

# KARATE NEWS

THE OFFICIAL NEWSLETTER OF THE



OKTOBER 2021 - ISSUE 7

*Anne Steinmetz and Mia Reding - Kata national team*

# INTRODUCTION

Dear athletes, parents, karate officials and karate enthusiasts,

It is with great pleasure that we present you the seventh issue of our newsletter - a project that I personally enjoy very much. It also shows that there is a lot going on in karate (again) and that our national team is experiencing a lot and is constantly developing.

When I started my job as secretary of the karate section at the beginning of March, it was still relatively quiet in the karate world due to corona. I am glad that the momentum has picked up again and our athletes can participate in more and more tournaments.

In the coming months, we can look forward to the Championnat National, which will take place in November 27 and 28 in the National Hall. On the other hand, we are already looking forward to the World Championships in Dubai (16. - 21.11.2021) for which five athletes from the national squad have been selected. The organizational preparations are already completed and our athletes are in the starting blocks. We wish them a good preparation and much success.

Enjoy reading and see you soon.

Best regards,

Madlena Midunsky



# EVENTS

## 2021 SMALL STATES OF EUROPE KARATE CHAMPIONSHIPS

**24. - 26.09.2021, MONTENEGRO**

The Karate Championship of the Small States of Europe took place in Montenegro. The national squad was there with a larger team. A total of 26 athletes started for the national squad, with many athletes starting twice. There were 510 entries in total.

The Luxembourg national team took home a total of 19 medals from Montenegro. With 26 athletes competing, an overall good result.

*Congratulations!*



# RESULTS

KATEGORIE	PLATZIERUNG	NAME
<b>CADET KATA FEMALE</b>	1 🇪🇺	REDING MIA 🇩🇪
CADET KATA FEMALE	2 🇪🇺	RODRIGO SARAH 🇵🇹
CADET KUMITE MALE -52 KG	2 🇪🇺	BELEBASS YOUNESS 🇱🇺
CADET KUMITE MALE -52 KG	3 🇪🇺	TEIXEIRA TOMAS 🇵🇹
CADET KUMITE MALE -52 KG	5	LAMBOT GASPARD 🇱🇺
<b>CADET KUMITE MALE 70+ KG</b>	1 🇪🇺	DAVIES ALEXANDER 🇬🇧
FEMALE KATA	3 🇪🇺	STEINMETZ ANNE 🇩🇪
FEMALE KATA	11	BORCH LOUISA 🇩🇪
FEMALE KUMITE -55 KG	2 🇪🇺	HOFFMANN LAURA 🇩🇪
FEMALE KUMITE 68+ KG	2 🇪🇺	GIORGETTI POLA 🇱🇺
FEMALE TEAM KUMITE SENIORS	3 🇪🇺	LUXEMBOURG 🇱🇺
FEMALE TEAM KUMITE U14	5	LUXEMBOURG 🇱🇺
<b>JUNIOR KATA FEMALE</b>	1 🇪🇺	STEINMETZ ANNE 🇩🇪
JUNIOR KUMITE FEMALE 59+ KG	3 🇪🇺	SCHUMANN CHIARA 🇩🇪
MALE KATA	5	MARQUES PATRICK 🇵🇹
MALE KATA	9	DOS SANTOS DIOGO 🇵🇹
MALE KUMITE -67 KG	3 🇪🇺	RADOVIC STEFAN 🇩🇪
MALE KUMITE -67 KG	3 🇪🇺	ZEIN ALABEDIN HASSAN 🇱🇺
MALE KUMITE -75 KG	3 🇪🇺	NEVES JORDAN 🇵🇹
MALE KUMITE OPEN	2 🇪🇺	KHAIDAR ADIL 🇱🇺
MALE KUMITE OPEN	3 🇪🇺	NEVES JORDAN 🇵🇹
MALE TEAM KUMITE CADETS	5	LUXEMBOURG 🇱🇺
MALE TEAM KUMITE SENIORS	5	LUXEMBOURG 🇱🇺
MALE TEAM KUMITE U14	3 🇪🇺	LUXEMBOURG 🇱🇺
U14 KATA FEMALE	9	BREISCH ANNA 🇩🇪
U14 KUMITE FEMALE 47+ KG	5	OLAFSSON ELENA 🇱🇺
<b>U14 KUMITE MALE -50 KG</b>	1 🇪🇺	PIERANTONI MATTEO 🇱🇺
U21 KATA FEMALE	5	BORCH LOUISA 🇩🇪
U21 KATA MALE	5	DOS SANTOS DIOGO 🇵🇹
U21 KUMITE MALE -67 KG	3 🇪🇺	ZEIN ALABEDIN HASSAN 🇱🇺





