY**

The Coaching Programme helps instructors acquire a safe and positive learning environment in their clubs. It also helps to be an instructor of best practice in contemporary Coaching methods.



Coaching Program Controller  
Mr. Karthik Dehse  
Chief Coach - WAKO India National Team



INDIA

July 27<sup>th</sup>



Date: 27<sup>th</sup> July, 2020  
Time: 6 to 7 pm  
Zoom



**WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY**

The Coaching Programme helps instructors acquire a safe and positive learning environment in their clubs. It also helps to be an instructor of best practice in contemporary Coaching methods.



**BOX STRENGTHING AND BOX CONDITIONING TECHNIQUES**

DEAR MEMBERS, TODAY'S SESSION WILL BE CONDUCTED BY Ms. Seema sani

Coaching Program Controller  
Mr. Nilesh Shelar  
Coach - WAKO India National Team

July 28<sup>th</sup>



Date: 28<sup>th</sup> July, 2020  
Time: 6 to 7 pm  
Zoom

**BOXING FIGHT'S TECHNIQUES**

DEAR MEMBERS, TODAY'S SESSION WILL BE CONDUCTED BY Mr. Siddhant Mundapat



**WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY**

The Coaching Programme helps instructors acquire a safe and positive learning environment in their clubs. It also helps to be an instructor of best practice in contemporary Coaching methods.



Coaching Program Controller  
Mr. Nilesh Shelar  
Coach - WAKO India National Team



July 29<sup>th</sup>



Date: 29<sup>th</sup> July, 2020  
Time: 6 to 7 pm  
Zoom



**WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY**

The Coaching Programme helps instructors acquire a safe and positive learning environment in their clubs. It also helps to be an instructor of best practice in contemporary Coaching methods.



**BOX FIGHT TECHNIQUES**

DEAR MEMBERS, TODAY'S SESSION WILL BE CONDUCTED BY Mr. Anil Mirkar

Coaching Program Controller  
Mr. Nilesh Shelar  
Coach - WAKO India National Team

July 30<sup>th</sup>



Date: 30<sup>th</sup> July, 2020  
Time: 6 to 7 pm  
Zoom

**BOXING PUNCHES AND FOOTWORK PRACTICE**

DEAR MEMBERS, TODAY'S SESSION WILL BE CONDUCTED BY Mr. Dheeraj Waghmare



**WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY**

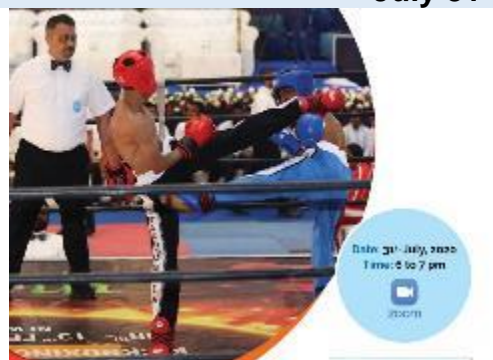
The Coaching Programme helps instructors provide a safe and positive learning environment in their clubs. It also helps to be an instructor of best practice in contemporary Coaching methods.



Coaching Program Controller  
Mr. Nilesh Shelar  
Coach - WAKO India National Team



July 31<sup>th</sup>



Date: 31<sup>st</sup> July, 2020  
Time: 6 to 7 pm  
Zoom



**WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY**

The Coaching Programme helps instructors provide a safe and positive learning environment in their clubs. It also helps to be an instructor of best practice in contemporary Coaching methods.



**LOW KICK TECHNIQUES**

DEAR MEMBERS, TODAY'S SESSION WILL BE CONDUCTED BY Mr. Vishal Singh

Coaching Program Controller  
Mr. Nilesh Shelar  
Coach - WAKO India National Team



## IRELAND

WAKO Ireland organized seminar for RECOGNISED Kickboxing Coaching certificate recognised by Sport Ireland, WAKO and Kickboxing Ireland.

The only way to get one is Coaching Level 1 Course organized on line July 25<sup>th</sup>

Registration through Eventbrite was open to Kickboxing Ireland members only.

All participants were sponsored by a KBI certified Coach and club.



## ITALY

**Donato Milano**, president of FIKBMS (WAKO Italy) participated on CONI Seminar in Sport Management

- The responsibilities of a sports manager

### AFFILIATION RECORD: 700 FIKBMS CLUB MEMBERS

Another historic result! Official, in fact, is the data of the 700 sports clubs that chose FIKBMS to continue their path of both technical and institutional growth.

In FIKBMS all regions of Italy are represented and the data of the 700 affiliates shows that companies are all working in the same direction, i.e. the growth of the movement effectively approving the work of President Donato Milano and the Federal Council and Regional Committees ....

*"In this delicate and dramatic moment - says federation president **Donato Milano** - wants this message to represent an additional stimulus to keep going. An extremely satisfying result confirming how the road undertaken since 2014 has been the right one. In these years we have collected and are reaping the fruits of a serious and concrete project. I thank the movement for the trust given to us daily. We are now a family with 700 affiliated companies, number destined to grow further". And... it doesn't end here.*

Thank you ALL!





◀ July 4<sup>th</sup> - Training for coaches / instructors in Rome. At the new lesson of the course, organized by CR FIKBMS Lazio of President Mario Carella, speakers in addition to the federal regional number also **Paolo Liberati**, DT of the Italian National Team of Full Contact.



◀ Saturday 11<sup>th</sup> and Sunday 12<sup>th</sup> July, Coach / Instructors and Technicians course of Lazio for the update ESAG (Sports Educator Youth Activity) with theoretical and practical notions by Master **Alessandro Milan**, exceptional professor of the Physical Education, DT of the Fikbms Cadetti / Junior National Team of Light Contact and one of the managers of the National Fikbms Training School.



◀ July 13<sup>th</sup> - The lessons for coach and instructor courses organized by Mario Carella, President CR FIKBMS Lazio. Seminar held by Prof. **Angelo Rodio**, professor of nutrition at the University of Cassino. The focus has placed the emphasis on the importance of a correct energy balance for optimal performance.



◀ July 17<sup>th</sup> - The training for the trainer / instructor course organized by Mario Carella, president of CR Lazio Fikbms, in Rome. The great legends of world kickboxing **Paolo** and **Massimo Liberati** gave a very interesting lesson, dividing trainees into two groups: master Paolo curated the coaches section, while master Massimo followed that of the instructors.



◀ July 17<sup>th</sup> - Training and preparation seminar for coaches and instructors - lesson on rules and regulations held by **Marco Pacor** and **Raffaele Aveni**, both international referees for Ring and Tatami.





◀ July 22<sup>nd</sup> - The course for coaches and instructors organized in Rome, by Mario Carella President CR Lazio Fikbms embellished with a new lesson focused on "Doping and Antidoping in Sport".

Exceptional speaker Dr. **Massimiliano Bianco**, among those responsible - and one of the excellences - of the Sport Medicine of the Gemini Polyclinic and president of the WAKO World Medical Commission.

"An interesting topic that projected us into the world of drugs to alter the sporting result and competitive performance at 360 degrees. So, what is being done in the sport world to fight doping said President Carella. Not only that but Dr Bianco shed light on the Antidoping commissions with champion control in various national and international competitions.



July 2<sup>nd</sup>

**SAMUEL MACÍAS -EN VIVO-**

**"BÁSICOS DE PODER, PATEO EXTREMO Y FUNDAMENTOS ACROBÁTICOS"**

Este sábado 04 de julio en punto de las 10:00 a.m. te esperamos.

