

KARATE NEWS



THE OFFICIAL NEWSLETTER OF THE



AUGUST 2021 - ISSUE 5

Louisa Borch - National squad Senior Kata

INTRODUCTION

Dear athletes, karate officials and people interested in karate,

as already mentioned in the Luxemburger Wort of 16.7.2021 (article attached), I have taken over the presidency from Tessy Scholtes due to a stay abroad of several months.

The Olympics are now over and as a summary it can be said that karate has presented itself excellently. All fights took place on the highest level and were hardly to be surpassed in tension. Thus, the sport of karate has shown itself attractive to the world. As things stand at present, karate will unfortunately no longer be on the program as a competition in Paris 2024, but perhaps this decision will be revised in the coming years.

To carry out competitive sports under pandemic conditions is not easy for all federations. All the more we are glad that we can still look back on successful tournaments in karate. The focus is now on "EKF Junior, Cadet & U21 Championships" in Tampere (Finland), where we will be well represented with a total of 11 karatekas. For some athletes it will be the first participation in a European Championship.

In order to bring our athletes in the national squad closer to the interested reader, we have recently started to publish an athlete profile from one senior and one junior athlete, which is extremely well received.

Now we are going one step further. For the first time, we are also publishing a club profile in this issue. In doing so, we would like to inform readers about details of the respective clubs, for example when they were founded and where the first training took place.

Although we are still in the vacation season, our athletes have already resumed their training. I wish those who still have their vacation ahead of them, have a relaxing time!

With sporty greetings,
Ulrich Nelting



EVENTS

K1 YOUTH LEAGUE POREC

02.-04.07.2021

The K1 class guarantees a high level of performance. The tournament in Porec showed this once again. Our athletes were able to gain a lot of experience. Here are the results:

Mia REDING (Cadet Kata Female)

Place: 29/67

Tomas TEIXEIRA (Cadet Kumite Male -52kg / 73 Athletes)

Free tour

1:2 Guido Squillante (ITA)

Clément MOENS (Cadet Kumite Male -63kg / 69 Athletes)

Free tour

0:0 Ethan Panza (BEL)

Erik OLAFSSON (Cadet Kumite Male -63kg / 69 Athletes)

Free tour

2:1 Louis Haas (GER)

1:4 Artiol Shaqiri (KOS)

Alexander DAVIES (Cadet Kumite Male -70kg / 63 Athletes)

2:4 Leonid Yanishevskyi UKR)

Anne STEINMETZ (Junior Kata Female)

Place: 33/61

Diogo DOS SANTOS (Junior Kata Male)

Place: 45/50

Chiara SCHUMANN (Junior Kumite Female +59kg / 62 Athletes)

4:1 Klara Muzikarova (CZE)

5:0 Maddalena Raiano (ITA)

1:2 Julia Daniszewska (POL)

Victor COUTURIER (Junior Kumite Male -68kg / 89 Athletes)

1:2 Daniel Tudor (ROU)

Sebastien TERLICA GOMES (Junior Kumite Male -68kg / 89 Athletes)

Free tour

0:4 Lan Gabrijelcic (SLO)

Hasan ZEIN (Junior Kumite Male -68kg / 89 Athletes)

2:2 Anel Crncec (SLO)

KATA TRAINING SESSION

19.-21.7.2021

LICH, GERMANY

A three-day Kata course with Detlef Herbst (7th DAN) from KD Lich took place this weekend. The Sensei, who has been practicing Shotokan since 1973, has the A-trainer license and is also an A-examiner for Shotokan, had already led the current trainer Illaria Melmer to her successes as an elite kata athlete in the past. Now our three junior squad athletes Anna Breisch, Mia Reding and Anne Steinmetz were allowed to benefit from his expertise. All in all, a successful event with a lot of knowledge transfer.



MEDIA

Elf junge Kämpfer in Kroatien

KARATE

Nachdem sich der luxemburgische Nachwuchs vergangene Woche bei den Austrian Open warmlaufen durfte, geht es an diesem Wochenende noch einige Stufen höher. Das Turnier in Salzburg war sehr gut besetzt, bei der „Karate K1 Youth League“ tritt die geballte Elite im Jugendbereich an. Dieser Wettkampf geht über vier Runden, die zweite Station findet von heute bis Sonntag in Porec (CRO) statt und ist in etwa mit der K1 Premier League und K1 Serie A bei der Elite gleichzustellen. Das bedeutet, dass auch Punkte für die Weltrangliste vergeben werden. Die Youth K1 richtet sich an drei Alterskategorien von 12 bis 17 Jahren. In Kroatien werden 1.1.61 Einsätze aus 52 Ländern erwartet. Luxemburg tritt in Porec mit elf Athleten an, das Team ist fast identisch mit dem Austria-Open-Team. (M.B.)

