

# KARATE NEWS

THE OFFICIAL NEWSLETTER OF THE



MAY 2021 - ISSUE 2

Allison Berna - National squad Kumite Elite

# INTRODUCTION

Dear athletes, karate officials and those interested in karate,

maybe you have already noticed that we have developed further in public relations in the last months. Therefore, I would like to briefly outline here once again what has been achieved so far. First of all, we are happy that the new homepage for the entire FLAM has finally gone online. Previously, all sections could send their wishes regarding the structure of their area to the programmers. Now we have to fill all sections with life, so that everybody likes to look at the pages of the section - Karate. We will give updates about this in the next issues.

The new Facebook page, which was set up at the beginning of 2020, has become well established and already has more than 1,100 subscribers. Recently, we have also been represented on Instagram. Here, too, we expect our fan base to grow steadily.

The "Newsletter", which was published for the first time in April, has also been very well received. Here we simply want to share the "highlights" from the last month with all interested parties in a kind of summary. It thus represents a kind of "information flash" and allows the essentials to be grasped in a nutshell.

The newly developed LTAD app was also well received. However, Tamara Schuh will certainly report on this topic in more detail in one of the next newsletters.

The contact to the Luxembourg press is also good. They are regularly informed about the upcoming tournaments.

Finally, a few words about sponsoring. We now have four sponsors, of which AXA and Arawaza are the main ones. From AXA we get both financial and sporting support. Arawaza, on the other hand, usually provides our EM / WM / K1 candidates with sporting equipment. Of course we are very grateful for this. In addition, we could also get support from Jako (sportswear) and Asport.

All in all, we believe that with the above listed media we can provide a comfortable coverage for the luxembourg karate sport.

With sporty greetings,

*Ulrich Nelting*





# EVENTS

## TRAININGSCAMP

26.-28. MARCH 2021  
LUXEMBOURG

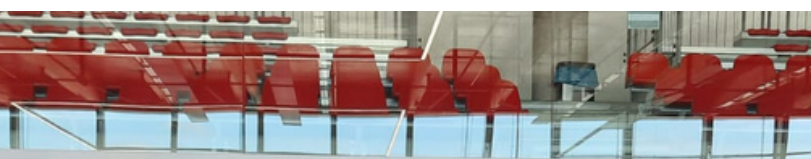
With the help of the good contacts of national coach Raphael Veras, we managed to put together a training camp with top athletes and coaches from Luxembourg, Portugal, France, Belgium and Jamaica.

On Friday there was a first training session, on Saturday two. At the end of the camp on Sunday, we held a competition under real conditions, just like at the last training camp. As before the system was "round robin", which means open competition, one against one. Thus, the athletes could directly apply newly acquired knowledge, the result was secondary. All in all, it was an excellent preparation for the upcoming big tournaments.

Athletes and coaches were in their element at the comparative competition and everyone could feel safe, as Covid19 - quick tests were carried out early in the morning for both the athletes and the coaches.

There were two first places for the national team (Jenny Warling / -55kg & Pola Giorgetti / +61kg), as well as two third places (Cassy Schmit / -55kg & Johnny da Luz / -67kg).

Once again it was a successful event!





# DAN EXAMINATION

10 APRIL 2021  
LUXEMBOURG

On April 10, the post-exam for the 1st DAN exam and the handing over of the DAN diplomas took place.

The Federation is therefore pleased that now almost all karatekas who took the exam have successfully passed their 1st DAN exam.

Following the post-examination, the diplomas for the DAN degrees were handed over to the karatekas for the first time in a new design. This year there were diplomas for the 1st DAN | 2nd DAN | 3rd DAN | 5th DAN & 7th DAN.

We congratulate especially Leo Salvatore for his 7th DAN.












# TESTMATCH PARIS

10. & 11. APRIL 2021





Once again, another test match with top karatekas took place this weekend in France. This tournament was also considered another test of personal form. National coach Raphael Veras had gone to the competition this weekend with his three "J". Jenny Warling, Jordan Neves and Johnny da Luz tried to find or confirm their personal form. Then on Saturday Jenny Warling had entered the fray. The result of the day for Jenny:

- ✗ 0:2 
- ✓ 3:2 
- ✓ 4:3 
- ✓ 4:1 

On Sunday Johnny da Luz and Jordan Neves competed in Chatenay-Malabry. Thereby Johnny could fight for the first time on senior level and gain important experience. His results were as follows:

- ✗ 4:9 
- ✗ 0:6 
- ✓ 1:1 

Jordan Neves, on the other hand, was able to return to his old strength after his injury break. Although not yet 100% fit, Jordan convinced on this test match with the following results:

- ✓ 5:3 
- ⓪ 0:0 
- ✗ 0:1 
- ✗ 1:2 

All in all, it was once again an interesting competition weekend with new insights for national coach Raphael Veras. The field of participants had shown how important these test matches are for all the athletes & coaches.

# KATA TRAINING

18. APRIL 2021  
LUXEMBOURG

With Imola Szebényi, the youngest diploma trainer of the German Karate Association, our kata athletes had the opportunity to get shown the subtleties of kata technique on a high level. The kata specialist looked very closely at the movements of each athlete and was able to give important tips.





# WEEK OF TRAINING

19.-24 APRIL 2021  
LUXEMBOURG



This week again valuable training sessions with international athletes from New Zealand, Jamaica, England, Norway and Belgium took place.



It was again an intensive week for the athletes, even though no real test match was held at the end. Thanks to the international participation, especially the elite athletes could prepare for the upcoming big tournaments. Some of our guests even stayed over the weekend in Luxembourg to fly directly from here to Lisbon for the K1 Premier League tournament. That this concept of training with international top athletes is well received, is shown by the fact that countries like Norway, who just a few weeks ago were with us for a training camp, came again.