**¡NO TE LA PUEDES PERDER!**

**facebook**  
LIVE  
Fenakib & WAKO México

IMPARTIDA POR:  
SERGI SAMUEL MACÍAS  
Presidente de la Federación Mexicana de Kick Boxing y WAKO México

July 21<sup>st</sup>

**PONENTE:**  
Mtro. Emanuel Badillo  
Miembro de la Federación Mexicana de Kick Boxing México

**MARTES 21 DE JULIO**  
EN PUNTO DE LAS 08:00 P.M.  
**¡NO TE LA PUEDES PERDER!**

**MÉTODOS HIIT, EN LA PREPARACIÓN DE DEPORTES DE COMBATE**

**facebook**  
LIVE  
Fenakib & WAKO México

TE PASA WAKO NUESTRO invitamos toda la comunidad de artes marciales a dar un paso al frente para mejorar tu preparación física y mental en el combate.

July 24<sup>th</sup>

**PONENTES:**  
Felipe Santamaría Lule  
Director del Colegio de Referee y Jueces - AKA  
José Luis Wilfongue  
Director del Colegio de Referee y Jueces - Texas

**VIERNES 24 DE JULIO**  
EN PUNTO DE LAS 08:00 P.M.  
**¡NO TE LA PUEDES PERDER!**

**REGLAMENTO DE RING FULL CONTACT, LOW KICK & K1 RULES**

**facebook**  
LIVE  
Fenakib & WAKO México

TE PASA WAKO NUESTRO invitamos toda la comunidad de artes marciales a dar un paso al frente para mejorar tu preparación física y mental en el combate.

MEXICO

RESILIENCE !!!

Videoconference with Dr. **Diana Vázquez Cruz** (Psychologist of the National Federation of Kick Boxing Mexico)

Every Wednesday, at 3:00 p.m.



July 22<sup>nd</sup>

**PONENTE:**  
Dra. Diana Vázquez Cruz  
Psicóloga de la Federación Nacional de Kick Boxing México

**MIÉRCOLES 22 DE JULIO**  
EN PUNTO DE LAS 08:00 P.M.  
**¡NO TE LA PUEDES PERDER!**

**TÉCNICAS DE MANEJO EMOCIONAL**

**facebook**  
LIVE  
Fenakib & WAKO México

TE PASA WAKO NUESTRO invitamos toda la comunidad de artes marciales a dar un paso al frente para mejorar tu preparación física y mental en el combate.

July 25<sup>th</sup>

**ENTRENAMIENTO DE LA SELECCIÓN MEXICANA DE KICKBOXING**

**SÁBADO 25 DE JULIO, 2020**

09:00 - 10:00 HRS  
FORMAS MUSICALES CON RICARDO OSUNA

10:15 - 11:15 HRS  
LOW KICK 6 R "RULES" CON RICARDO MARTINEZ

11:30 - 12:30 HRS  
LIGHT CONTACT & KICK LIGHT CON FELIPE SANTAMARÍA

12:45 - 13:45 HRS  
POINT FIGHTING CON SERGIO CAJVA

**WIKIOTCHI SELECCIÓN "YU-ROU UNICERUDO" (PERUANO)**

**zoom**  
**facebook**

Participa con Kickboxing México

## الدورة الدولية لقتال النقاط



اليوم الأول الجمعة 2020/07/03 الساعة مساءً  
بتوقيت القدس الشريف GMT +3



السيد براين بيك  
رئيس لجنة المدربين الدولية - واكو

## PALESTINE

Palestinian Kickboxing Federation opens the international cycle of seminars of ' Point Fighting " discipline under Olympic Committee flags.

On Friday July 3<sup>rd</sup>, the Palestinian Kickboxing Federation opened the international seminar of ' Point Fighting " organized on-line, in cooperation with the two kickboxing federations - WAKO IF and Arab kickboxing federation, under the auspices of the Palestinian Olympic Committee.

Major General **Nazeh Nairat**, member of the Executive Board of the Palestinian Olympic Committee, attended the opening of the session, **Roy Baker**, WAKO President, Dr. **Basil Al-Shaar**, President of the Arab Kickboxing federation, **Ahmed Al-Wazan**, President of the Bahraini Federation and **Samir Othamna**, President of the Palestinian Federation.

The first day of the on line seminar was devoted to WAKO Rules under the supervision of **Brian Beck**, Chairman of the Tatami Referee Committee and with the participation of 140 referees of both gender from 12 Arab countries.

Seminar was translated by Dr. **Nizar Talib**, Vice President of the Palestinian Federation, and at the end of the three-hour lecture, a 31-question exam was taken, which was translated by the Palestinian Federation team in advance, and sent it electronically to all participants.



دورة المدربين الدولية  
الأحد 2020/07/05  
11-10 مساءً بتوقيت الأردن




تعليم القيم في  
الحصّة التدريبية

**الدكتور نزار طالب**  
رئيس اللجنة الفنية العربية  
عضو اللجنة الفنية الدولية وَاكو  
نائب رئيس الإتحاد الفلسطيني للكيك بوكسينغ

## PALESTINE

Mr. **Nizar Taleb** - Director of External Relations  
at Palestinian Federation of Kickboxing

### July 5th - On line seminar:

The values a coach should teach students.

Most parents send their kids to sports clubs to gain self confidence, strength of character, courage and loyalty.

How do we teach value in training class?

ينظم الإتحاد الفلسطيني للكيك بوكسينغ  
بالتعاون مع أكاديمية الأقصى




محاضرة حول  
ثقافة التغذية للرياضيين  
يقدمها البروفيسور  
**وهام الشخيلي**

عبر تطبيق Zoom يوم الخميس 2020/07/09  
الساعة التاسعة مساءً حسب توقيت مدينة القدس

Palestinian Kickboxing Federation organizes on July 9<sup>th</sup> a lecture on the culture of nutrition for athletes under support of Olympic Committee

This lecture by Dr. **Wissam Al-Shekli**, completes the four-day combat gaming trainers' session.

**Samir Othamna**, President of the Palestinian Kickboxing Federation, pointed out that all Palestinian and Arab sports associations are open to benefit all.

The combat gaming trainers had witnessed extensive local and Arab participation, and all praised the methodology given by the lecturers.



Two days Seminar in Sports Management by the best Experts in the Middle East.  
Learn from the best University Professors from Iraq and Palestine.

Organized by :  
Palestinian Federation of Kickboxing  
Palestinian Karate Federation



**INTERNATIONAL KICKBOXING WOMEN'S SEMINAR**

The Palestinian Kickboxing Federation concluded the first international training Seminar for women, which was organized on-line over two days, with the participation of 140 athletes from 23 Arab and foreign countries and a number of world and European champions. Within the activities of the National Olympic Week, and under the auspices of the Palestinian Olympic Committee. The first day included a lecture by **Katarzyna Kociszewska** (Poland), Chairperson of the WAKO Women Committee



She lectured about the values of the International Federation and its role in promoting gender equality through kickboxing and supporting women to have a leadership role in the game in addition of providing many tips and directions for kickboxing athletes. Then **Paulina Aleksandra Jarzimek** (Austria), world champion five times, explained the warm-up and combat skills For "point fighting" style together with all participant via zoom.

On the second day of **PALESTINIAN OLYMPIC NATIONAL WEEK**, Moroccan trainer **Rachida Gressi**, a former world champion and 10-time champion of Morocco, gave a detailed explanation of the "LK Discipline" and the demonstration of the techniques and combinations with a number of Moroccan heroines, amid a large interaction of the participants.

At the end **Katarzyna Kociszewska** expressed her happiness at the establishment of this unprecedented session, and expressed its readiness for continued cooperation with the Women's Committee of the Palestinian Federation headed by Jehan Al-Sherbiny.

