



# WAKO INDIA KICKBOXING FEDERATION

VOL-IV, BULLETIN - 2020-21



**Member :**  
World Association of  
Kickboxing Organizations (WAKO)

**Recog. By :**  
International Olympic Committee (IOC)

**REDEFINING  
KICKBOXING  
SPORT IN INDIA**



Regd. Office & National H. Q.: #7, 1st Floor, Achievers Centre Point Mall, Sector-49, Faridabad - 121001, Haryana, India

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## A BRIEF ON "KICKBOXING"

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Kickboxing relatively is a modern Martial Arts System, syllabus of which was derived by combining several fighting techniques from a variety of more traditional disciplines, including Kung-Fu, Karate, Thai Boxing and Taekwondo. There are numerous health benefits derived from learning Kickboxing, which extend into many aspects of every day life. It can be practiced on competitive or recreational level depending on the aspirations of the Kickboxer, but for sure, it is a sport designed to improve your overall health, strength and endurance.

Kickboxing is further classified into two categories, namely 'Ring Sport' and 'Tatami Sport'. These two categories have three and four disciplines and they are mentioned below :-

### **RING SPORT :**

- FULL CONTACT**
- LOW KICK**
- K-1**

### **TATAMI SPORT :**

- POINT FIGHTING**
- LIGHT CONTACT**
- KICK LIGHT**
- MUSICAL FORMS**





## HISTORY OF WAKO INDIA

WAKO India came into existence in India with the name and style "Indian Association of Kickboxing Organization (IAKO)" in the year 1993 to promote, govern and regulate Kickboxing Sport in the country on behalf of World Association of Kickboxing Organizations (WAKO-IF), Italy. Later on, the organization was renamed as "National Kickboxing Federation NG" in the year 2013.

In order to give a new shape and dimension to Kickboxing Sport in the country, the Federation had to undergo one more change in the name and its set up. As a result of this mandatory change took place in the month of June' 2017, "National Kickboxing

Federation NG" has now renamed as "WAKO INDIA KICKBOXING FEDERATION" (WAKO INDIA) with Head Quarters & Registered Office at No.7, 1st Floor, Achievers Centre Point Mall, Sector-49, Faridabad-121 001, Haryana, India. This Federation, popularly known as "WAKO INDIA" is now headed by Mr. Santosh K. Agrawal, as President.

WAKO INDIA KICKBOXING FEDERATION (WAKO INDIA) is the sole representative of WORLD ASSOCIATION OF KICKBOXING ORGANIZATIONS (WAKO-IF), ITALY.

## WAKO INDIA KICKBOXING FEDERATION - AN INTRODUCTION

"WAKO India Kickboxing Federation", having its Registered Office at No. 7, 1st Floor, Achievers Centre Point Mall, Sector-49, Faridabad-121 001, Haryana is the only Governing Body to promote control and develop Kickboxing sports activities, in all age groups and styles, both in male and female categories, in India. We also have membership of Asian & International Federations, working under Olympic Charter & Fold.

We, WAKO India Kickboxing Federation, are affiliated to World Association of Kickboxing Organizations (WAKO-IF), head quartered in Italy. WAKO (IF) is an International Kickboxing Federation, working under Olympic Fold and Charter for the last so many years and are also recognized by following international forums.

- . **International Olympic Committee (IOC)**
- . **International World Games Association (IWGA)**
- . **Global Association Of International Sports Federations (GAISF)**
- . **World Anti-Doping Agency (WADA)**
- . **International Fair Play Committee (FAIR PLAY)**
- . **Alliance Of Independent Recognized Members Of Sport (AIMS)**
- . **Peace And Sport**
- . **International University Sports Federation (FISU)**
- . **Olympic Council Of Asia (OCA)**
- . **Association of IOC Recognized International Sports Federation**

WAKO (IF) has already taken part in IOC Patronage Events – Sportaccord World Combat Games 2010 in China, during year 2013 in Russia & IWGA World Games during 2017 in Poland.