Our president Ulrich Nelting was elected to the "Executive Committee" of the SSEKF (Small States European Karate Federation) in Montenegro (here from left to right):

- Ulrich Nelting (Luxembourg)
- Katherine Broder (Liechtenstein)
- Andreas Vasileiou (Cyprus/President)
- Maurizio Mazza (San Marino)



With Samuel FREUND, Foued JERBIA & Ezio DE RUBEIS three more Luxembourg "Referees" have reached their next level: "SSEKF Referee" for both "Kata" and "Kumite".

Congratulations to all three.

# LION CUP

**25.9.2021, LUXEMBURG**

Parallel to the small states karate championship, the Lion Cup was held in Strassen.

There, Jenny Warling won the first place in her category (Kumite -55Kg Senior). Congratulations!



# K1 PREMIER LEAGUE MOSCOW

01. -03.10.2021, RUSSIA

Jenny Warling, Pola Giorgetti and Jordan Neves made their way to Moscow together with national coach Raphael Veras da Silva.

**Jenny Warling** could fight her way to the semifinals after a walk-through, but then lost to her Russian opponent:

Free ticket

2-0 Hanna Kuklova (SVK)

3-0 Veroica Brunori (ITA)

1-5 Anna Chernysheva (RUS)

In the repechage Jenny finally won the fight for bronze against Valeria Kumizaki (BRA) clearly with 7:2. Jenny took a clear lead after a short time and did not let the victory be taken out of her hands. Congratulations to Jenny and Raphael for the 3rd place!

**Jordan Neves** unfortunately lost in the first round to his Belgian opponent. Although he won the pool final, the Belgian was unfortunately eliminated shortly before the finish, so there was no more repechage for Jordan.

Jordan Neves:

0:3 Quentin Mahauden (BEL)

**Pola Giorgetti** had to fight Vera Kovaleva (#32) from Russia in the first round. Unfortunately Pola lost against the Russian with 1:3. But since the Russian made it to the final, Pola got the chance for Repechage. There she lost very close with 1:1 against Charlotte Grimm (#27) from Germany.

All in all it was again a good experience for our athletes.



# POLISH OPEN

15 - 17.10.2021, POLAND

National coach Raphael Veras has been at the Polish Open with Jenny Warling, Jordan Neves, Pola Giorgetti and Adil Khaidar (from left to right) to further optimize their form. The tournament was well represented with a total of 31 countries.

With a bronze medal for Pola Giorgetti, the team flew back to Luxembourg. Jenny Warling, on the other hand, had started well into the tournament, but then lost to the Diana Shostak. Although she got into the repechage, she decided not to continue fighting in order to spare herself. Jordan Neves won the first round convincingly, but then lost in the second round to the later winner, so that Jordan also came into the repechage. There he was leading, but unfortunately had to take a hit 3 seconds before the end, so that he was eliminated there as well. Adil Khaidar unfortunately lost his first round and didn't get a chance for repechage.