**Samir Athamneh**, president of the Palestinian kickboxing federation, said that this is the second international session organized by the Palstinian federation in cooperation with IF WAKO since the beginning of the Covid 19 pandemic



**Panamerican Kickboxing Confederation**

**WAKO**

**ORGANIZACIÓN REGIONAL ANTIDOPAJE DE CENTROAMÉRICA**

**DOPAJE EN EL DEPORTE**

**SÁBADO 4 DE JULIO 2020 05:00 P.M ARGENTINA**

**DR. SAÚL SAUCEDO**  
 Presidente ORGANIZACIÓN REGIONAL ANTIDOPAJE DE CENTROAMÉRICA (ORAD-CAM)

**ID DE REUNIÓN: 868 6442 1336**

**zoom**

**WAKO Panam**

July 4<sup>th</sup> - WAKO Panam  
 Organized on line seminar

**DOPING IN SPORT**

Lecturer:  
 Dr. **SAUL SAUCEDO**  
 President of Central America Antidopngg Committee

# SEMINARIO *Internacional*

## “EL PESO Y LOS RIESGOS EN LA NUTRICIÓN DEL ATLETA”

EXPOSITOR: Mgtr. Ana Carolina Pérez  
Nutricionista clínica especialista en Psicopatología de la nutrición

“Abierto al público”

zoom  
845 7735 5059  
Contraseña NUTRICION

Sábado 11 DE JULIO  
3:00 p.m. (Hora Panamá)

### WAKO Panam

July 11<sup>th</sup> - On line seminar "NUTRITION"  
By: Mgtr. Ana Carolina Perez

Food provides the energy and substances necessary for the effective development of an athlete.

Losing weight in competition in the wrong way can lead to deterioration of our health. For this we schedule this Seminar based on the recommendations to athletes in order to guarantee, above all, their health in the process of weight loss.



### WAKO Panam

Election of the president of the Athletes Committee.

Significant participation in the election for the president of the WAKO Panam Athletes' Committee. This action will undoubtedly bring the countries even closer and will be a great tool in the development of our Confederation.

Final result of the vote:

- Rafael Spin** (Brazil) - 2,353 votes - 42.6%
- Leo Corrales (Argentina) - 1,688 votes - 30.6%
- Melisa Martínez (Mexico) - 1,110 votes - 20.1%
- Samuel Maldonado (Puerto Rico) - 317 votes - 5.7%
- Amanda Ginski (USA) - 54 votes - 1%
- Total votes: 5522

Congratulations to the new Chairman of WAKO Panam Athlete Committee

### POLAND

The camp of Kick light Polish team in Chmielno - more than 100 kickboxers are practicing with the coaches: Tomasz Biernacki, Andrzej Garbaczewski, Patryk Zaborowski, Przemysław Ziemnicki, Jarosław Madziar, Sylwester Mikulan.



Roy Baker and Carlos Ramjanali with Portuguese champions



▼ Roy Baker and Carlos Ramjanali



▼ ... with Dinga Reis (Luis)



▼ ... with Raul Lemos



▼ ... with Max Max



PORTUGAL

A very fruitful journey of a week of meetings and visits from Mr **Roy Baker**, CEO of WAKO IF to Portugal held on July 17<sup>th</sup>.

Very important meetings organized by Board member Mr. **Carlos Ramjanali**, with the official entities, of which he highlighted a fruitful and promising informal conversation with the Secretary of State for Sport, the identification of some potential venues to host major events in Portugal and, a lunch with some of the athletes with WAKO titles in Portugal.

Mr. Baker spoke above all about kickboxing, the future of modality and history. Thank you to all who participated in this socializing, Portuguese legends which are the history of kickboxing in Portugal, thanks to names and examples like legends that many young people start taking the first steps in the kickboxing.

Let's be proud of it and make history again!  
KICKBOXING IS OURS!

... with Humberto Evora ▼



... with Diogo "Machine" Neves ▼





▼... with Pedro Kol



▼... with André Santos - Golden Boy



▼... with Tiago Santos - Golden Boy



## PORTUGAL

... with Joao Diogo ▼



... with Ricardo Fernandes ▼



## SINGAPORE



WAKO Singapore leadership team (Mr **Jason Lim** - President, Ms **Valencia Yip** - Secretary and Mr **Joel Lye** - Vice President ) had a good meeting to have an update of the current COVID-19 situation as well as to review the plans that had been drafted out for 2020. Looking forward to rolling out some plans which are compliant with COVID-19 restrictions.



### DEĞERLENDİRME TOPLANTISI

- KOORDİNATÖRLER
- BÖLGE BAŞKANLARI ve YARDIMCILARI
- İL TEMSİLCİLERİ
- TEKNİK KURUL BAŞKANLARI, YARDIMCILARI ve ÜYELERİ

7 TEMMUZ 2020

(SALI)

SAAT 15.00



## TURKEY

President of Turkish Kickboxing Federation Mr. **Salim Kayici** had a review meeting with federation's co-Presidents, Vice Presidents, deputies of the technical board, Vice President and members of the technical board.



## UKRAINE

◀ The Kyiv region team at the 2020 educational and training camp



◀ On July 26<sup>th</sup>, 2020, President of the National Kickboxing Federation of Ukraine WAKO Mrs. **Olga Pavlenko** signed a memorandum of cooperation and interaction with the All-Ukrainian Center for Physical Health of the Population " Sport for All " and joint efforts to healthy lifestyle in Ukraine!



## UNITED STATES

◀ July 9<sup>th</sup> - FREE course from WAKO World Champion and Team USA member **Blake Spence**.

**FIGHT CAMP 2020**

LET'S  
**MAKE  
SOME  
NOISE**

**INTENSIVE  
FIGHT TRAINING**  
- THIS IS NOT A SEMINAR -  
TAUGHT BY  
**ROB ZBILSKI**  
PRESIDENT OF WAKO TEAM USA  
**AMANDA GINSKI**  
WORLD CHAMPIONSHIP SILVER MEDALIST  
PAN-AMERICAN GOLD MEDALIST  
RANKED #2 WORLDWIDE

JULY 31 - AUGUST 2  
11320 KILEY DRIVE, HUNTLEY, IL  
FOR INFORMATION CONTACT AMANDA GINSKI  
AGINSKI11@GMAIL.COM

**LIMITED SEATING**

◀ July 31<sup>st</sup> - **Rob Zbilski** and **Amanda Ginski** doing a HIGH LEVEL, super hard fight camp at the end of July.

**VIRTUAL CHAMPIONSHIP**  
KICKBOXING

Virtual Championship  
Open WAKO Venezuela

Inscripciones abiertas  
Del 21 al 07 de Julio 2020  
**¡Totalmente Gratis!**

Premiaciones en metálico  
para las 3 categorías  
con más participantes y  
mejor desempeño.

Regístrate en:  
[www.virtualchampionship.net](http://www.virtualchampionship.net)

## Virtual Championship Open WAKO Venezuela

With the historical participation of 553 competitors, 403 from Venezuela and 150 from countries that joined the special invitation, including Argentina, Brazil, Ecuador, Peru, Chile, Trinidad and Tobago, the first Virtual Championship Open Wako Venezuela began. This was possible thanks to the sponsorship of the virtual platform, which offered its innovative method of Virtual Fight.

**VIRTUAL CHAMPIONSHIP**  
KICKBOXING

Virtual Championship  
Open WAKO Venezuela

Inscripciones abiertas  
Del 21 al 07 de Julio 2020  
**¡Totalmente Gratis!**

Premiaciones en metálico  
para las 6 categorías  
con más participantes y  
mejor desempeño.

Regístrate en:  
[www.virtualchampionship.net](http://www.virtualchampionship.net)

Children from 7 years old up to the category of +55 with 102 categories among the 6 modalities of Kickboxing WAKO, these athletes rekindled the spirit of competition in this remote opportunity due to social isolation and the pandemic.

The day began before the event with the preparation and certification of Virtual judges, an activity offered free of charge by the virtual Championship. Thanks to this, a select team of National and international judges could meet to learn and contribute about this novel way of judging especially in the technical performance of young people according to the regulations for each modality and, at the same time, the adaptation in the technological system judgment. Thus, it was possible in the first instance to have 18 virtual judges prepared to evaluate the matches.