Tageblatt 03.07.21

Karate: Schumann mit 2 Siegen

Mit 1.540 Cadets und Junioren war die „Karate K1 Youth League“ am Wochenende in Porec nominell top besetzt. Auch das Niveau stand deutlich über dem der „Austrian Open“ eine Woche zuvor in Salzburg. Dementsprechend schwer tat sich der luxemburgische Nachwuchs in Kroatien.

Tomas Teixeira (CAD, -52 kg, 73 Athleten), Clément Moens (CAD, -63 kg, 69 Athleten), Alexander Davies (CAD, -70 kg, 63 Athleten), Victor Couturier (JUN, -68 kg, 89 Athleten), Sebastien Terlica (JUN, -68 kg, 89 Athleten) und Hasan Zein (JUN, -68 kg, 89 Athleten) mussten die Heimreise sieglos antreten. Erik Olafsson (CAD, -63 kg, 69 Athleten) konnte sich nach Freilos gegen Louis Haas (D) behaupten. Bei ihrem zweiten Auftritt für die Nationalauswahl konnte sich Chiara Schumann (JUN, +59 kg, 62 Athleten) gegenüber ihrem

Auftritt in Österreich mehr als rehabilitieren. Die Kaylerin stieß mit deutlichen Siegen (4:1 und 5:0) gegen Muzikarova (CZ) und Rainano (I) in die dritte Runde vor, wo sie sich knapp (1:2) der Polin Daniszewsaka geschlagen geben musste.

Im Kata konnte Mia Reding (CAD, 67 Athleten) mit Platz 29 überzeugen. Auch Anne Steinmetz (JUN, 61 Athleten) bewies mit Rang 33 einmal mehr ihr Können, während Diego Dos Santos (JUN, 50 Athleten) auf Rang 45 abschloss. Lob verdienen sich die beiden Strassener Teilnehmerinnen. Anna Grinberga griff in der Schuman-Kategorie an und schied nach Freilos und Sieg gegen Lieske (PL) erst in Runde drei aus. Clarisse Moens (JUN, -59 kg, 53 Athleten) kam nach Erfolgen gegen Skuras (POL) und Helferoва (SVK) ebenfalls in die dritte Runde. (MB)

Tageblatt 06.07.21

KAMPFSPORT – Karatesektion

Nelting übernimmt Vorsitz von Scholtes

An der Spitze der Karatesektion des Kampfsportverbands FLAM gibt es einen Wechsel. Tessy Scholtes gibt den Präsidentenposten ab, Ulrich Nelting übernimmt ihn. Scholtes wird es aufgrund eines mehrmonatigen Auslandsaufenthalts nicht möglich sein, den Aufgaben wie gewünscht nachzukommen. Die ehemalige Topathletin wird der Karatesektion allerdings als Mitglied erhalten bleiben. Nelting, der der Vater von Nachwuchstalent Kimberly ist, will in der Kontinuität weiterarbeiten. jot

Luxemburger Wort 16.07.21

PREVENTION OF VIOLENCE

Dear readers,

In order to do justice to the broad sporting ideas and tasks of the association and its members, we have decided to focus on the aspect of violence prevention. Whether at school, in sports or in a professional environment, we are constantly confronted with open or hidden aggression and violence. A violence-preventive association concept and approach not only protects against bullying and mobbing, but can also make a major preventive contribution to social security.

The first article is about our youngest children and an often heard but hardly reflected sentence of some guardians.

Enjoy reading the articles below.

"Go with (no) stranger...!" - (1st part)

By Jürgen Fritzsche and Rudi Heimann

Who does not know this sentence, has heard it as a child admonishingly from his parents or has already used it himself as protective advice? This article deals with the sensibility of such behavioural recommendations and will show an alternative in the next issue, with which the safety of children can be reliably increased.