3rd place for **Pola Giorgetti** (Kumite +68kg)

1:0 Kinga Harast (POL)

1:0 Amelie Lücke (GER)

0:2 Niamh Junner (SCO)

2:1 Patrycja Szelagiewicz (POL)

7th place for **Jenny Warling** (Kumite -55kg)

1:3 Diana Shostak (UKR)

against Ami Connell (SCO) (did not compete)

9th place for **Jordan Neves** (Kumite -75kg)

7:0 Patryk Kobus (POL)

0:1 Mads Viberg Larsen (DEN)

3:3 Marek Simun (SVK)

**Adil Khaidar** (Kumite -84kg)

0:2 Michel Corbalan (DEN)





# COUPE INTERNATIONALE DE KAYL

16. -17.10.2021, LUXEMBURG

A total of 17 athletes from the national squad took part in the Coupe de Kayl. There were a total of 504 entries in this tournament. This allowed many karatekas to compare themselves at a high level and see where they currently stand. The national squad took home a total of twelve medals from Kayl this weekend. The results in detail:



David Marques (Kumite U21 Open)  
David Marques (Kumite Senior +75kg)



Anne Steinmetz (Kata U18)  
Patrick Marques (Kata Senior)  
Laura Hoffmann (Kumite Senior Open)  
Hasan Zein (U21 Open)  
Hasan Zein (Senior -75kg)



Anne Steinmetz (Kata Senior)  
Sarah Rodrigo (Kata U16)  
Mia Reding (Kata U16)  
Noa Wolter (Kumite U14 -45kg)  
Nick Bintz (Kumite U14 -45kg)

Congratulations to all medalists!



# KARATE

## 16+17 OCTOBRE 2021

Hall Sportif à KAYL (LUX)

9h: Début compétition Kata  
13h: Compétition Kumite

Samedi  
catégories  
KUMITE  
U10  
U12  
U14

KATA  
U9  
U10  
U11  
U12  
U13  
U14

# COUPE INTERNATIONALE DE KAYL

[www.karatekayl.lu](http://www.karatekayl.lu)

Dimanche  
catégories  
KATA/KUMITE  
U16  
U18  
U21  
Seniors  
+35



# DUTCH OPEN

**23. -24.10.2021, NETHERLANDS**

With a strong line-up the Luxembourg National Team was represented in Almere.

And again there were medals for the Luxembourg National Team, here are the results:



Hasan Zein (Kumite U21 -67kg)  
David Marques (Kumite U21 -84kg)



Louisa Borch (Kata U21)  
Anne Steinmetz (Kata Junior)  
Mia Reding (Kata Cadet)  
Noa Wolter (Kumite U14 -45kg)

Furthermore there were 5th places for:

- Diogo dos Santos (Kata U21)
- Chiara Schumann (Kumite Junior +59kg)
- Sarah Rodrigo (Kata Cadets)
- Anna Breisch (Kata U14)

Congratulations to all!



# MEDIA

**KARATE - Lion-Cup in Strassen**

## Warling sorgt für Luxemburger Erfolg

Zwei Wochen nach ihrem zweiten Platz bei den Budapest Open hat Jenny Warling ihre Klasse beim Lion-Cup in Strassen erneut eindrucksvoll unter Beweis gestellt. Die 27-jährige Karateka sorgte bei dem international renommierten Turnier, bei dem 766 Sportler aus 21 Nationen am Start waren, für den einzigen Luxemburger Sieg. In der Klasse -55 kg waren 21 Sportlerinnen im Einsatz. Warling gewann ihre fünf Kämpfe allesamt. Im Finale behauptete sie sich mit 5:1 gegen Amélie Voegelin aus der Schweiz.

jg

Luxemburger Wort 28.09.21

## 19 Medaillen

### KARATE

Mit 19 Medaillen – viermal Gold, fünfmal Silber und zehnmal Bronze – kehren die Luxemburger Karatekas von den Meisterschaften der kleinen Länder aus Montenegro zurück. Ganz oben auf dem Treppchen standen Mia Reding, Alexander Davies, Anne Steinmetz und Matteo Pierantoni. Jenny Warling durfte sich nach fünf gekämpften Runden unterdessen über den Sieg beim internationalen Lion-Cup des KC Strassen freuen.

(J.Z.)