**VIRTUAL CHAMPIONSHIP**

**¡Y TENEMOS GANADORES!**

Ingresa en nuestro web site y consulta los resultados  
[www.virtualchampionship.net](http://www.virtualchampionship.net)

In this way the day began on July 7, 2020 with the closing of registrations of 553 athletes of different ages and in different modalities. For the day 08 the elimination phase and 8th finals of Point Fighting, Light Contact, Kick Light, Full Contact, Low Kick and K1 Rules begin, and in the categories where there were more athletes. By Friday, more than 200 matches had already been judged and more than 500 virtual combats were evaluated in the 4th final, thus continuing on Saturday the semifinal and on Sunday 12 the grand Final.



A 5-day day where more than 4000 videos were recorded to present her virtual Fight in the Wako modality and thus face the other opponent in each match. At the end of the day where the entire platform is automated to carry out these meetings, the satisfaction and joy of all the participants made itself felt, with messages, words, writings and recognitions on the networks, transforming this activity into "viral" news where they continued to The event is close to 43 countries with more than 6000 visits to the tournament website. The young

people grateful to Wako If, Wako Panam and Wako Venezuela for allowing them in this special situation to be able to connect with kickboxing, through this new activity to resume distance work but united, as well as reactivate physically and spiritually.

On the other hand, and mainly as support for the boys, the 4 best categories were chosen and with the greatest participation where Chile trophies, in addition to donating the physical medals that will be sent to the clubs for distribution to their winners, he made a metallic contribution to these 4 categories with the spirit of encouraging the boys and helping them in something in these difficult times for all. This activity was totallity free.

An unprecedented and successful day for our region, for Pan American sport and for Kickboxing in the world; where in Venezuela despite the political and economic situation; and a pandemic kickboxing and its organizers move passions and are an example for other countries in terms of the desire to work for sport and the development of future plans; demonstrating that with perseverance despite any difficulty and with will everything is possible. Congratulations Venezuela worthy example for the World Kickboxing and a pride for our organization.

**Paulo Zorello**  
President WAKO PANAM





## VIETNAM

Vietnam Kickboxing Association organizing the Junior Kickboxing championships (Low Kick style) with more than 400 registered athletes from 38 provinces across the country.

The competition is organized from 20 to 28 July in Nghệ An , central province of Vietnam. At provincial stadium called Vinh Stadium in Vinh city.

The Technical and Judges/Referees seminar and briefing was organized a day before the competition with participation of more than 50 Judges/Referees across the nation.

The Vietnam Kickboxing Association had been founded in September 2009 by initiative of Mr **Nasser Nassiri**, the President of Asian Kickboxing Confederation (WAKO ASIA) and with collaboration of Vietnam Sport authorities and Vietnam National Olympic Committee in preparation of 3rd Asian Indoor Games which were held in success in November 2009 where Kickboxing sport was presented as official sport.

After inclusion of Kickboxing in 30<sup>th</sup> SEA Games Philippines 2019 as official sport and successful organization of Kickboxing competition by Asian Kickboxing Confederation, the inclusion of Kickboxing Sport in upcoming 2021 SEA Games Vietnam has been confirmed.

The Kickboxers athletes representing Vietnam NOC have been able to obtain the first place in ranking in Kickboxing Competition during 30<sup>th</sup> SEA Games Philippines 2019 by obtaining 4 Gold medals.





**Results:**

<b>Countries:</b>	Gold	Silver	Bronze
1. Mexico	19	8	6
2. Venezuela	7	5	0
3. Ukraine	7	0	1

**Clubs:**

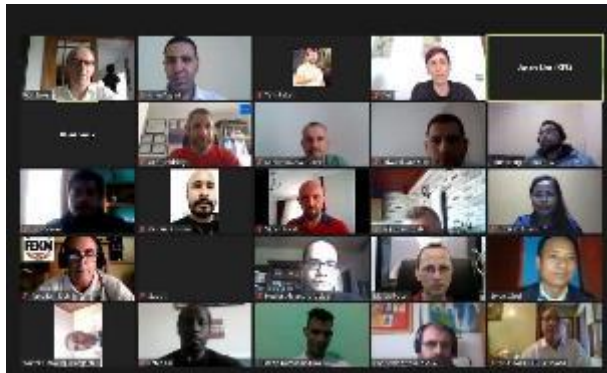
1. WAKO Mexico	19	7	6
2. WAKO Venezuela	7	5	0
3. Shuriken (UKR)	7	0	1

**Participation:**

104 participants  
23 clubs  
19 countries



WAKO Ring discipline webinar





July 4<sup>th</sup>

zoom

WAKO IF  
INTERNATIONAL TATAMI  
REFEREEING COURSE

WWW.WAKO.SPORT WWW.WAKO.SPORT WWW.WAKO.SPORT

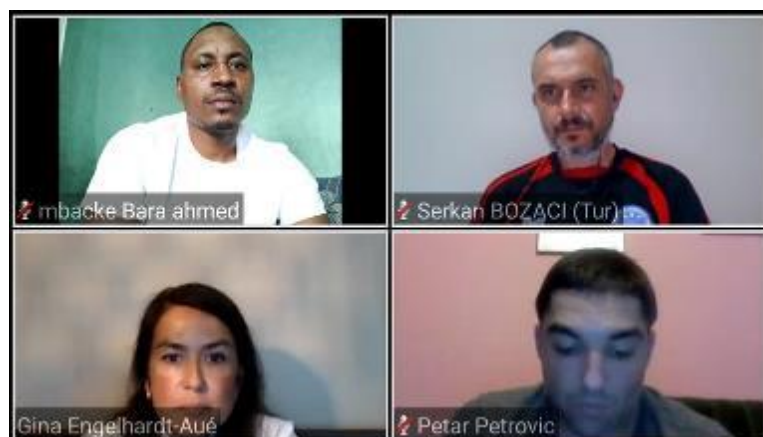
WAKO ASSOCIATION OF KICKBOXING ORGANIZATIONS

SATURDAY 4TH JULY - 19:00 CET

Tickets via  
www.eventbrite.co.uk/wako-if-refereeing-seminar-tatami-tickets-111836845074

Featuring  
Kim Kristoffersen - Norway  
Brian Beck - Great Britain  
Gina Engelhardt - Netherlands  
Marlon Nios - Guatemala  
Kari Wilson - Ireland

ONEWAKO +ONECHAMPION



July 18th - by Dr. Gianlorenzo Daniele



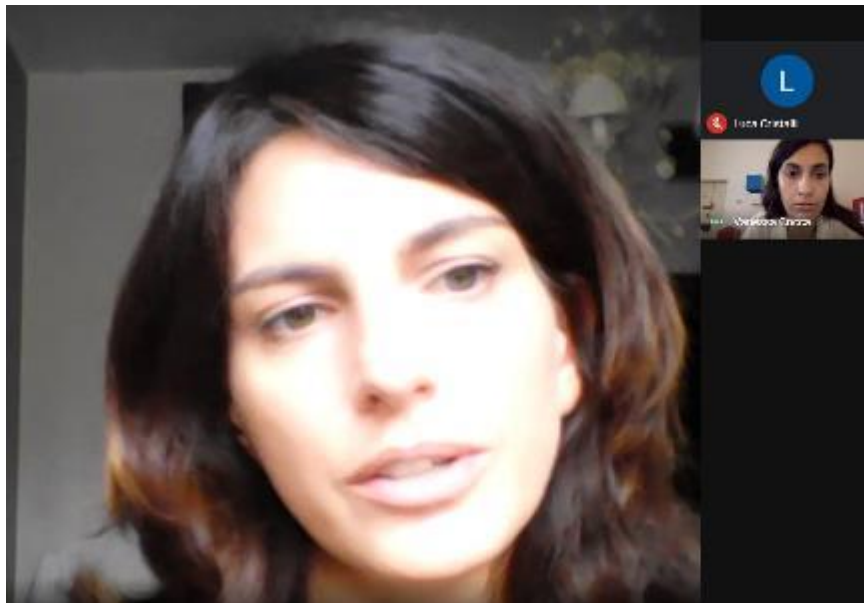
**DR GIANLORENZO DANIELE**  
WAKO ANTIDOPING OFFICER

## Sport ID

The WAKO General Assembly decided to introduce Sport ID for each WAKO member. Software is under development and will connect the new members' database (RSportZ) and the competition database (SportData).

