

# KARATE NEWS

THE OFFICIAL NEWSLETTER OF THE



APRIL 2021 - ISSUE 1

*Patrick Marques - National squad Kata Senior*

# A WORD FROM THE PRESIDENT

Léif Sportler, léif Clubverantwortlech, léif Karate-Interesséiert,

Och wann um sportleche Plang an dene leschte Méint leider, bedingt duerch d'Corona-Pandemie, Villes huet missen ofgesot oder verännert ginn, huet sech dach esou munches am Karate gedoen. D'Sectioun Karate huet sech mat e puer neie Gesiichter verstärkt an dat souwuel um Tatami, wéi och am Kraaftraum an hanner dem Computer.

De Raphael Veras ass neien Nationaltrainer am Kumite a gëtt vum Loïc Bento assistéiert. Am Kata huet den Yves Bardreau sech leider dofir entscheed eng Offer vun der franséischer Nationaléquipe unzehuelen a wäert demno nemmi fir eis Athleten zur Verfügung stoen. Mam Illaria Melmer hu mir awer eng Trainerin déi fir Continuitéit am Kata suergt.

Am Sportlycée kënnen mir op d'Experienz vun zwou fréierere Sportlerinnen zielen, d'Lis Dostert am Kumite an d'Laila Kinsch am Kata.

De Maciek Complak huet d'Responsabilitéit am Athletiktraining an am Sekretariat huet d'Madlena Midunsky seng Aufgaben iwuerholl a wäert eis an Zukunft hëllefen dësen Newsletter regelméisseg erauszébréngen fir Iech, och wa mir eis an dësen Zäiten manner gesi kënnen, awer esou gudd wéi méiglech um Lafenden ze halen.

Des Weideren si mir amgaangen de Karate an d'LTAD-Konzept (Long-Term Athlete Development) mat Projet'en fir d'Kannercompéitiounen, d'Trainerformatiounen an d'Nationaléquipe ze integréieren. An der neier Applicatioun vun der Eneps „Lëtzebuerg lieft Sport“ fannt Dir ënner der Rubrik FLAM KARATE interessant Beiträg fir Sportler, Trainer an Elteren.

Gefreet huet mech och dass mir am Februar, ënner strenge sanitäre Mesuren, e Kumite-Stage mat internationale Gäscht zu Strossen konnten organiséieren an ech hoffen dat an der nächster Zäit weiderféieren ze kënnen.

Mam Premier League zu Istanbul sinn dach och säit Laangem mol erëm FLAM Karate-Vertrieder op enger internationaler Competitioun ugetrueden mee méi dozou op dene nächste Säiten!

Vill Spaß bei der Lecture a bleift gesond!

*Tessy Scholtes*



# EVENTS

## TRAININGSCAMP LUXEMBOURG

19-21 FEBRUARY 2021

Under very strict hygiene conditions, we organized a training camp with top athletes and top coaches at the end of February here in Luxembourg. The training camp was finished off with a friendly tournament under real conditions. This way, our guests as well as our Kumite national team were able to determine where they stand.

Wayne Otto (Norway), Fode Ndao (France), Christian Gruner (Germany) and Raphael Veras (Luxembourg) were the coaches present during the training camp.

Our athletes could look forward to:

Nele de Vos -61kg, Luana Debatty -68kg, Quentin Mahaudan-75kg. 🇧🇪

Jil Augel -61kg, Florian Haas -60kg, Tim Steiner -67kg, Janne Haubold -84kg, Stanislav Littich -84kg 🇩🇪

Laura Sivert-61kg 🇫🇷

Bettina Alstadsæther-61kg, Andrine Hilton -68Kg 🇳🇴

Lahat Cisse -84kg 🇮🇹

A big thanks goes to the judges, the organizing committee, as well as our sponsors.



# TEST MATCH PARIS

6 -7 MARCH 2021

Great results on the first day of the "Test Match" in France. On Saturday Jenny Warling and Kimberly Nelting were at the start. Both karatekas from Luxembourg were able to qualify for the final after good preliminary round fights, whereby Jenny had to admit defeat to the world champion only very shortly before the end. Kimberly, on the other hand, was able to win the final against the U21 European Champion from Switzerland.

On the second day of the "Test Match" in France Pola Giorgetti & Philippe Biberich competed in their categories. Both were able to gain important experiences today. Both could win fights, but on the other hand they also had to give away fights. All in all, it was a balanced mix.

Thanks to our coach Raphael Veras, who can be extremely satisfied with his work.



WKF

## ISTANBUL 2021

12-14 March 2021



# KARATE 1- PREMIER LEAGUE ISTANBUL

12-14 MARCH 2021

Great success for Pola Giorgetti. On her first "K1 Premier League" competition Pola just missed the entry into the small final and thus, the fight for 3rd place. She ends this tournament with a great 7th place. Overall, Pola had a tough draw, but managed to beat Croatian Lucija Lesjak (U21 World Champion 2019) 1-0 in the first round. After that, she lost to #2 in the world rankings, Meltem Hocaoglu (U21 World Champion 2011). As the latter reached the final, Pola could fight again in the consolation round, but then lost to the experienced Dutch Vanesca Nortan (Vice World Champion 2004).

