



KARATE SEMINAR WITH MAKSIM IVANCHIKOV



ORGANIZER:

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

DATE AND LOCATION:

Event date – January 17, 2026 (Saturday)

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 – €25

| 2nd group – €30

| Coach – €20

FORMAT AND CONTENT:

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

1st training:

- Children’s training – kicking techniques
- Preparatory exercises to improve kicking techniques: flexibility, footwork, position changes, knee lift, and effective kicking (mawashi geri, uramawashi geri, yoko geri).

2nd training:

- Children’s training – attack preparation
- Preparing attacks before executing kicks.
- Using kicking techniques in different tactical 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.

1st training: (Older Group) – Scoring the First Point

Work on scoring the first point:

- Provoking the opponent and eliciting a reaction,
- Attack – defense – counterattack,
- Attack – waiting/anticipation – continuation of the attack.

2nd training:

Technical and Tactical Work at the Start of a Match

- Technical and tactical work in the opening phase of the match,
- Semi-free sparring focused on scoring the first point,
- Situation drills,
- Match start – free sparring.

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.