The preparation and development of the program is intensive, and the working group consists of: **Roy Baker**, **Romeo Desa** (WAKO), **Robin Kent** (RSportZ) and **Roland Breiteneder** (SportData).





Led by:  
**Vanessa Cuccu**

From WAKO participated:  
**Barbara Falsoni**  
**Romeo Desa**

## GUINNESS WORLD RECORD



<https://youtu.be/aHhEw9SJ2ec>

**July 23 - A Slovakian kickboxer (member of Club "Spartacus") broke a Guinness World Record when he was filmed throwing 322 punches in one minute.**

**Pavel Trusov**, 25, said he trained for six months with a routine that involved CrossFit, powerlifting and interval work before officially attempting the record.

Trusov said he had to make sure to comply with Guinness rules requiring each punch to be a "full extension punch," meaning his arm fully extends with every blow.

The athlete, who has been practicing martial arts since he was 6 years old, captured the record for most punches in 60 seconds when he managed 322 punches in the time period.



## LIECHTENSTEIN

The first Athletes' Commission of Liechtenstein has been constituted. **Michael Lampert** takes over the charge of president, former professional footballer Benjamin Fischer represents all athletes of Liechtenstein on the LOC board.

At the first meeting of the Athletes' Commission, kickboxer Michael Lampert was elected as the first President of the Athletes' Commission Liechtenstein. He holds the function for the next four years.

Benjamin Fischer will represent the Commission on the LOC Board for the next four years. The commission met for the first time last Wednesday and set the course for the future.

Who is the Athletes' Commission?

The members of the Athletes' Commission are elected representatives of the Athletes' Parliament. The Commission aims to represent all opinions, needs and interests of the athletes in the Liechtenstein sports landscape.

With several meetings a year, the Commission deals with numerous topics in the field of professional sports and develops measures to solve problems of athletes in Liechtenstein. In addition, it represents the athletes' position at the delegates' meeting of the LOC and can delegate one member each to the LOC Board of Directors and to the Professional Sports Committee.



## AUSTRIA

At July 20 7 pm was on the Austrian TV Puls4 @puls4 evening show.

In it WAKO kickboxer **Paulina Aleksandra Jarzmik** reported on her cancer diagnosis, the course of therapy, what sports have brought her during the disease, what she would give to other affected and much more.

Thank you Paulina.

This is a new section in the WAKO Newsletter.

As you know, the WAKO Board has accepted the new WAKO rules and they have been published on the official website. They take effect on January 1<sup>st</sup> 2021. There is a lot of news, and in this column, we will present you the news and give you a comment and explanations.

### Article 1. Definition of kickboxing sport

**KICKBOXING** is modern contact fighting sport, which includes several clearly defined disciplines:

- POINT FIGHTING (PF),
- LIGHT CONTACT (LC),
- KICK LIGHT (KL),
- FULL CONTACT (FC),
- LOW KICK (LK),
- **K1 STYLE** (K1)
- MUSICAL FORMS (MF).

Kickboxing disciplines are divided in two main groups based on specific rules applied on each group. Main characteristic which determines group is allowed hand and leg technique, strength of allowed techniques and competition area.

Groups are:

**TATAMI DISCIPLINES**, include PF, LC, KL, MF where it is allowed to use hand and leg techniques equally with controlled force/contact. The basic intention of kickboxer is to defeat his opponent by scoring more points than his/her opponent. Fighting area is called TATAMI.

**FORMS** is a specific group of tatami disciplines where kickboxers are performing kickboxing techniques with or without music where his intention is to show fight with imaginary opponent. Performing area is called TATAMI.

**RING DISCIPLINES**, include FC, LK, K1 where it is allowed to use hand and leg technique equally with the full power. Basic intention of kickboxer in these disciplines is to defeat his opponent by stoppage or winning more points. Fighting area is called RING.

### EXPLANATION

*In addition to a clear definition of what kickboxing is, as can be seen, the old name of the **K1 Rules** discipline has been changed to **K1 Style (K1)**.*

*The name of our disciplines can be changed and only WAKO is responsible and authorized to change the names of our disciplines. Of course, WAKO cannot name its discipline with another sport or another derivative of another sport, as was the case with "thaikickboxing".*

*So far, the name K-1 Rules has been used throughout the rules and in public use, however, all disciplines are in compliance with the rules (so we can also say point fighting rules or low kick rules) and this creates confusion. Furthermore, some promotional companies such as the K-1 Grand Prix, Glory, W5 have their own Rules, so they use that term in their communications (Glory Rules, K-1 Rules ...). Promotional companies modify the rules from event to event and tailor them to their most attractive fighters.*

*In order to avoid any confusion and not to say that the fight takes place in K-1 Rules rules, we suggested that the discipline be called **K1 Style**.*

*K1 Style is the full name of the discipline, K1 is an abbreviation. It's not K-1 Style or K-1 - we made a difference from K-1 which is a martial arts organisation and martial arts brand from Japan.*



**WORLD ASSOCIATION OF KICKBOXING ORGANIZATIONS**

**Official Invitation from WAKO President:**



Dear President and General Secretary,

As you are aware at the beginning of July WAKO IF undertook a survey to understand the interest in the hosting of a workshop weekend, where we would have the opportunity to develop understanding and input from expertise and insight in to success stories within WAKO so we can share our learnings and help each other grow nationally and internationally. The outputs of that survey are in the appendix 1 below, for you to review.

We are fully aware of the ever-changing position in our ability to travel safely and the complications and health concerns placed on us due to

CV 19. We will update you close to the time on all logistics. Within the survey 35 countries felt it was very important to run the workshops and confirmed their attendance to help them grow and recover from the devastating effect the pandemic has had on all sports. With 12 countries unsure due to the pandemic.

We have prioritised the subjects which scored highest in the survey issued out to you the federation, which, contribute most to your growth and development in 2021 and beyond. WAKO IF will pay for and fully cover two nights' accommodation and full board, for two of your delegated members to attend the workshops sharing a room and bring back the material and learnings to your federation. We strongly suggest you send your working leadership team. If you require more than two people to attend, this is possible, but the accommodation and food costs must be covered by the National Federation. If you wish to stay in beautifully Istanbul in the hotel for more than two nights, this is possible but again needs to be covered by the NF.

Sharing life lessons and knowledge will not only help shape our sport, but also our level of success and development will be enhanced and improved, when we learn from each other and collectively develop our sport nationally and international as part of the WAKO family. Many of my biggest personal and professional growth periods came from sitting and listening to the journeys and testimony from others, successful federations, athletes and business leaders, who gave me the opportunity to experiencing their lessons and story's, then realizing that in sharing, absorbing and in accepting this insight, barriers erode, walls come down, growth happens and that brings a new perspective in life, in sport, in business, empowering each other to be improved and understand better.

Below you have all the relevant information at hand to enable you and your team to register. I hope you are able to attend with key members of your team in what will be a growth opportunity for you and your federation, to share and learn amongst friends and experts in various fields.

