



WORLD ASSOCIATION OF KICKBOXING ORGANIZATIONS

TO ALL THE WAKO MEMBERS

BY E-MAIL

Monza, February 26th, 2021

RE: Invitation to WAKO Medical Seminar "Body Weight Management in Kickboxing"

Dear Presidents and General Secretaries,

By the present we are pleased to invite all the National Federations to a Virtual Seminar entitled "**Body Weight Management in Kickboxing**" that will be held **on March 27th, 2021, starting at 16:00 pm (CET)**. This seminar, organized by our Medical, Health and Anti-doping Committee, deals with a topic of crucial importance in Kickboxing and in Combat Sports in general. Our speakers, all recognized experts in the field, will discuss all the related medical aspects, including the importance of **Nutrition**, the practice of **Weight Cutting** and related risks, and the **Doping-related issues**. Appropriate time will be reserved for discussion and scientific debate. Please find here below the entire program of the seminar:

- 16.00 – 16.15 **Greetings from *Roy Baker*, President of WAKO IF**
- 16.15 – 16.30 **Introduction to Body weight management and weight cutting**
Massimiliano Bianco (ITA), Chairman of WAKO IF Medical, Health and Anti-Doping Committee
- 16.30 – 17.00 **Nutrition in combat sports and kickboxing**
Danielle Niteroi Ribeiro (BRA), Member of WAKO IF Medical, Health and Anti-Doping Committee
- 17.00 – 17.30 **Weight loss in striking combat sports**
Emerson Franchini (BRA), Martial Arts and Combat Sports Research Group, Sport Department, School of Physical Education and Sport, University of São Paulo, Brazil
- 17.30 – 18.00 **Weight cutting, Doping and Anti-Doping in combat sports**
Gianlorenzo Daniele (ITA/USA), Anti-Doping Officer and Member of WAKO IF Medical, Health and Anti-Doping Committee
- 18.00 – 18.30 **The importance of water**
Paul Wallace (USA), Chairman of the Advisory Medical Committee of the World Boxing Council
- 18.30 – 19.00 **Discussion and Conclusion**

As for other courses already held or planned, WAKO has decided to offer this seminar **free of charge** to our members to support the development and growth of our National Federations. This is a great initiative and we wholeheartedly recommend attending.

This webinar is specifically directed to **doctors, coaches and athletes**. Each National Federation is invited to register **no more than three people** for this course.

WAKO HQ: Via Alessandro Manzoni, 18 - 20900 Monza (MB) Italy
E-mail: administration@wako.sport - Tel. +39 3450135521 - Fax +39 039 2328901 - Web: <http://www.wako.sport>



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In case of more than three registrations, they will be deleted. Places are on a first come first serve basis. The registration closes 24 hours prior to the course (CET Time). Places are limited (100 per course), so we would strongly advise booking your place early.

REGISTRATION: All interested members must be registered through their National Federation on Eventbrite to secure their spot. All the registered attendees will receive the login details by email up to 24 hours prior to the event by WAKO. Register by clicking on this link:

<https://www.eventbrite.ie/e/bodyweight-management-in-kickboxing-tickets-142505095577>

BODY WEIGHT MANAGEMENT IN KICKBOXING

March 27th, 2021 - CET time zone

SCHEDULE

- 16.00 – 16.15 GREETINGS FROM ROY BAKER, PRESIDENT OF WAKO IF
- 16.15 – 16.30 INTRODUCTION TO BODY WEIGHT MANAGEMENT AND WEIGHT CUTTING
Massimiliano Bianco (ITA), Chairman of WAKO IF Medical, Health and Anti-Doping Committee
- 16.30 – 17.00 NUTRITION IN COMBAT SPORTS AND KICKBOXING
Danielle Niteroi Ribeiro (BRA), Member of WAKO IF Medical, Health and Anti-Doping Committee
- 17.00 – 17.30 WEIGHT LOSS IN STRIKING COMBAT SPORTS
Emerson Franchini (BRA), Martial Arts and Combat Sports Research Group, Sport Department, School of Physical Education and Sport, University of São Paulo, Brazil
- 17.30 – 18.00 WEIGHT CUTTING, DOPING AND ANTI-DOPING IN COMBAT SPORTS
Gianlorenzo Daniele (ITA/USA), Anti-Doping Officer and Member of WAKO IF Medical, Health and Anti-Doping Committee
- 18.00 – 18.30 THE IMPORTANCE OF WATER
Paul Wallace (USA), Chairman of the Medical Commission of the World Boxing Council (WBC)
- 18.30 – 19.00 DISCUSSION AND CONCLUSION

Chairmen/Chairwomen and Members of the Medical, Health and Anti-doping Committee, of the Athletes Committee and of the Coaching Committee are expected to attend. Each Chairman/woman and each Member of these Committees are kindly invited to communicate their availability in participating and WAKO Office will register them directly.

We look forward to welcoming you on 27th of March.

Best regards,

Massimiliano Bianco
Chairman of the

WAKO Medical Health and Antidoping Committee

Gianlorenzo Daniele
WAKO Antidoping Officer

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