Such a recommendation in the direction of strangers is based on the assumption that they represent a potential danger - at least if they want to invite or persuade children to come along with them. If this were to occur, the question remains, what might be the intentions of this stranger? If parents are asked, their greatest fear lies in the subject of sexual abuse. However, about two thirds of all perpetrators of sexual abuse come from the immediate vicinity of the children; they are parents, relatives and acquaintances. With this reality, which cannot be explained away, a dilemma arises for parents: Should the child rather be warned against known persons? What exactly should such a warning statement look like without permanently frightening the child?

And how should parents cover the other real or abstract dangers of everyday life? There's this uncle, brother of a parent, who likes to drink too much and then drive. Today he is on the road again, happens to pass the child's way to school, approaches him and offers to drive him home.



Is stranger = stranger?

And even without the knowledge of the true origin of perpetrators: Are the people known to the child those whom we as parents trust absolutely? Are there different gradations of "strangers" - and do parents and children assume the same level at this point?

There is the neighbor who greets attentively every morning when the parents and the children leave the house together, with whom friendly words are also exchanged in other ways in the presence of the children.

But this neighbor - to use every cliché - also occasionally walks through his garden in his white ribbed undershirt, is overweight, doesn't pay much attention to his personal hygiene, and sometimes looks a little too long in the direction of the children. How do parents react when their child casually informs them that he wants to go to the friendly and well-known neighbor's house the next day to look at his turtles?

When this happens, parents should still be grateful that they are given the opportunity to influence the child's behaviour. In most cases, the child is likely to face the safety-critical situation alone and will have to do without the current parental advice - combined with the problem of correctly assessing the situation. After all, the number of examples in which even adults disagree in their assessment are numerous: Are all coaches from sports clubs, all parents of classmates, all teachers or all partners of all friends and acquaintances equally trustworthy? At this point, parents often say that they would have agreed with their children that they would then have to consult with each other or that they could always be reached by phone in case of doubt. But where do these thoughts leave the reality of life? The cell phone is in a dead zone, has been forgotten, may not be used in the work environment, or the battery is dead. And what if a person with bad intentions is actually standing in front of the child? Does this person then wait calmly until the child has finished talking on the phone and has received his or her parental instructions? Regardless of the illusion of constant accessibility and the erroneous assumption that the child has the time as well as the opportunity to make a call in the situation: The child must develop doubts as a first step. Because if these doubts do not arise, there will be no arrangement and no call.

Stranger or Known - Going Along Allowed for Children?

- Is the person, who is a stranger to the adult also a stranger to the child?
- Are the acquaintances and relatives not a danger?
- Are parents always unanimous in their assessment?

Developmental phenomena

Age-related development alone makes it impossible for the child to abide by parental rules, depending on the situation. Thus, in the preschool years, the self-

image is predominantly positive and mostly unrealistic. This optimism about one's own abilities is based on the one hand on the clear improvements in the areas of motor and mental development and on the other hand on the fact that adults are not sparing with praise when evaluating performance, admire progress and tend to use critical remarks with restraint. Furthermore, children in this age group only very rarely make social comparisons. Evaluations are regularly exhausted in statements about the child's own person, such as "I can ride a scooter," "My best friend's name is Carla," "I have a

big plastic car," or "I have blond hair. This gradually changes toward realism during the second year of school. The limited ability of children - depending on their age - to distinguish other people's views or perspectives from their own, makes the teaching of special assertiveness techniques meaningful only from the age of about six to seven. The Sally Anne test (see box) can be used to determine whether a child has completed this developmental step. The more familiar a child's social environment is, the more likely children are to be able to reflect on cause-and-effect relationships. Flexibility of thought leads them to consider multiple aspects and thus multiple perspectives of one and the same situation. While younger children still exhibit the habit of staying with one task, elementary school children show the ability to adapt and respond to changing demands. This includes planning their own actions more quickly and in a more goal-oriented manner. The more social comparisons with peers are perceived, the more differentiated, comprehensive and realistic self-assessments are made. School encourages this tendency, especially when performance is repeatedly compared through grading. Children begin to form overarching concepts ("I can swim well and score a lot of goals - that makes me athletic"). In addition to their own assessment, recognition and encouragement from adults and peers have an impact on self-esteem. Even children who rate their performance in all areas rather low can develop a high self-esteem if they receive the appropriate support and appreciation from their social environment, if they are given the impression that they are recognized just as they are. On the contrary, a child who receives this recognition but constantly fails in his or her own performance expectations may have low self-esteem.