**KARATE - In Moskau**

## Warling holt Bronze

Jenny Warling hat sich beim Premier-League-Turnier in Moskau (RUS) in der Gewichtsklasse -55 kg auf den dritten Platz gekämpft. Die 27-Jährige gewann gestern im Duell um Bronze mit 7:2 gegen die Weltranglistensechste Valeria Kumizaki (BRA). Zuvor hatte Warling mit 1:5 gegen die spätere Siegerin Anna Chernysheva (RUS) verloren. *jan*

Luxemburger Wort 04.10.2021

RTL.LU 03.10.2021:



## KARATÉ

# Du bronze pour Giorgetti

**Je suis venu pour que mes athlètes reviennent avec des médailles.** Avant l'Open de Pologne de Bielsko-Biala, l'entraîneur national Raphaël Veras annonçait la couleur. Eh bien, le technicien britannique-brésilien doit être satisfait. En effet, une de ses combattants repart de Pologne avec une médaille. Et pour une fois, ce n'est pas Jenny Warling (-55 kg) qui s'est mise en évidence. La chef de file de l'art de la main vide au Grand-Duché, qui restait sur plusieurs très bonnes prestations, n'a, cette fois, pas connu la

même réussite. Battue d'entrée par l'Ukrainienne Diana Shostak (1-3), qui la frappe à son genou blessé, elle préfère ne pas participer aux repêchages, face à l'Écossaise Amy Connell: «Dans les trente premières secondes, l'Ukrainienne m'a frappée dans le genou. Après, je n'osais plus m'approcher. J'ai attaqué de trop loin et elle m'a contré. Heureusement, j'avais le genou "tapé"», confie l'ancienne championne d'Europe, qui se classe finalement 7<sup>e</sup>.

C'est sa copine Pola Giorgetti (+68 kg) qui s'est cette fois mon-

trée à son avantage. En forme, après avoir remporté deux médailles aux championnats d'Europe des petites nations il y a quelques semaines, elle a d'abord pris le dessus sur la n° 1 polonaise Kinga Harast (1-0) avant de dominer sur le même score l'Allemande Amelie Lücke. Au troisième tour, elle cède (0-2) contre l'Écossaise, Niamh Junner. En repêchages, elle domine la Polonaise Patrycja Szelagiewicz (2-1) pour décrocher une magnifique médaille de bronze: «Je vois la progression de Pola. Faire des résultats demande du temps. Je suis content pour elle», se réjouit le technicien. «La médaille c'est toujours l'objectif, mais je ne me suis pas trop pris la tête. Je me suis simplement dit de bien combattre avec détermination. Je me sens plutôt bien en ce moment. Je profiterai des semaines à venir pour encore travailler sur quelques points», indique la combattante grand-ducale.

Deux autres Luxembourgeois étaient en Pologne. Chez les -75 kg, Jordan Neves se défend bien. Il remporte facilement son premier tour contre le régional de l'étape, Patryk Kobus (7-0), avant de plier face au Danois Mads Larsen Viberg (0-1). En repêchage, le combattant grand-ducal s'incline de justesse face au Slovaque Marek Simun (3-3) et prend la 9<sup>e</sup> place. Quant à Adil Khaidar (-84 kg), il perd au premier tour contre un autre Danois, Michel Corbalan (0-2). Pas de repêchages pour lui.



Belle médaille de bronze pour Pola Giorgetti, qui pose avec Raphaël Veras.

Le Quotidien 18.10.2021

## SPORTMELDUNGEN IM ÜBERBLICK

### Karate: Doppelgold für Marques, Bronze für Giorgetti

Mit 367 Athleten aus 62 Vereinen und 13 Ländern (504 Einschreibungen) war die „Coupe internationale de Kayl 2021“ am Wochenende top besetzt. Luxemburg wurde durch sieben Vereine und eine Nationalauswahl vertreten, die insgesamt 155 Einsätze bestritten. Trotz starker ausländischer Konkurrenz schlugen sich die FLAM-Kämpfer in allen Altersklassen hervorragend und errangen an den beiden Wettkampftagen im Kata und im Kumite 52 Medaillen: 10 Gold-, 17 Silber- und 25 Bronzeplätze. Herausragend verlief der Auftritt von David Marques (FLAM) im Kayler Sportzentrum, der sowohl bei der Elite (+75 kg), als auch bei den U21 (Open) auf dem obersten Treppchen stand. Yanis Tamim (-75 kg, Differdingen) holte ebenfalls Gold bei den