# INFORMATION EVENT

20. APRIL 2021 - LUXEMBOURG

The FLAM - Karate Section had organized an information event at the Lycée Josy Barthel in Mamer. The aim of this event was to inform the clubs in detail about the work done in the last months. For more than two hours, the present clubs were able to get an idea of what the committee has already implemented and set up in the various areas. The topic Covid also played an important role. The DTN (Directeur technique national) also presented its coordinated concept for the future. The coaching staff and our new secretary were also introduced. The event ended around 9 pm.



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# MEETING OF THE NATIONAL TEAM

25. APRIL 2021 - LUXEMBOURG

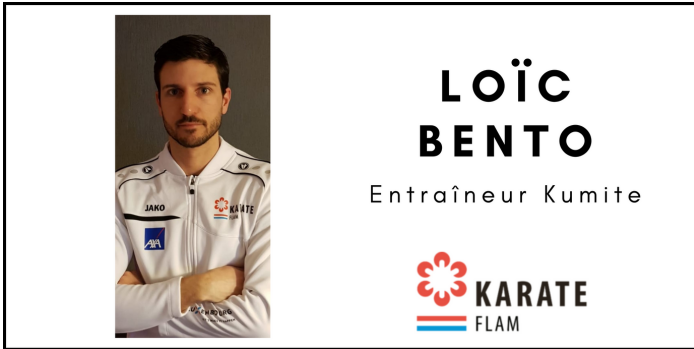
Today an information event with the whole squad took place in the Sportlycée. The aim of this event was on the one hand, to pass on information from our technical director Dr. Jürgen Fritzsche together with our athletic director Tamara Schuh to the athletes, but on the other hand also to give the athletes the opportunity to address topics themselves and to get answers to their questions. All in all, it was a good event that will be repeated at regular intervals.





# IN THE SPOTLIGHT

## TRAINER - TEAM



After a career as a high-level karate athlete, Loïc obtained a degree in STAPS ("Sciences et Techniques des Activités Physiques et Sportives") to improve his skills in the field of performance and, in particular, physical preparation. He also holds a master's degree. In addition to his university diplomas, he is now a holder of the 3rd DAN, he holds the State Diploma of Sports Educator and the State Diploma DEJEPS (Diplôme d'État de la Jeunesse, de l'Éducation Populaire et du Sport) with specialisation in Sports Development.

The sports enthusiastic police officer was in the COSL and the elite squad of the army from 2008 - 2013. Since 2020, she has been co-responsible for the kata squad as an assistant coach. After the departure of Yves Bardreau, she now leads the Kata training on an interim basis.



Maciek has a Master of Science in sports science and also the A license in functional training and fitness. He is also a trained specialist in strength training with dumbbells. A passionate volleyball player, he supports the team with atypical exercises for injury prevention and performance development.



Illaria is the most successful female kata athlete in Luxembourg.

# DATES

Events

**28.04.-03.05.21**

K1 Premier League Lissabon

**17.-24.05.2021**

European Karate Championships Porec,  
Croatia

**11.-13-06.21**

Paris Qualification Olympia

Save  
the  
date!

**15.05.21**

Karate Kids Day (E-Tournament)

**05.06.21**

Kata E-Tournament Luxembourg

**19.06.21**

ENEPS Symposium

*Weitere Details folgen*



# COMING SOON



**KARATE1**  
PREMIER LEAGUE WKF  
**LISBOA 2021**  
30 ABRIL a 2 MAIO

**Raphael Veras da Silva - Coach**  
**Victor Lopes da Silva - Referee**

**Athletes:**  
**Jenny Warling**  
**Kimberly Nelting**  
**Pola Giorgetti**



**Raphael Veras da Silva - Coach**  
**Norbert Schmit - Referee**

**Athletes:**  
**Jenny Warling**  
**Kimberly Nelting**  
**Pola Giorgetti**  
**Jordan Neves**  
**Cassy Schmit**  
**Philippe Biberich**



# KARATE KIDS DAY

## DAY



The poster features a blue and red background with circular cutouts showing children in white karate uniforms practicing. One child is hitting a target with a red, blue, and red ball on a yellow pole. Another child is jumping to hit a yellow and green ball. The text 'KARATE KIDS DAY 2021 E-TOURNAMENT' is prominently displayed in white on the blue background. The Karate Flam logo is also present.

**KARATE KIDS DAY 2021**  
E-TOURNAMENT



**15 & 16.05.2021**  
ANMELDUNG BIS ZUM / INSCRIPTION  
JUSQU'AU 05.05.2021 (SPORTDATA)

KOSTEN/ FRAIS DE PARTICIPATION: 5€





# IMPRESSIONS





# LITERATUR

## EMPFEHLUNGEN

Ojeda-Aravena, A., Herrera-Valenzuela, T., Garcia Garcia, J. M. & Ramirez-Campillo, R. (2020). **Six weeks of HIIT based on repeated 5-meter sprints vs. countermovement jumps: effects on physical performance among karate athletes.** A pilot-study



Shalja, S., Stankovska, Z., Kostovski, Z., Ganiu, V. (2020). **Changes in the maximum oxygen consumption in karate athletes in the preparatory and pre-competition period.**



Zadorozhna, O., Briskin, Y., Pityn, M., Svistelnik, I., Roztorhui, M. & Vorontsov, A. (2021). **The importance of information blocks, which form the basis of tactical knowledge at different stages of long-term development in modern Olympic combat sports**

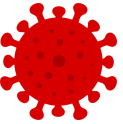




# MISCELLANEOUS

## CORONA

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



Stay fit and healthy!

## K1 LISSABON

The elimination rounds of the Karate 1-Premier League Lisbon will be streamed LIVE on the WKF YouTube channel.



## 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.