Sally-Anne-Test³

One way to test a child's ability to distinguish other people's views or perspectives from his or her own is to use the Sally-Anne test.

In this test, the child is told a short story about Sally and Anne. Sally and Anne are in a room. Sally has a basket and Anne has a box. Sally takes a marble and hides it in her basket. Then she leaves the room and goes for a walk. While she is away, Anne takes the marble from Sally's basket and puts it in her own box. Sally returns to the room and the child is asked the key question, "Where will Sally look for her marble?" If the child correctly answers that Sally believes the marble is still in her basket, this shows that the child understands that Sally has beliefs of her own that may not correspond to reality. If the child answers that the marble is in the box, it was not possible for him to think himself into Sally's perspective.

Therefore, it is important to use effective alternatives as early as possible or to incorporate behaviours in education that increase children's safety independently of developmental psychological laws. And as we will present in the second part - with an effectiveness that goes beyond childhood and adolescence

The authors

Rudi Heimann and Dr. Jürgen Fritzsche have been dedicated to overcoming critical life situations since 1989. In their seminars and through their publications, the field-tested specialists impart the competencies and skills with which children and adults can safely cope with crisis situations. The issues opened up in this article are discussed in detail in the book "Gewaltprävention in Erziehung, Schule und Verein". Published by Springer-Verlag (2020), ISBN 978-3-658-27101-5.



¹ BKA (2020). *Polizeiliche Kriminalstatistik*. Wiesbaden: Bundeskriminalamt.

² Kullmann K. & Heimann R. (2020). Entwicklung von Kindern und Jugendlichen. In R. Heimann & J. Fritzsche (Hrsg.). *Gewaltprävention in Erziehung, Schule und Verein*. (S. 76). Wiesbaden: Springer.

³ Wimmer, H. & Perner, J. (1983). Beliefs about beliefs: Representation and constraining function of wrong beliefs in young children's understanding of deception. *Cognition*, 13(1) 103–128.

⁴ Goswami, U. (2008). *Cognitive development. The learning brain*. New York: Psychology Press.

IN THE SPOTLIGHT

ADIL KHAIDAR

NATIONAL SQUAD KUMITE SENIOR
KC MONDERCANGE

How old were you when you started karate and why?

I started with karate at the age of 5. My father took me to the training because he also does karate and is also my coach.

How often do you train per week and where?

I train at least 5 times a week, 2 times in my club and 3 times with the national squad.

What was your first karate success?

My first success was when I was 11 years old at a tournament in Reckange/Mess. I started the competitions later, because I didn't really have the desire for it in the beginning.

What was your biggest success so far and what is your next goal?

My biggest success so far was the second place at the national championships twice and also many other trophies that I won abroad.

My next goal is to be qualified for the World Championships.



Who is your biggest role model?

My greatest role model is my father!

What was a significant or funny event in karate for you?

A significant event in karate for me was that I was with my father almost every weekend at a tournament.

ANNA BREISCH

NATIONAL SQUAD KATA JUNIOR
KARATE CLUB BETTEMBOURG

How old were you when you started karate and why?

I started karate training when I was 5 years old. Before that I took ballet lessons, but when my ballet teacher moved abroad for work, I had to look for something new. My brother started karate at the same time and just took me with him.

How often do you train per week and where?

I train every day from Monday to Thursday, alternately in Bettembourg and in the national squad, lately I train more often on weekends.

What was your first karate success?

2016 gold medal U8 Coupe Prince Louis Differdange.

What was your biggest success so far and what is your next goal?

My biggest success was in 2018 the gold medal in the Championnat national Kata Strassen (U10).

My next goal is to compete in my first tournament in the jersey of the national squad.



Who is your biggest role model?

My role models at the moment are the older athletes from the national squad, who have already had several successes, as well as my coaches who have accompanied me, each in his own way, over all the years.

What was a significant or funny event for you in karate?

Significant for me was the first foreign tournament with KC Bettembourg in Lisbon 2019.