WAKO India has 32 Affiliates across the country and all of them are registered with respective State Sports Authorities and a few of them have got recognition from State Olympic Associations. Since their existence, all these Affiliated Associations are working very closely with their respective Sports Authorities and State Olympic Associations for the development of kickboxing sports in the country. All these 32 Affiliates have representations in their respective State through Associates at District level, thus ensuring expansion of Kickboxing Sports at village level.

We have already conducted a lot of competitions in the country with the help of our Affiliates, Sports Authorities and State Olympic Associations and received an overwhelming response to Kickboxing sports activities.





## WAKO INDIA VISION & MISSION

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### Our Vision :

1. To be one of the best Kickboxing Federations in Asian Continent by 2022, through relentless team work and fair play.

### Our Mission :

1. To promote, regulate and govern Kickboxing Sports in India.
2. To develop a self esteemed, disciplined, well educated and healthy young generation.
3. To play the sports in true spirit and in a fair manner.
4. To set-up Kickboxing Training Academies across the Country.
5. To institutionalize the best sports practices and to abide by the Rules & Regulations of WAKO (IF).



## WAKO INDIA VISION & MISSION FOR THE NATION

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### Our Vision for the Nation :

1. To create a healthy, strong, tobacco-free, alcohol-free, drug-free, disciplined, cultured and responsible young generation, who can add value to the mother land and uphold our culture in front of the entire world through Kickboxing Sport.

### Our Mission for the Nation :

1. To develop positive attitude among students through class room trainings and sportsman-spirit approach.
2. To develop physical, mental agility, spiritual sense which create an atmosphere of discipline through practical training and workshops.
3. To develop good character & personality through various trainings.
4. To inculcate sportsman spirit among students through Fair Play competitions.
5. To empower girls and woman with self defense system through Kickboxing sport.
6. To set up Kickboxing Training Academies across the country.
7. To institutionalize the best sport practices and to abide by the rules and regulations of WAKO (IF).



## WAKO INDIA VALUES, PRINCIPLES & BELIEFS

### Values

Our values create the sense of purpose to ensure fitness, health and wellness. We take immense pride in our values which are critical to WAKO INDIA's long term success.

### Accountability

We are accountable for using and developing our individual and collective capabilities to achieve outstanding results both for the individual, the community and for the Federation.

### Synergy and Teamwork

We work together collaboratively to achieve our strategy in a spirit of cooperation, support and valuing each other's skills and contributions.

### Professionalism

We fulfill our responsibilities to be leaders in our professional discipline through the application of best practices in a scientific, caring and committed way.

### Integrity

We build trust through loyalty, honesty, ethical standards and fairness. We never take advantage of a privileged position for personal gain.

### Respect

We honor sensitively the values, rights and needs of others and embrace the diversity provided by each individual, irrespective of culture, orientation, race, class or gender.

### Excellence

We constantly research, create and develop new solutions to deliver outstanding results for our student-athletes, partners and society.



## WAKO INDIA BELIEFS

We believe in:-

**TEAM Work** (Together Everything Achieved More)

**HARD Work** (Honest Approach Rewards Definitely)

**SMART Work** (Specific, Measurable, Achievable, Realistic & Time-Bound)



## WAKO Represented Worldwide And Still Growing

**5**

**Continental  
Representation**

**97**

**Federations  
Officially  
Recognized  
Nationally**

**Extensive**

**Participation  
of Women  
and Youth**

**127**

**Affiliated  
Members Country**

**50**

**Amateur Events in  
WAKO International  
Calendar**





## THE KICKBOXING - A Hybrid Sport With Roots In Ancient Techniques



Kickboxing is one of the youngest martial arts systems and one of the fastest growing. Kickboxing has been in existence since the early 60s. Its conception came about because of the desire of Martial Artists to test their skills against each other in a safe and controlled environment. It requires a high level of fitness both mentally and physically and is a dynamic and effective Martial Art. It incorporates kicking, punching, sweeping and throwing.

