



TRAINING SESSION

WITH COACH-CONSULTANT MAKSIM IVANCHIKOV

ORGANIZERS:

“Fudzi Sports Club” in cooperation with boxing and karate specialist **Maksim Ivanchikov**.

DATE AND LOCATION:

Event dates – **June 13–15, 2025** (Friday–Saturday–Sunday)

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

REGISTRATION:

Participants must register in advance by contacting the responsible person – Boris Krasnov by phone at +371 29621418 or via email: ijka.latvia@gmail.com

REGISTRATION DEADLINE is June 6, 2025 (Friday) at 23:59.

PARTICIPATION FEE:

Athlete participation fee – 70 EUR for all three days (6 training sessions).

Coach participation fee – 40 EUR, if a certificate (18 hours) required for recertification is needed.

TRAINING SCHEDULE:

1st TRAINING GROUP

10:00 - 11:30 – 1st training session (~1,5h)

16:00 - 17:30 – 2nd training session (~1,5h)

2nd TRAINING GROUP

11:30 - 13:00 – 1st training session (~1,5h)

17:30 - 19:00 – 2nd training session (~1,5h)

FORMAT AND CONTENT:

Training groups and training content:

GROUP 1 – Athletes aged 8–9 and older with Kumite competition experience:

- Improvement of effective competition techniques
- Physical preparation and plyometrics
- Footwork, games, distance control, and decision-making
- Development of tactical elements and combat situations
- Sparring sessions

GROUP 2 – Athletes aged 12–13 and older who are members of the national karate team or are candidates for the national team in the current or upcoming season (+ athletes planning to participate in the Youth League in Poreč, Croatia):

1) Initiating the Fight

- Opponent analysis
- Selecting the most effective techniques and tactical solutions for the beginning of the match
- Developing powerful techniques
- Preparing the attack and scoring the first point
- Sparring with a focus on the beginning of the fight

2) Improving Active Defensive Strategy (Fighting as the Second Number)

- Side attacks
- Defensive techniques and counterattacks
- Anticipating the opponent's actions
- Distance control
- Working in edge-of-the-mat situations (corner work)
- Short, situational fights — finishing the match with a positive score

3) Fighting as the First Number (Recovering from a Negative Score)

- Anticipating the attack
- Multiple pressured attacks
- Corner work
- Short, situational fights when behind in score
- Sparring sessions

INFORMATION ABOUT MAKSIM IVANCHIKOV:

Maksim Ivančikov is a certified Category A sports specialist (sports coach). His achievements in karate include:

- 6th Dan in Karate (UFK, WKF)
- Head coach of the Latvian karate national team from 2007 to 2017
- Coach of European and World Championship medalists
- Head coach of the Vietnamese karate national team (helped Vietnam win its first medal at the WKF World Championship)
- Coach-consultant for several local and international karate clubs, including several leading Ukrainian karate clubs
- Founder and head coach of the “Baltic Karate Club”