Respectfully Yours,

*Roy Baker*

Roy Baker,  
WAKO President

WAKO HQ: Via Alessandro Manzoni, 16 - 20900 Monza (MB) Italy  
E-mail: [administration@wako-sport](mailto:administration@wako-sport) - Tel. +39 3450135521 - Fax +39 039 2328901 - Web: <http://www.wako-sport>



## BULGARIA



The Bulgarian national kickboxing team first camp for 2020 will be held August 1 to 14, the Bulgarian Kickboxing and Muay Thai Confederation announced. All medallists from 2019, as well as the new additions will be on the national sport centre NSB "Sportpalace".

The federation has provided everyone with equipment, food supplements and all the necessary conditions for the normal course of the training process.

A press conference on this occasion will be held on August 1 at 6 pm, accompanied by a short presentation and subsequent start of the first training. Confederation President Galin Dimov, national team coaches Vladimir Valev-Pitbula and Stanislav Bahchevanov, as well as several of the personal trainers together with the 2019 medallists will answer questions from the media.

## RUSSIA

Russian Kickboxing Championships in Ulyanovsk will be held on time from 3.8.2020. to 9.8.2020. under favourable conditions of the epidemiological situation. All requirements set by Rospotrebnadzor will be complied with the Russian Kickboxing Federation

«ФЕДЕРАЦИЯ КИКБОКСИНГА РОССИИ»  
«KICKBOXING FEDERATION OF RUSSIA»

**ЧЕМПИОНАТ И ПЕРВЕНСТВО  
РОССИИ ПО КИКБОКСИНГУ  
УЛЬЯНОВСК 2020**

3-9 августа

- ФУЛЛ-КОНТАКТ С ЛОУ-КИКОМ •
- ПОИНТФАЙТИНГ • ЛАЙТ-КОНТАКТ •
- СОЛЬНЫЕ КОМПОЗИЦИИ •

Дворец спорта  
"Волга-Спорт-Арена"  
(8422) 588-333  
www.flr.ru

ПОБЕДА!  
14.05.2020

ТОРТИН DIGS-Line clinch

## UNITED STATES

**Fight Camp 2020**  
Reserved for 20 fighters

- This is not a seminar
- Intense fight training

July 31<sup>st</sup> - August 2<sup>nd</sup>  
Friday and Saturday  
18:00 - 20:00  
18:00 - 20:00  
Sunday  
12:00AM - 12:00PM

Taught by -  
Rob Zbilski  
President of WAKO USA

Amanda Gloski  
Silver medalist world championships  
Pan American Gold Medalist  
Ranked #8 in the world

Location: 13320 Kiley Drive  
Huntley, IL 60141

For information please contact  
Amanda Gloski  
Agloski11@gmail.com

## GUATEMALA

MARTES 4 DE AGOSTO -  
5:30PM (HORA GUATEMALA)

**SEMINARIO DE  
KICK LIGHT**

CON  
**ANTHONY  
RASHON**

- MEDALLA DE BRONCE KICK LIGHT PANAMERICANO
- MEDALLA BRONCE LIGHT CONTACT PANAMERICANO
- CAMPEON NACIONAL

APROVECHA ESTE BENEFICIO DE  
WAKO GUATEMALA

zoom

ID ACCESO 202 200 0374  
PASSWORD: wakorules

## ARGENTINA



**TOP TEN**  
WWW.TOP10EN-ITALIA.COM

**LIGHT REVOLUTION**  
*live for*  
**Argentina**

**1st August**  
H 3 pm  
Buenos Aires time  
H 8 pm  
Rome time

*free online tatami sport seminar*

Light Revolution on TOP10EN-ITALIA

Light Revolution

Light Revolution on Instagram

Team Sponsor

**IMPORTANT:** contact LIGHT REVOLUTION privately on Facebook or Instagram to get Zoom link for access to the seminar



## CROATIA

**SPLIT, CROATIA**



VATAVUK    BAČULOV    DRVIŠ    BARIĆ    ŽAJA

**KICKBOXING**  
**SUMMER CAMP 2020**

LOCATION: Split, Croatia | DATE: Split, 16.08 - 23.08.2020



contact:  
Frano Žiljić, +385 91 619 99 76  
Miša Bačulov, +381 63 71 06 205

## BULGARIA

**SUMMER CAMP**  
**BANSKO, BULGARIA**

**21-30 AUGUST**

info Manuel Nordio:  
manuelkick77@gmail.com  
Messenger/Facebook Manuel Nordio  
Instagram Manukick77

**STAR TEAM**

**LIGHT REVOLUTION**



**SUMER CAMP**  
Bansko, Bulgaria

21.-30 August

Coach: Manuel Nordio (ITA)





**Gladator**  
**GRYBOWSKA LIGA KICKBOXINGU**  
**Edycja I**  
 Sparringowa liga dla dzieci i młodzieży



**Grybów 01 Sierpień 2020 godz. 8:00**  
 ul. Kościuszki 18 liceum im A. Grottgera

Patronat honorowy: **Więcej informacji pod nr: 503-523-883**  
 Senator RP Wiktor Durlak

Współorganizatorzy: **Edycja III 29.08.2020** | **Edycja IV 26.09.2020**

W ramach projektu „Aktywna Gmina Grybów” upowszechnianie sportu różnych grup społecznych i środowiskowych 2020”

Grybowska Kickboxing League  
 01.08.2020

**START -10.00 22.08.2020** PRETORIUM POZNAŃ JACKOWSKIEGO 22



**RYMPAŁ NA FYRTLU**

**ZAPISY**  
 www.rympal.pretorium.pl  
 tel. 571256988

**UDZIAŁ 50 ZŁ**  
 WSTĘP KIBICA 10 ZŁ

**KS PRETORIUM** Poznań, Jackowskiego 22

natom, STORM, INT4, OCTEBRE, SEO

Poznań, 22.08.2020  
 - next edition of kickboxing league

**MISTRZOSTWA POLSKI KADETÓW STARSZYCH**  
 W KICKBOXINGU W WERSJI LIGHT CONTACT I POINTFIGHTING  
 KRYNICA-ZDRÓJ 4-6 wrzesień 2020r.



Oficjalne otwarcie w dniu 5 września godz. 12:00  
 ul. Kraszewskiego 158 (sala gimnastyczna szkoła nr 2) 9:00 rozpoczęcie walk



Patronat honorowy: Władz Kadetów Miasteczka Małopolski

Muszynianka, PIWNICZANKA, MAŁOPOLSKA

Polish Championships of older cadets in Krynica-Zdrój from 04-06.09.2020

**MISTRZOSTWA POLSKI WOJSKA POLSKIEGO I SŁUŻB MUNDUROWYCH**  
 W KICKBOXINGU

KRYNICA-ZDRÓJ 25-27 wrzesień 2020r.

ul. Kraszewskiego 158 (sala gimnastyczna SP nr 2)  
 9:00 rozpoczęcie walk

Oficjalne otwarcie w dniu 26 września godz. 12:00




Partner Główny: MAŁOPOLSKA

Muszynianka, PIWNICZANKA, MAŁOPOLSKA

Polish Kickboxing Championships of the Polish Army and Uniform Services Krynica-Zdrój from 25-27.09.2020.

**The first ever PZKB training camp of Polish Parakickboxing Team  
- Wisła 28.08-01.09.2020**

That's for sure - the first historical training camp of the Polish Parakickboxing Team in the boxing on strollers will take place in Wisla at the end of August.

The trainings will be conducted by team coaches Sebastian Górnjak and Karol Wójcik.

▼ Photo from Monday's training at Dragon Kraków Paraboxing club




**SEMINARIO DE ADMINISTRACIÓN DEPORTIVA**

Dirigida a los deportes de combate y atención al cliente



Fecha: sabado 1 de agosto  
Hora: 5pm

**INSCRIPCIÓN  
SIN COSTO**  
INCLUYE CERTIFICADO

ID de reunión: 829 8034 9263  
Código de acceso: CLUBANEZ 



DIRIGIDO POR  
MBA. ANESTOY ZAMBRANO

**ECUADOR**

◀ **August 1<sup>st</sup>** - Club Formativo Anes Ecuador, extends an extensive invitation to the community of specialists in Sports at the national and international level to training in sports administration and customer service, led by the MBA. **Anestoy Zambrano**. Bachelor of Physical Culture, Current President of FEKB, WAKO Ecuador.

