



KARATE SEMINAR WITH MAKSIM IVANCHIKOV



ORGANIZER:

Association “Fudzi Sports Club” in cooperation with karate specialist Maksim Ivanchikov.

DATE AND LOCATION:

Event date – January 15, 2026 (Sunday)

Event venue – Ulbrokas Street 3, Riga, Latvia, LV-1021 (Sports Hall of Secondary School No. 92)

TRAINING SCHEDULE:

1st Training Group

10:00 – 11:30 – 1st training (~1.5 h)

16:00 – 17:30 – 2nd training (~1.5 h)

2nd Training Group

11:30 – 13:30 – 1st training (~2 h)

17:30 – 19:30 – 2nd training (~2 h)

REGISTRATION:

Participants must register in advance at karateregistration.lv or by contacting the responsible person:

Boris Krasnov – phone: +371 29621418, e-mail: ijka.latvia@gmail.com

Registration deadline: November 12, 2025 (Wednesday) at 23:59.

PARTICIPATION FEE:

1st group – €30

| 2nd group – €30

| Coach – €20

FORMAT AND CONTENT:

1st TRAINING GROUP – athletes aged 8–9 (and older) with Kumite competition experience.

1st training:

Improvement of front-hand and front-leg techniques

Coordination and combinations between front hand and front leg

Main technical elements:

- Kizami-zuki
- Kizami mawashi-geri
- Kizami ura-mawashi-geri

Focus: improving the quality of execution

2nd training:

Distance control and practical use of the front hand and front leg

Understanding and controlling distance

Using the front hand and front leg in different tactical situations:

- Countering
- Intercepting
- Attacking

Analysis and execution of tactical fighting situations.

2nd TRAINING GROUP – athletes aged 12–13 (and older) who are part of or aiming to join the national team this or next season.

1-2st training: (Older Group)

Main topic for both sessions:

Technical and tactical work against distance control and point retention, operating in a negative fight situation.

Focus elements:

- Provocation (drawing the opponent into making a mistake)
- Defense against front-hand and front-leg techniques (blocking, evasion, absorbing)
- Counterattacks (immediately after defense or provocation)
- Anticipation / timing (Sen no Sen concept)
- Effective throwing techniques

Practical drills and situations:

- Fight scenarios when you are behind on points.

INFORMATION ABOUT MAKSIM IVANCHIKOV:

Maksim Ivanchikov is a certified *Category A* sports specialist (coach).

His achievements in karate include:

- 6th Dan Karate UFK, WKF;
- Head coach of the Latvian National Karate Team (2007–2017); • Coach of European and World Championship medalists;
- Head coach of the Vietnam National Karate Team (helped Vietnam win its first medal at the WKF World Championships);
- Consultant coach for several local and international karate clubs (including leading clubs in Ukraine);
- Founder and head coach of the “*Baltic Karate Club*” association.