Senioren. U16-Gold gewannen Tomas Vicente (Strassen) und Jordan Sibille (Differdingen), bei den U12 siegte Zineb Belabass (Strassen), bei den U10 Lena El Meskiri (Niederanven) und Emil Mujanovic (Kayl), bei den U9 Jairo Mineiro (Walfer) und bei den U35 Tamara Schuh (Kayl, die beiden letzteren im Kata). Im Medaillenspiegel schloss Luxemburg hinter Belgien (28 Gold) auf Platz zwei ab. Beste Einzelplatzierungen gingen an die Nationalmannschaft (Platz 7), KC Differdingen (Platz 8), Chinto Kayl (Platz 10) und Strassen (Platz 13), mit je zweimal Gold. Alle Ergebnisse und Medaillen sind unter [www.sportdata.org](http://www.sportdata.org) nachzulesen. Bei den „Polish Open 2021“ lief es nicht ganz wunschgemäß. Pech hatte vor allem Jenny Warling (-55 kg, 21 Teil-

nehmerinnen), die nach Freilos mit Diana Shostak ein Hammerlos erwischte. Die Ukrainerin gewann den Kampf mit 3:1 und holte später Gold. In der Trostrunde kam Warling nicht über ein 0:0 gegen Ami Connell hinaus, die Referees sahen die Schottin im Vorteil, die anschließend Bronze gewann. Deutlich besser lief es für Pola Giorgetti (+68 kg, 13 Teilnehmerinnen). Die Niederanvennerin konnte ihre ersten beiden Kämpfe gegen Kinga Harast (POL) und Amelie Lücke (D) mit 1:0 gewinnen, scheiterte aber im entscheidenden Fight an Niamh Junner (SCO). Den Kampf um Bronze konnte Giorgetti letztes Endes gegen Patrycja Szelagiewicz für sich entscheiden und holte damit die Kastanien für Luxemburg aus dem Feuer. Die beiden männlichen Vertreter

schafften keine Überraschung. Adil Khaidar (-84 kg, 28 Teilnehmer) schied bei seiner Premiere auf diesem Niveau in der ersten Runde aus, Jordan Neves (-75 kg, 28 Teilnehmer) landete mit einem Auftaktsieg, einem klaren 7:0 gegen Patry Kobus (POL), einen Achtungserfolg, steckte aber in Runde zwei und in der Trostrunde eine knappe Niederlage ein. Last but not least gastierte der KC Strassen am Wochenende mit acht Kämpfern bei den „Open de France Noris Combat“ in Villebon-sur-Yvette. Mit vier Kumite-Medaillen zog sich das Team von Leticia Ferreira tapfer aus der schwierigen Aufgabe. Kenza Belabass (Sen.) und Clement Moens (U18) holten Silber, Anna Grinberga (U18) und Gaspard Lambot (U16) gewannen Bronze. (MB)

Tageblatt 19.10.2021

# DATES

*Save  
the  
date!*

## Sports Psychology Seminar for Kata and Kumite

- 09.11.2021

18:00 - 20:00h, HNAM Strassen

## B-Trainer licence (EQF4 Karate )

- 4. + 5.12.2021
- 11.12.2021
- 22. + 23.1.2022
- 5. + 6.2.2022

## LTAD Symposium:

- 14.-16.01.2022



### ENTRAINEUR SPORTIF KARATE

LUXQF 4 - PARTIE SPÉCIALISÉE

DATES: 04/12/2021 - 06/02/2022 (8H - 17H)