Kickboxing is practiced as a Full-contact Sport, practiced in a boxing ring and as a lighter version sport, practiced on Tatami. All disciplines are very entertaining and popular and attract youth and women all over the world.

Protection in the contact sports: mouth-guard, hand-wraps, boxing gloves, groin-guard, shin-pads, kick-boots, and helmet.

WAKO started its activities in Europe in 1976 and created the rules and regulations for the new fighting sport and acted, as the Kickboxing Federation of the World.

Kickboxing is also really good for physical fitness and Self-Defense to show skills in the safest manner.

### WAKO KICKBOXING TODAY:

Kickboxing is a modern contact fighting sport created on the basis of many traditional combat sports and martial arts. Kickboxing is a unique Western response to many Eastern martial arts. It can be practiced on competitive or recreational level depending on the aspirations of the kickboxer, but for sure it is a sport designed to improve your overall health, strength and endurance.

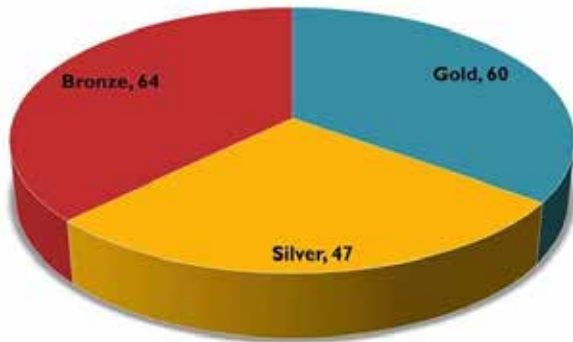
Today WAKO counts on 129 affiliated nations in the 5 continents, of which over 90 are officially recognized by either National Olympic Committee or relevant National Government Sports Authority.





**WAKO India Ranking**

**WAKO INDIA TEAM INTERNATIONAL MEDAL TALLY since 2017 to 2020**



**3rd in Asia**

**47<sup>th</sup> in the World**



**Kickboxing sport in INDIA getting recognition from the following organization very soon**



युवा कार्यक्रम और खेल मंत्रालय  
MINISTRY OF  
**YOUTH AFFAIRS AND SPORTS**



Play fair



**INDIAN OLYMPIC ASSOCIATION**







## WAKO India Kickboxing Federation



**Mr. Santosh K. Agrawal**  
(President WAKO INDIA) with  
**Dr. Ennio Falsoni**  
(Honorary President-WAKO, IF)



**Mr. Santosh K. Agrawal**  
(President WAKO INDIA) with  
**Prof. Boriaslav Pelevic**  
(PRESIDENT-WAKO, IF)



## University Activities

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A significant achievement by WAKO INDIA - Inclusion of Kickboxing Sport in the Sports Calendar of Maharshi Dayanand University, Rohtak, Haryana, INDIA - 10th October 2017. The Sports Calendar is being released by the Hon'ble Vice Chancellor - MDU Prof. B. K. Punia, President Sports Council - MDU, Rohtak, Dr. Krishna Chaudhary, Director Sports - MDU, Rohtak, Dr. Devender Singh Dhull and Mr. Santosh K. Agrawal, Founder & Secretary General, Haryana Kickboxing Association & President - WAKO India Kickboxing Federation. Maharshi Dayanand University, Rohtak is the first University in INDIA to include the Kickboxing Sport in their official Sports Calendar.