## SOUTH KOREA

WAKO South Korea seminar for kickboxing leaders and judges in Korea - Date: **August 15<sup>th</sup>**

Seminar contents: - WAKO kickboxing rating program  
- WAKO game regulations (2020.07 revision)

Instructors:

- **Jeong Eun-Cheon** (Asia kickboxing Federation Technical Commissioner, judgement chairman, Chairman of the Korean Kickboxing Association Technology Professional Committee)
- **Choi soon-Muk** (1<sup>st</sup> class of Asia Kickboxing Federation, The Chairman of the Korean Kickboxing Association)
- **Hyeonjeongho** (1<sup>st</sup> class of Asia Kickboxing Federation, Korean Kickboxing Association Tatami Referee)

**온라인  
킥복싱 지도자 심판  
통합세미나**

8. 15(토)  
13:00 - 16:00  
ZOOM

김본권  
기술전문위원회 의장

이준호  
현 심판위원장

현성호  
현 심판위원장

## SWITZERLAND

**WAKO Switzerland**  
Swiss Kickboxing Federation  
[www.wako.ch](http://www.wako.ch)

**Wettkampf-Kalender 2020** **NEU**  
Musical Forms - Point Fighting - Light Contact - Kick Light  
K1-Rules - Low Kick

**So 6. Sept.**  
43. Reinacher Cup  
Reinach AG

**So 27. Sept.**  
5. Yverdon Cup  
Yverdon-les-Bains VD

**Sa 7. Okt.**  
3. Seetaler Cup  
Seengen AG

**So 22. Nov.**  
2. Leone Cup  
Neufeld BE

**Sa 19. Dez.**  
Ringsportfinale  
Neufeld BE

more events & news:  
[www.wakoswitzerland.ch/news](http://www.wakoswitzerland.ch/news)

OFFEN für alle Klubs/Sportschulen.  
TEILNAHMEGEBÜHREN Tatami und Ringsport:  
- mit WAKO Lizenz 2020: Startgebühr Fr. 30.- (jede weitere Kat. Fr. 10.-)  
- ohne WAKO Lizenz 2020: Tageslizenz Fr. 15.- & Startgebühr Fr. 30.- (jede weitere Kategorie Fr. 10.-)

ANMELDUNG: [www.sportdate.org](http://www.sportdate.org) bis 2 Tage vor Turnierstart  
KONTAKT: [swisscup@wako.ch](mailto:swisscup@wako.ch)

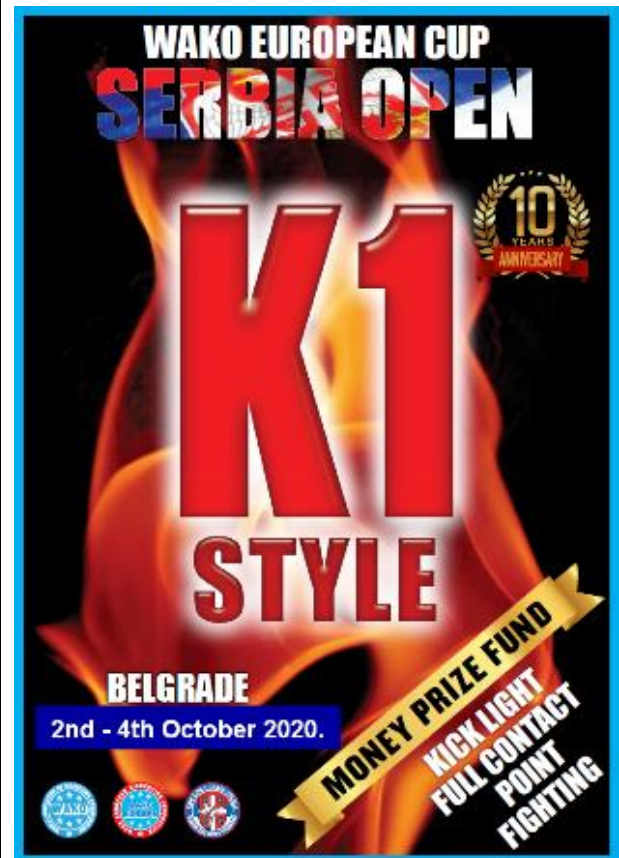
**BUDO.CH**  
KICKBOXING

# COMPETITIONS POSTPONED

## BOSNIA AND HERZEGOVINA



## SERBIA



## WAKO Brasil

Due to the many inquiries received regarding the confirmation of the Brasileirão 2020, we inform that FKBERJ, the local organizer of the event, confirmed the reservation of Ginásio Arena Carioca, one of Brazil's Olympic legacies, for the period from 19 to 22 November for the realization of the championship.

The historic 13<sup>th</sup> edition of the Brasileirão will be held in Rio de Janeiro, but the date will still be confirmed and we are working hard for this.



## WAKO Panam

Pan American 2020 and Cadet World Championship

The 11<sup>th</sup> Pan is confirmed for the city of Foz do Iguaçu and CBKB has already booked the Costa Cavalcante Gym for the period from December 9<sup>th</sup> to 13<sup>th</sup>.

# FLNDRSCUP

12/13 SEP 2020



**WAKO GB Junior Euro Cup**  
**SUNDAY 20th SEPTEMBER 2020**

• POINTS • LIGHT CONTACT • KICK LIGHT • MUSICAL FORMS •  
• FULL CONTACT • K1 •

Pre-Registration ONLY through: [www.sportdata.org/kickboxing](http://www.sportdata.org/kickboxing)

**Harvey Hadden Sports Centre**  
Wigman Road, Nottingham  
NG8 4PB

This is a **WAKO GB Series event**  
**Open to competitors aged 18yrs & under only**

For more information contact:  
Lucy Edwards  
[office@wakogb.com](mailto:office@wakogb.com)



Czech Open 2020

LOCATION SCHEDULE CONTACT GALLERY

## Tatami Kickboxing Tournament

Czechia's Biggest Open WAKO Championships

**30. - 31. October 2020**

OPEN MENU

Date : 26 July, 2020

No. : 2020-07-163 AKC/AM

Ref. : Postponement of the 2020 Asian Kickboxing Confederation (WAKO ASIA) Championships 2020

To : The President and Secretary General of the Kickboxing Federation/Association member of Asian Kickboxing Confederation (WAKO ASIA)

By email to their email address in file

Dear President, Dear Secretary General,

I am following our official announcement on 02 December 2019, informing you the organization of the Asian Championships 2020 in South Korea in October 2020.

Unfortunately, since early 2020, the World is suffering of what COVID-19 pandemic is doing to people's lives. We had a long period of lock down in most of the countries with very restricted rules preventing and slowing down the athlete preparation for most of prestigious events.

We thought being able to hold our event in Korea before end of the year as after the lock down period, there were significant improvements in Korea.

However, after the sudden increase in the COVID-19 pandemic in recent weeks around the globe in particular in Asian countries, we have received from many members the request for postponement of the organization of 2020 Asian Championships to another dates fearing for the health of their team members.

The above-mentioned requests are crossing with recent official request of Korean Kickboxing Association the host of the 2020 Asian Kickboxing Championships to postpone the date of the 2020 Asian Championships.

Our athletes, coaches and official lives take precedence over everything, including the organization of the Asian Kickboxing Championships one of our major biannual event. Therefore, we have made it our leading principle to safeguard the health of everyone involved, and to contribute to containing the Covid-19 pandemic.