LOCATION: INSTITUT NATIONAL DES SPORTS

LANGUAGE: LUX/FR/GER

REGISTRATION: OFFICE@KARATEFLAM.LU

REGISTRATION DEADLINE: 27/11/2021





Fédération Luxembourgeoise des Arts Martiaux  
 Fédération Nationale agréée et reconnue  
 d'utilité publique  
 Membre du Comité Olympique et Sportif Luxembourgeois  
 Sous le Haut Patronage de Son Altesse Royale  
 Le Prince Louis

# BULLETIN D'INFORMATION 08/2021

## FLAM ACCREDITED COACH CERTIFICATION

### 20 NOVEMBRE 2021

### Séminaire théorique et pratique pour les coaches

**Public cible** : coach désirant coacher le 27/28 novembre 2021 et n'ayant pas encore de certificat valable WKF / EKF

La partie **théorique** se déroulera de **8H30-12H30** à la **GRANDE SALLE DE CLASSE** au **SPORTLYCÉE**

La partie **pratique** se déroulera de **13H30 - 16H30** au **INS HALL 1**, Cents, Luxembourg

*Monsieur le Président, chers membres,*

Veillez prendre note par ce courrier que pour tous les intéressés voulant coacher au championnat national samedi le 27 et dimanche le 28 novembre 2021, seuls les coaches qui ont un certificat valide de la WKF/EKF jusqu'à ce jour pourront coacher.

Pour les coaches qui n'ont pas encore de certificat ou plus valide de la WKF/EKF, un stage sera organisé le 20 novembre informant sur le règlement actuel.

Un certificat sera remis à tous les intéressés participant après le stage.

Les inscriptions peuvent seulement se faire via sportdata. Veuillez donc s.v.pl. transmettre cette information à tous les intéressés afin qu'ils puissent s'inscrire.

[https://www.sportdata.org/karate/set-](https://www.sportdata.org/karate/set-online/veranstaltung_info_main.php?active_menu=calendar&vern=6112#a_eventhead)

[online/veranstaltung\\_info\\_main.php?active\\_menu=calendar&vern=6112#a\\_eventhead](https://www.sportdata.org/karate/set-online/veranstaltung_info_main.php?active_menu=calendar&vern=6112#a_eventhead)

Pour plus d'informations, prière de nous contacter à l'adresse e-mail suivante:

[secretaire@karateflam.lu](mailto:secretaire@karateflam.lu).

Salutations sportives  
 Commission technique et sportive



FLAM Karaté | Membre WKF | Membre EKF  
 Fédération Luxembourgeoise des Arts Martiaux a.s.b.l.  
 3, route d'Arion | L-8009 Strassen | Grand Duché de Luxembourg  
 Site internet: [www.flam.lu](http://www.flam.lu) | e-mail: [secretaire@flam.lu](mailto:secretaire@flam.lu) | Tél: 00352 49 66 11 | Fax :00352 49 66 10





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INVITATION 06/2021

Section Karaté: Commission des grades

SUJET: EXAMENS DES GRADES DANs

INVITATIONS DES JURYS

Date du passage des grades DAN: samedi, le 4 décembre 2021  
 et dimanche le 5 décembre 2021

Lieu : Coque, Centre National Sportif et Culturel Kirchberg  
 Adresse: 2 Rue Léon Hengen, 1745 Luxembourg  
 Salle au -1, salle des arts martiaux

- Date de l'examen : pour le 1 KYU (examen du 1<sup>er</sup> DAN)  
 Samedi, le 4 décembre 2021 à 14h00 (porte ouverte à partir de 13h00 et briefing avec tous les jurys, durée examen : +/- 3 h)
- Examen pour 2<sup>ème</sup> DAN et plus.  
 Dimanche, le 5 décembre 2021 à 10h00 (porte ouvert à 09h30)
- Cérémonie remises des diplômes : début vers 11h15 – fin 12h00  
 Après l'examen, une cérémonie de remise des diplômes des candidats ayant réussi le passage de rattrapage de grade 2021 est organiser.

Le concept de l'examen, impacté par la situation COVID-19, vous sera communiqué en temps utile sur base des informations que le gouvernement nous aura communiquées.