MONDORF MARTIAL ARTS ACADEMY



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R.C.S LUXEMBOURG N. F7246

MMAA MONDORF MARTIAL ARTS ACADEMY is the name of our association located in the heart of Mondorf-les-Bains. It was founded in 2006 under the name of MONDORF KARATE CLUB. We have been teaching traditional Shôtôkan style Karate since its origin. The Sensei of our club is Mr. Jean-Pierre SCHILTZ, 3rd DAN WKF, founding member of the club and current president. Jean-Pierre has always had at heart to preserve the teaching of karate and the values associated with this martial art that he discovered from his beginnings at the side of Jean-Luc MAMI, champion of France in all categories in the 70s, period at which he begins his practice.



A few years ago, Jean-Pierre introduced Karaté Contact in the Grand Duchy of Luxembourg, a discipline developed by Dominique VALERA, 9th Dan Federal Expert of the FFK. He teaches full contact and light contact karate. He is the only club in the country to travel to major tournaments in contact, light contact and full contact karate, bringing back to the dojo several victories already in the first year of participation. To date, a dozen black belts have been trained by Jean Pierre, confirmed by examination in front of a jury of experts, always led by Dominique VALERA. In the 2018/2019 season, Jean-Pierre will be assisted by Grégory BAUMERT, 2nd Dan, Shôtôkan style karateka, full contact instructor. Under the impulse of their sponsor KUMA SPORT, they gather a small Luxembourg delegation and participate in the 1st INTERNATIONAL OPEN in Paris, where 8 nations are represented in light and full contact. Xavier BAUMERT, Kathrin SUNNEN and Axel YURTMANN, respectively champion, champion and runner-up of the French Cup, are involved as well as the young Nelly KELLNER. Kathrin and Xavier were crowned champions, NELLY won a great bronze medal and Axel finished in a very encouraging 5th place. These results have allowed Luxembourg, a young nation, to shine and to be noticed by some nations that have been active in these disciplines for several decades.

Rigor - cohesion - respect are some of the values that define the MMAA Osu!

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SPORTS PSYCHOLOGY

RESILIENCE

The national squad participated in a special training on resilience on 13.07.2021. This topic, as well as others from the large field of sports psychology, will follow at regular intervals. With Dr. Sebastian Altfeld (Germany) and Frank Muller (Luxembourg), we have two experts at our disposal. The aim is not only to bring the squad up to the world's best technically, tactically and physically, but also to give them outstanding mental strength.

Resilience describes the ability to resist a certain stress or pressure. Like all skills, it can be learned and trained. In the following newsletters there will be short technical articles from time to time, which will give some help to learn this and other skills. We would be happy to take all junior athletes, club coaches and interested parties along on the journey.

The term resilience originally comes from physics and refers to the ability of a material to be bent or deformed and still return to its initial shape (lat. resillire = to bounce back, rebound).

In the life of an athlete, situations arise time and again that militate against performance development. Persistent lack of success, changes in school or private worries play a role. A more robust resilience could counteract the everyday stress of sports, but also particular personal moments of pressure. It does not mean that one is no longer annoyed or angry, but rather that negative emotional states occur less frequently, are not as intense or are counteracted more sustainably and the "normal" state returns more quickly.

To build resilience, one can roughly divide three fields. First, there are our own abilities (what we have inherited genetically). Next, it helps if there is a supportive environment. Last but not least, it is crucial whether athletes interpret pressure positively or negatively. Do they accept a challenge, are they optimistic or do they shy away from negative experiences and competence experiences?!

Breaking with one's own habits and leaving the comfort zone takes some courage, but the subsequent challenge zone brings decisive contributions to athletic and personal development.

If we have problems, we usually try to solve them based on our previous experiences. But what if there are none? Making new experiences also helps us to deal with future problems. Especially in Kumite a high level of experience is helpful to anticipate ("read") the intention (tactics) of the opponent. For this purpose it is not helpful to always have the favorite partner in the training and never to look "outside the box,

especially in the Corona period, where tournaments and comparative fights were reduced. In order to reconnect with a top international level, challenges must be accepted and mastered.

But why should an athlete leave his comfort zone? The answer is simple - because he wants to! Because he follows his goals. No matter what. Keeping an eye on his goals, accepting detours and obstacles and overcoming them takes strength and time. But it brings you closer to your personal goal. As a flowery saying goes: "Fall, get up, straighten your crown - and go on...!"