Therefore, like you, we are in an impasse: Cancellation of the 2020 Asian Kickboxing Championships would destroy the dream of our athletes from all Asian Kickboxing Federation/Association members. Cancellation would not solve any problem and would help nobody. **Therefore, I confirm it is not on our agenda.**

Accordingly, after discussions with Korean Kickboxing Association and the members of the committee appointed by the executive board of Directors of Asian Confederation to deal with any eventual problem with organization of the 2020 Asian Kickboxing Confederation, the decision has been taken for postponement the dates of organization of 2020 Asian Kickboxing Championships and all related programs/meetings which will be determined as soon as the Korean health authorities have given their approval for the restart of the sport events in Korea.

Our basis of information today is that a final decision about the date of the 2020 Asian Kickboxing Championships would still be impulsive.

I know that this unprecedented situation leaves many questions open. However, at that time with current Covid-19 pandemic situation, a decision about a postponement today could not determine a new date for the 2020 Asian Championships because of the uncertain developments in different directions. We are seeing an improvement in a number of countries and unfortunately a deteriorating situation in other countries.

To postpone the 2020 Asian Kickboxing Championships is a complex challenge. The participant's countries need to follow their own countries health authority's rules related to travel out of their countries. This is just one of many, many more challenges. Therefore, further the study of different options: it would need the full commitment and cooperation of the Korean Kickboxing Association and the Korean health authorities and of all of you.

I would like to assure you that, I together with the members of the organizing committee of the Asian Confederation and the Executive committee of the Korean Kickboxing Association will undertake all necessary actions to remedy the situation to announce the new dates of the organization of 2020 Asian Kickboxing Championships as soon as the Korean health authorities have given their approval for the restart of the sport events in Korea.

I hope that you can understand our challenge, and accept and support our decision, which are in first place to assure the safeguard of your team member's health.

I wish you all good health and remain at your disposal for any additional information you may need.

With the best regards,

Nasser Nassiri  
President  
Asian Kickboxing Confederation (WAKO ASIA)

WWW.WAKO.SPORT

# “A VIRUS NEEDS A HOST MISINFORMATION NEEDS A HOST

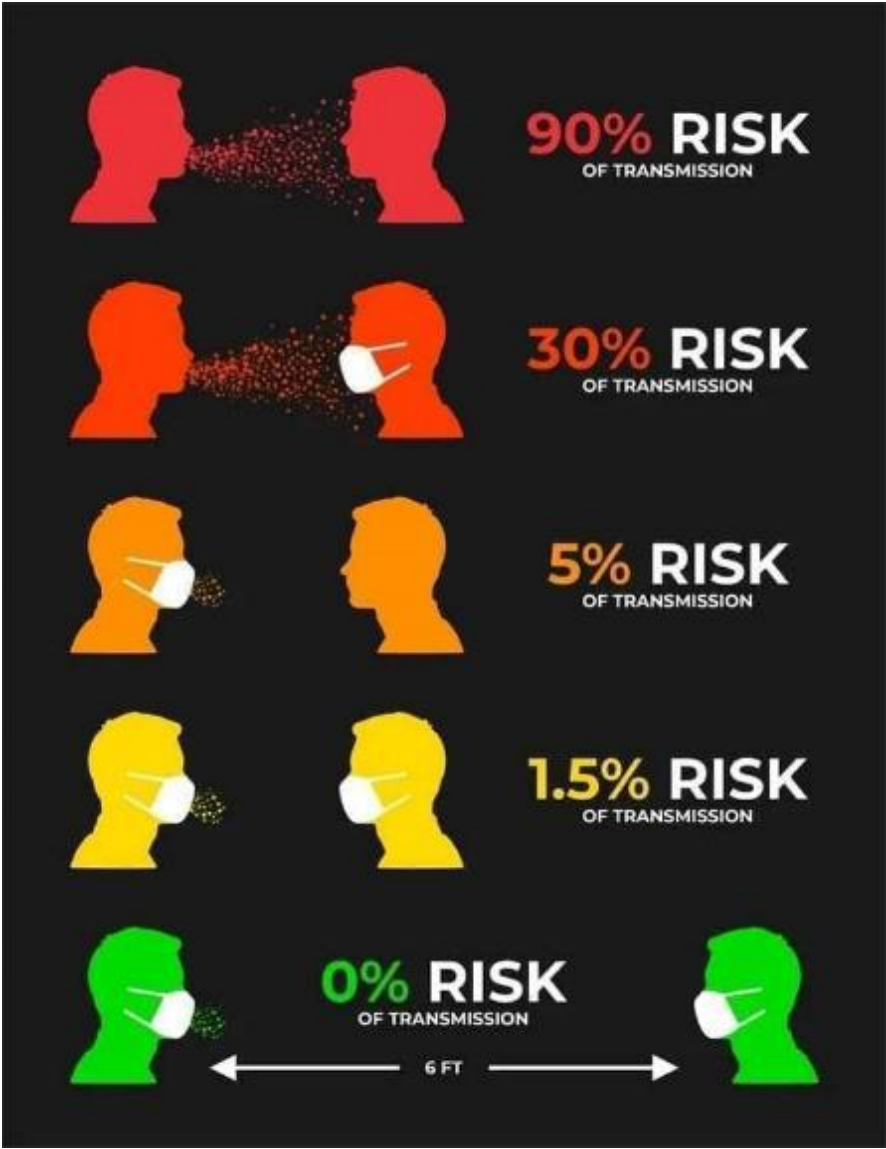
LISTEN TO THE **EXPERTS** TO ERADICATE BOTH”

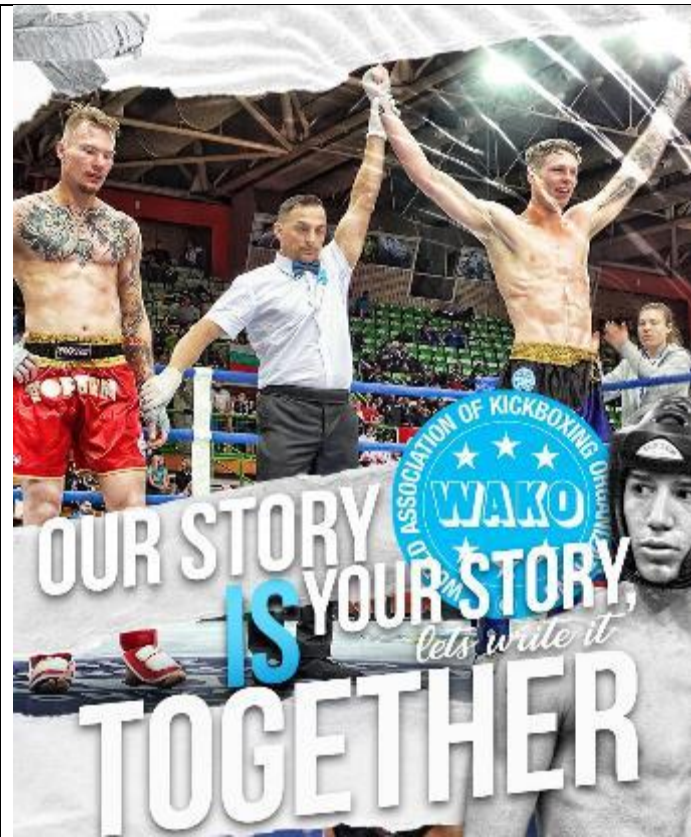
ROY BAKER - WAKO PRESIDENT



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## To all recipients of this Newsletter

Please forward this newsletter to all members of your federation.

All news and short reports with pictures and posters of your sports activities sent to:

**Marijana Pelevic**

- WAKO Media Officer:

[marijana.pelevic@wako.sport](mailto:marijana.pelevic@wako.sport)

**Romeo Desa**

- WAKO Technical Director:

[technical.director@wako.sport](mailto:technical.director@wako.sport)

If you want to receive Newsletter in your inbox – please, send us your e-mail address.