## WAKO India Events Highlights (2017-2018)

**WAKO INDIA NATIONAL KICKBOXING CHAMPIONSHIP - CADET, JR. & SR. - MEN & WOMEN 7TH - 10TH SEPTEMBER - 2017, RAIPUR, CHHATTISGARH, INDIA**



**WAKO WORLD CUP DIAMOND, ANAPA, RUSSIA 19TH-24TH SEPTEMBER-2017**



**WAKO WORLD KICKBOXING CHAMPIONSHIP 2017 - BUDAPEST HUNGARY, 3RD - 12TH NOVEMBER 2017**





**WAKO INDIA NATIONAL KICKBOXING FEDERATION CUP – CADET, JUNIOR & SENIOR-MEN & WOMEN 17TH - 20TH JANUARY 2018 AT TALKATORA INDOOR STADIUM, NEW DELHI, INDIA**



**“WAKO SERBIAN OPEN KICKBOXING CUP” HELD AT BELGRADE, SERBIA FROM 16TH - 18TH MARCH 2018**





## WAKO India Events Highlights (2018-2019)

**"WAKO INDIA PRO NATIONAL KICKBOXING (LOW KICK) CHAMPIONSHIP – 2018" HELD FROM 13TH-15 TH APRIL 2018 AT PUNE, MAHARASHTRA**



**"WAKO IX WORLD CUP DIAMOND KICKBOXING" HELD IN RUSSIA DURING 30TH MAY - 4TH JUNE, 2018**



**WAKO INDIA NATIONAL CADETS & JUNIOR KICKBOXING CHAMPIONSHIP, SHOOLINI UNIVERSITY, SOLAN, HIMACHAL PRADESH FROM 10TH - 13TH JUNE 2018**





**WAKO CADETS & JUNIORS  
WORLD CHAMPIONSHIP HELD  
AT JESOLO, LIDO, VENICE, ITALY  
15TH - 23TH SEPTEMBER, 2018**



**WAKO INDIA SENIOR NATIONAL KICKBOXING CHAMPIONSHIP -  
2018 KOLKATA, WEST BENGAL, INDIA, 2ND - 5TH DECEMBER, 2018**



**MR. RAVINDER SINGH, NATIONAL PLAYER OF KICKBOXING SPORT, POSTED IN THE RANK OF SEPOY IN THE  
INDIAN ARMY, ASSAM, PARTICIPATED IN THE "SERBIAN OPEN KICKBOXING CUP", HELD IN SERBIA'S CAPITAL  
BELGRADE, FROM 15TH - 17TH MARCH 2019 WON BRONZE MEDAL FOR THE COUNTRY**





## WAKO India Events Highlights (2019-2020)

**4TH TURKISH OPEN INTERNATIONAL KICKBOXING TOURNAMENT 2019 HELD AT ANTALYA, TURKEY DURING 4TH - 7TH APRIL 2019**



**WAKO NEPAL OPEN INTERNATIONAL KICKBOXING CHAMPIONSHIP 2019 HELD AT INDOOR STADIUM, DASHRATH RANGSHALA, KATHMANDU, NEPAL DURING 1ST - 4TH JUNE, 2019**



**WAKO INDIA SENIOR (MEN & WOMEN) NATIONAL KICKBOXING CHAMPIONSHIP-2019 HELD AT ROHTAK, HARYANA, INDIA DURING 18TH – 21ST JULY, 2019**



**WAKO BESTFIGHTER WORLD CUP CHAMPIONSHIP HELD DURING 13-16 JUNE, 2019 AT RIMINI, ITALY**





**WAKO INDIA CADETS & JUNIORS NATIONAL KICKBOXING CHAMPIONSHIP-2019 HELD AT DR B R AMBEDKAR SPORTS STADIUM, KARIMNAGAR, TELANGANA, INDIA DURING 17TH – 20TH SEPTEMBER, 2019**



**"WAKO WORLD SENIOR KICKBOXING CHAMPIONSHIP HELD DURING 19TH-27TH OCTOBER 2019 HELD AT SARAJEVO, BOSNIA AND HERZEGOVINA"**