Small task
(honestly answer the following three questions)

1. What is your biggest (most important) goal?
2. What did you do yesterday, last week and last half year to reach it?
3. What can you do today to get closer to your goal?

Then go ahead - do it!!!

In this sense I am looking forward to tackle some sport psychological topics with you. Maybe you will be interested in the next training (open for all athletes, coaches and interested people).

Yours, Jürgen

Literature on the topic:

- Julia Schüller, Mirko Wegner, Henning Plessner. Sports Psychology: Fundamentals and Application. Springer Berlin Heidelberg.
- Alois Kogler. The art of high performance: sports psychology, coaching, self-management. Springer Vienna, New York.
- Petra Jansen, Florian Seidl, Stefanie Richter. Mindfulness in sport: theory and practice on mindfulness-based practices in recreation, training, competition, and rehabilitation. Springer Berlin Heidelberg.
- Babett Lobinger, Lisa Musculus, Laura Bröker. Sport psychology. Springer Berlin Heidelberg.

In the next article you will learn more about building resilience:



COMING SOON

Delegation Tampere

Ulrich Nelting - President
Raphael Veras da Silva - National coach
Illaria Melmer - Coach Kata
Leo Salvatore - Coach Kumite

Referees

Liridon Elshani
Norbert Schmit
Victor Lopes da Silva
Bryan Antony

Kata:

Anne Steinmetz
Mia Reding

Kumite:

Chiara Schumann
Clément Moens
David Marques
Gil da Nazaré
Johnny da Luz
Kimberly Nelting
Rosaria Cinardo
Tomas Vicente Teixeira
Victor Couturier



K A R A T E
Junior, Cadet & U21
European Championships
2021, Tampere



LA FEDERATION LUXEMBOURGEOISE DES ARTS MARTIAUX
PRESENTE

CHAMPIONNAT NATIONAL DE LUXEMBOURG

A PARTIR DE U14

KARATE

KATA

27 NOVEMBRE 2021

KUMITE

28 NOVEMBRE 2021

CENTRE DES ARTS MARTIAUX

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Arawaza
Luxembourg

AWA

Délai d'inscription: vendredi 19 novembre 2021 sur www.sportdata.org/karate/set-online-lu/
Les horaires et tableaux exacts seront annoncés le 20 novembre 2021

ATTENTION

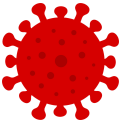
Pour participer à ce Championnat National, les compétiteurs doivent impérativement être en possession de:
- passeport sportif en règle et autorisation parentale
- deux timbres de licence dont celui de la saison en cours et 12 mois de pratique karaté
Tous les compétiteurs doivent être présents au minimum une heure avant le début de leur catégorie

IMPRESSIONS



MISCELLANEOUS

CORONA



Please follow the current ministerial guidelines concerning sports activities and hygiene regulations. Information can be found here, for example:



We ask you to be mindful of contacts and not to jeopardize your preparation for the upcoming tournaments. The hygiene rules are for your safety and should be followed for the sake of your performance even at low incidences. We recommend this not only for your training, but also for your private contacts and vacations.

Stay fit and healthy!





LITERATURE

RECOMMENDATIONS

Roberts, A. H., Greenwood, D., Stanley, M., Humberstone, C., Iredale, F. & Raynor, A. (2021). **Understanding the "gut instinct" of expert coaches during talent identification** (Das "Bauchgefühl" von erfahrenen Trainern bei der Talentidentifikation verstehen). *Journal of Sports Sciences*, 39 (4), 359-367



Markovic, S., Kos, A., Vukovic, V., Dopsaj, M., Koropanovski, N. & Umek, A. (2021). **Use of IMU in differential analysis of the reverse punch temporal structure in relation to the achieved maximal hand velocity** (Einsatz von IMU bei der differentiellen Analyse der zeitlichen Struktur des Gyaku-Zuki in Relation zur erreichten maximalen Handgeschwindigkeit). *Sensors*, 21 (12), 4148.

Korzhenevskiy, A. N., Podlivaev, B. A. & Zhukov, S. N. (2021). **Opredelenie effektivnoj struktury podgotovki junych sportsmenov 12-13 let, specializirujuščichsja v karate (Determining an effective training structure for young karate athletes ages 12-13)**. *Vestnik sportivnoj nauki; Sports sciencebulletin*, 2, 25-29