Jenny Warling faced Sabina Zakharova from Kazakhstan (#16 & winner of Karate Series A in Montreal 2019) in her first round, but narrowly lost her fight. Unfortunately, there was no consolation round for Jenny.

Kimberly Nelting, on the other hand, won her first fight against Zoja Zimnikovalova from Slovakia (#85 & 3rd of the Cadet World Championship 2017), but then lost very narrowly to the U21 European Champion Nina Radjenovic from Switzerland. Unfortunately, there was no consolation round for Kimberly either.

All in all, it was a test for our Luxembourgish karatekas and coach Raphael Veras, and thus, a valuable experience.

# ISTANBUL 2021



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## ISTANBUL 2021

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# IN THE SPOTLIGHT



## RAPHAEL VERAS DA SILVA

NATIONAL COACH KUMITE

The head coach for Kumite is Raphael Veras da Silva. Raphael is both a Karate trainer and a certified coach of the World Karate Federation. He graduated in sports science, and was Shotokan World Champion while

he was an active athlete. Therefore, he knows the international tournament business also from this side for decades. With his previous protégés, he has already won numerous World and European Championship titles and he shaped several Premier League winners.



Raphael passed his coach exam at the K1 tournament in Istanbul with the best mark of 100%! Congratulations!

# DATES

## Events

**19. - 23.04.21**

Training camp with Norway in Luxembourg

**10. - 11.04.21**

Test match in Chatenay-Malabry (France)

**17.04.21**

Tournament in Luxembourg

## Save the date!

**24.04.21**

Training for coaches and athletes

**25.04.21**

Training for the national squad

**15.05.21**

Karate Kids Day (E-Tournament)

**05.06.21**

National Championship Kata (E-Tournament)

*Weitere Details folgen*

# IMPRESSIONS



new Arawaza T-Shirts for the  
Kata athletes



Our Kata athletes in the national  
hall during training







# LITERATURE

## RECOMMENDATIONS



Effect of plyometrics and **pilates training** on dynamic balance and core strength of karate players (Auswirkung von plyometrischem und Pilatestraining auf das dynamische Gleichgewicht und die Rumpfkraft von Karateka) Journal of Clinical & Diagnostic Research, 15 (1), 5-10

Carlsson, T., Berglez, J., Koivisto Persson, S. & Carlsson, M. (2020). The **impact of video review** in karate kumite during a Premier League competition (Die Auswirkung der Videoreview auf das Karate-Kumite in einem Wettkampf der Premier League). International Journal of Performance Analysis in Sport, 20 (5), 846-856.



Bandow, N. & Witte, K. (2021). **Gaze behavior** of attacking karate athletes in-situ (Blickverhalten von angreifenden Karatesportlern in-situ). Journal of Sports and Performance Vision, 3 (1), e1-e11



Molinaro, L., Taborri, J., Montecchiani, M. & Rossi, S. (2020). Assessing the effects of kata and kumite techniques on **physical performance** in elite karatekas (Bewertung der Auswirkungen von Kata- und Kumite-Techniken auf die körperliche Leistungsfähigkeit bei Elite-Karatekas). Sensors, 20 (11), 3186.



# MISCELLANEOUS

## INSTAGRAM



We are now also active on Instagram, feel free to follow us [@flam\\_karate\\_luxembourg](https://www.instagram.com/flam_karate_luxembourg)

## FLEA MARKET



Looking for something specific? Want to sell or buy something? Send us your requests to: [office@karateflam.lu](mailto:office@karateflam.lu) to appear in the next issue.

## LTAD APP



The free app of the concept "LTAD - Lëtzebuerg lieft Sport" is a great and interesting app for coaches, athletes and parents. The goal is to promote top sports and to bring about a more active sports society. We as FLAM Karate are also part of it. To download just scan the QR code:



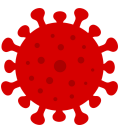
# NATIONAL COACH VISITING YOUR CLUB



From April we as a club would like to offer you a new service. On request, our national coach Raphael Veras will come to your club. The primary goal is that the local coaches get to know our national coach better. We see such an exchange of information as a kind of "win - win" situation for both sides. On the one hand the national coach gets a better insight into the Luxembourg club training, on the other hand the club coaches have the possibility to ask questions directly to Raphael Veras. A joint training session is also imaginable. In the future we would also like to offer this concept for Kata.

Suggestions for possible dates in April will follow soon. If you are interested, you can also contact us in advance: [office@karateflam.lu](mailto:office@karateflam.lu)

## CORONA



Please follow the current ministerial guidelines concerning sports activities and hygiene regulations. You can find information here, for example:



Stay fit and healthy!