**"WAKO WORLD CUP DIAMOND KICKBOXING HELD DURING 24TH-29TH SEPTEMBER, 2019 AT RUSSIA"**



**"WAKO WORLD (SENIORS) KICKBOXING CHAMPIONSHIP 2019 HELD IN ANTALYA, TURKEY FROM 23RD NOVEMBER - 1ST DECEMBER 2019"**







**"1ST INDIAN OPEN INTERNATIONAL KICKBOXING TOURNAMENT 2020" DURING 9 TO 13 FEBRUARY 2020 HELD AT TALKATORA INDOOR STADIUM, PRESIDENT'S ESTATE, NEW DELHI, INDIA**



**WAKO INTERNATIONAL IRISH OPEN KICKBOXING CUP 2020 HELD FROM 1ST TO 4TH MARCH 2020 IN DUBLIN, IRELAND**

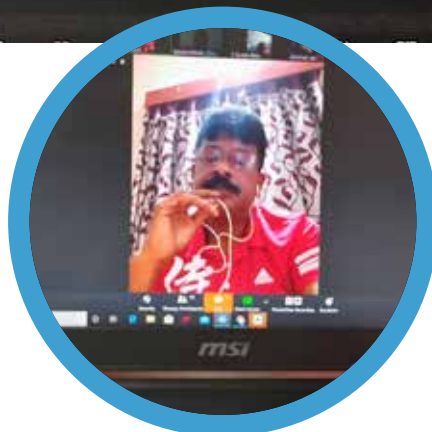




## Virtual Conference on 26th April 2020

WAKO India had organized a virtual conference on 26th April 2020 at 4pm where most of the State Presidents/ Secretaries were present and agreed to start the E-Tournament from 29th April 2020.

The parameters were discussed under which the E-Tournament had to work. The Zoom video conference was successfully concluded and each participant contributed in their own way.





## FOOD DISTRIBUTION (SOCIAL CAUSE)

WAKO India President who is also the General Secretary of Haryana Kickboxing Association took the lead to distribute around 600 food packets to the needy everyday for 40 days. Since the situation started worsening due to the Virus, he himself came out with his team and worked for the noble cause.



## Blood Donation Camp

In this severe blood scarcity, there was a 'Blood Donation Camp' organized by Mr. Santosh K Agrawal (President - WAKO India Kickboxing Federation & General Secretary - Haryana Kickboxing Association) in Faridabad, Haryana. There was a hard earned 24 units of blood collection made for the Thalassemic Patients (Children) which was followed by a Bhandara. This Camp was supported by Foundation Against Thalassemia Faridabad, Devine Charitable Blood Bank, Rotary Club Faridabad Sanskar & Haryana Kickboxing Association. Our gratitude to Shri Yashpal Yadav, IAS, Dy. Commissioner-Faridabad been present and graced the occasion.





# White Card on 6th April, 2020

**WHITE CARD**

SOCIAL MEDIA TOOLKIT  
#WHITECARD CAMPAIGN 2020  
MARCH 30TH - APRIL 10TH

"Behind each #WhiteCard there is a story."  
We invite a picture raising your #WhiteCard or to share one of the following stories on social media.

Naseem's motivation is to teach kickboxing to empower girls & teach them self-defense. She believes we can delete negative stereotypes through the #WhiteCard. And you, what does the #WhiteCard mean to you? @peaceandsport #Apr6 #WSDP2020 - <http://bit.ly/2UUGLEO>

Through the #WhiteCard, symbol of peace through sport Birendra, a basketball player from DRC, shows that sport helps to "develop friendly attitudes break boundaries, forge closer relationships and live together as a family" And you, what the #WhiteCard means to you? @peaceandsport #Apr6 #WSDP2020 <http://bit.ly/2UUGLEO>

PEACE AND SPORT  
BE PART OF MAJID MATTERS

Use the hashtags :  
#WhiteCard  
#ChampionsforPeace  
#WSDP2020

More information :  
[www.apfb.org](http://www.apfb.org)  
[www.peaceandsport.org](http://www.peaceandsport.org)





## WAKO India Coaches



### Sport & Eating Disorders

Eating disorders occur as an interaction between our individual congenital attributes, the people and the environment around us. Three factors in particular seem to increase the risk of eating disorders:

#### • Transition From Young Athlete To Senior

As a coach you should be aware of physical as well as psychological changes related to entering puberty. This is a vulnerable time for a lot of girls.