Bien sportivement  
 Bureau de la commission des grades





# PREVENTION OF VIOLENCE

## No lack of civil courage

*By Jürgen Fritzsche & Rudi Heimann*

During a workout in the gym, the music is loud and encourages more performance. Suddenly, someone falls over and cries "Ouch". Why doesn't anyone go and help?

It's recess at school. 200 children are playing and romping through the schoolyard. A little girl is standing on a sidewalk in front of the school. Across from her is a grown man. The girl laughs at the man - who is the man? Who is going to go and help?

An elderly person is apparently being prevented from entering the lane by young people and is being attacked in the worst way. Why does no one go and help?

## Five steps to help

Researchers describe a five-stage process that determines whether a bystander will help or not help in a situation where help would be objectively indicated. First, the researchers speak of the fundamentally latent diffusion of responsibility - a phenomenon that occurs more strongly the more bystanders there are. Behind this is the subjective thought of the individual that someone else will already help, which means that he himself no longer has to intervene. This phenomenon is at least reduced if

- the emergency situation is clearly recognizable
- the request for help is made
- the competence of other helpers is considered to be much lower, or
- the victim is a child under the age of nine.

In cases where massive acts of violence were threatened, the opposite effects were also observed. The more people were present, the more likely an intervention was - this is called the positive bystander effect.

The five stages form a model (Figure 1) that ultimately determines whether or not a potential helper will intervene on behalf of the victim. In addition, there are options in each stage to influence the helper's thought process - in favor of or against helping.

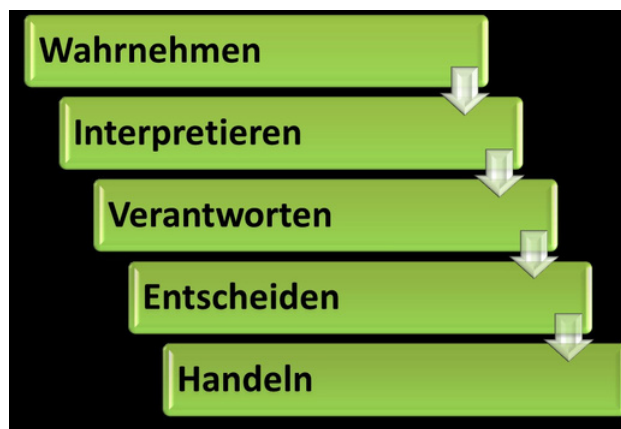
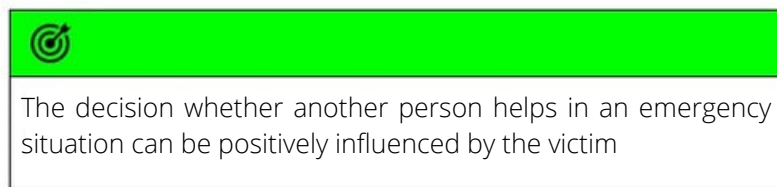


Figure 1 - Five levels of assistance



In the following issues, we will shed more light on this topic.

## 1.1 Perception

The event itself must first be perceived by the witnesses' senses. Thus, in the vast majority of situations, visual or auditory impressions are likely to be responsible for perception. If a crowd forms, shouts or screams are heard, or a threatening situation is clearly visible, people may become aware. The attention threshold can be lowered so much by hurrying past due to temporal urgency or by being absorbed in media such as newspapers or smartphones that the situation cannot be taken in on its own motivation. Furthermore, the sense of hearing in public spaces is increasingly impaired by worn headphones.

In the following issues, we will shed more light on the topic of "assistance".

Yours,  
Jürgen

# IN THE SPOTLIGHT

## KIMBERLY NELTING

NATIONAL SQUAD KUMITE SENIOR  
KC NIEDERANVEN / WORLD AND  
EUROPEAN CHAMPION

*How old were you when you started karate and why?*

When I was 6 years old, my father set me and my older brother Cassidy the task of earning a black belt in karate so that we could later defend ourselves.

