



TRAINING SESSION

WITH COACH-CONSULTANT M. IVANCHIKOV

THE HEAD COACH OF THE UKRAINIAN YOUTH

NATIONAL TEAM D. NEGATUROV AND UKRAINE'S TOP ATHLETES



ORGANIZERS:

“Fudzi Sports Club” in cooperation with **Latvian Karate Federation**, karate specialist **Maksim Ivanchikov** and the Head Coach of the Ukrainian Youth National Team **Dmitriy Negaturov**.

DATE AND LOCATION:

Event dates – **August 29–31, 2025** (Friday–Saturday–Sunday)

Event location – **Ernesta Birznieka-Upīša Street 21E, Riga, LV-1011 (VZSS sports hall)**

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 August 6, 2025 (Friday) at 23:59.

PARTICIPATION FEE:

Athlete participation fee – **80 EUR** for all three days (6 training sessions).

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:

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GROUP 1 – athletes from 8 years old with Kumite competition experience:

☒ Improving quality:

- Attacks
- Defence
- Counterattacks
- Anticipation
- Interceptions
- ✓ Developing decision-making speed
- ✓ Tactical preparation:
 - Modelling fight situations
 - Conditional fights
 - Solving tactical tasks at real pace

GROUP 2 (participation in this group must be approved by the organiser!!!) – athletes from 12 years old who are members of the National Team or candidates for the team this or next season, plus athletes planning to participate in selection tournaments (Budapest Open, Polish Open and the Youth League in Venice):

- ✓ Analysis and development of tactical tasks
- ✓ Work in the corner (fighting as both first and second number)
- ✓ Modelling competition situations
- ✓ Fights with refereeing

INFORMATION ABOUT COACH DMITRIY NEGATUROV AND THE UKRAINIAN ATHLETES:

DMITRIY NEGATUROV:

- Master of Sports of Ukraine, 3rd Dan
- Head Coach of the Ukrainian Youth National Team
- Coach of European and World Championship medallists
- Coach of Karate1 Series A and Youth League medallists



HRYNENKO ILLIA:

- Category – Junior Kumite Male -68kg
- 4-time KARATE1 Youth League medallist
- Member of the Ukrainian Youth National Team 2025



BEZNOSOV OLEKSANDR:

- Category – Junior Kumite Male -76kg
- Ukrainian Championship medallist
- Member of the Ukrainian Youth National Team 2025



TARASENKO ARTEM:

- Category – Junior Kumite Male +76kg
- 2024 European Championship bronze medallist
- K1 Youth League (Venice) bronze medallist



BARANOVA ULIANA:

- Category – Junior Kumite Female -66kg
- 2025 European Championship bronze medallist
- 7th place at the 2024 World Championship
- 4-time KARATE1 Youth League medallist
- Two-time Ukrainian Champion



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”