*How often do you train per week and where?*

I train a total of six times a week. Mondays at my club, Tuesdays at LIHPS (Luxembourg Institute for High Performance in Sports), Wednesdays, Thursdays & Fridays at the national squad and on weekends either at LIHPS or I fight at tournaments.

*What was your first karate success?*

My first victory at a tournament was the "Coupe FLAM" in Differdange. At that time I was mega proud about the mega big trophy

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

I think that was clearly my junior world title in 2017, closely followed by my just achieved U21 European title this year. I was especially proud to leave both my junior (-59kg) and U21 (-61kg) categories as the world number one in each to the next higher category. My next goal is to take care of my professional training. I took a gap year for the Olympic qualification and for the U21 European Championship to be able to concentrate on karate. For this reason, I am now taking a break from karate.



*Who is your biggest role model?*

Definitely my family. My parents: They are always there for me, whereby my father has been my "manager" throughout the years, whether it was just to bring me a forgotten T-shirt or to accompany me to almost all tournaments; my mother, on the other hand, always makes sure that I eat healthy and get enough sleep. My big sister: Because she is always there for me, especially when I am not doing so well. My brother, four years older than me, whom I could always look up to, after all he was already a black belt when I was only a blue belt, and "last but not least" my handicapped sister, who was able to take part in my world championship title at that time and to whom I therefore also dedicated the gold medal from Tenerife.

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

My 100th medal was exactly the gold medal at the 2017 World Championships in Tenerife.

# EMMA THUY

NATIONAL SQUAD KATA  
KC WALFER / U12 STATE CHAMPION

*How old were you when you started karate and why?*

I started with karate when I was 10 years old. At that time I was already doing another sport and I wanted to start with a new, second sport. I chose karate because I had already tried and liked karate when I was 6 years old, but stopped after a month because of the unsuitable training times.

*How often do you train per week and where?*

I train as follows: 2 times a week gymnastics at Le Réveil Bettembourg, about 2-4 times a week karate in the national squad and from time to time in the club.

*What was your first karate success?*

My first karate success was third place at the Coupe des Coupes competition in 2018 when I was 11 years old.

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

My biggest success was the national championships 2019, there I became national champion in the category U12. My next goal is to participate in international competitions and to be able to achieve a podium finish.



*Who is your biggest role model?*

My biggest role model is the Karate World Champion in the discipline Kata Team Jasmin Jüttner from Germany.

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

One of my most significant events in karate was finishing second at the Coupe des Coupes competition in 2019. At the time, I was an orange belt and competing against much better and older candidates. I did not expect second place after seeing my opponents. Nevertheless, I won against candidates with a much higher belt, such as blue and even once brown and got the second place.

**COMING SOON**



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**

RUE DE RECKENTHAL  
L-2410 STRASSEN / LUXEMBOURG



Délai d'inscription: vendredi 19 novembre 2021 sur [www.sportdata.org/karate/set-online-lu/](http://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



16-21  
November  
*25<sup>th</sup> World Senior Championships*  
DUBAI 2021

## Delegation:

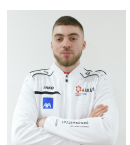
Raphael Veras da Silva - National coach  
Tamara Schuh - Sport director



Kata  
Patrick Marques



Kumite  
Jennifer Warling  
Pola Giorgetti  
Jordan Neves  
Adil Khaidar



# IMPRESSIONS

## SEMAINE DES ARTS MARTIAUX BELLE ETOILE





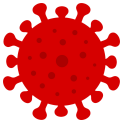
# DUTCH OPEN





# 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!

## WANTED: CLUB PROFILES



If you are interested in presenting your club in the next newsletter, please send us your club profile (text and pictures) to: [office@karateflam.lu](mailto:office@karateflam.lu).



# LITERATURE

## RECOMMENDATIONS

Wang, S. (2021). Effect of ankle proprioceptive training on preventing ankle injury of martial arts players. (**Effect of ankle proprioceptive training on prevention of ankle injuries of martial artists.**) Frontiers in Sport Research. Francis Press. S. 48-55.