#### • Dieting

Young athletes should not be advised to lose weight. If they have a strong wish to change their bodies, you can help them get in touch with a qualified professional, for instance a nutritionist.

#### • Injury Or Illness

Long periods when the athletes cannot train as they want or as planned, can create uncertainty related to energy intake and consumption.

It is possible to overcome an eating disorder with a lot of personal effort and motivation, especially if the problems are confronted early on. It is important that the youth has strong support network, and as their coach, you can play an important supportive role

### Good Advice For Coaches

- **Avoid** body related comments - whether it is about yourself or other athletes, positive or negative.
- **Teach** the athletes how the body works, rather than how it should look.
- **Take** an interest in the athlete's whole situation .School, training, family and friends should create a good balance- since many factors affect performance.
- **Discuss** and involve your athletes when it comes to goals and development planning. Teach the athletes to take responsibility for their own development.
- **Good** habits start early - teach your athletes which foods affect their training.
- **A good** team culture is important, and the athletes should help decide what kind of culture you want on the team.
- **Talk to** your athletes and build trust. This makes it easier to start a difficult conversation if this becomes necessary.
- **As a coach**, you can be the catalyst to get help if one of your athletes needs guidance about nutrition or body weight. Do not take on a role as therapist.



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## WAKO India National E- Tournament 2020

WAKO India Kickboxing Federation has successfully concluded the very First "National Online E-Tournament 2020". It was country's first Musical Form Event which was held from 29th April to 17th May 2020.

This was a challenging task since it was the First Ever Online Kickboxing Tournament where the Federation had to manage the event as well as educate the athletes and the officials who were the part of it on how to work in such kind of events.

As we all know World is under a high pressure due to Covid 19 so it wasn't easy for the team to organize all this in such circumstances. There was confusion before the commencement of this event but as they say that 'God Favors the Brave' and the Management finally decided to go for it with all the necessary precautions considering the social distancing.

The event was open for both the males and the females and was divided into 6 categories which were -

Under 10 / Under 13/ Under 16/ Under 19/ Seniors/ Veterans.

And had 4 events option which were-

Soft Style / Hard Style / Soft Style with Weapons / Hard Style with Weapons.

The response to the participation was overwhelming where 16 clubs participated with registry of 370 players and the total number of entries was 401. WAKO India decided to encourage more participants from across the country to get involved and showcase their talent.

Team Sportdata played the key role in providing all the information online and for their continuous guidance to all the states and coordinating with them during the event. Every participant and winners were awarded with the Authentic E – Certificate from WAKO India Kickboxing Federation.

We give special thanks to WAKO (IF) Leaders who encouraged us time to time and made us think out of the box and we tried to go by the saying – "The Show Must Go On".

Congratulations to all players and thanks to all supporters, Sportdata team, Coaches, Judges, President / Secretary of the State Association.

PR –WAKO INDIA

# किक्बॉक्सिंग खेल का राष्ट्रीय स्तर पर होगा 'इ-टूर्नामेंट'

फरीदाबाद, 28 अप्रैल, सत्यजय टूरिज्म/विजय चौहान। जहाँ एक तरफ पूरा विश्व कोरोना वायरस से जूझ रहा है और इससे लड़ने के उपाय खूब रह रहे हैं। पूरे देश में लॉकडाउन है सभी स्थितियों एवं प्रतिबंधक इसका बखूबी पालन कर रहे हैं। दूसरी तरफ 'कोरो इन्डिया किक्बॉक्सिंग महासंघ' ने किक्बॉक्सिंग का ऑनलाइन 'इ टूर्नामेंट' दिनांक 29 अप्रैल से 3 मई तक करवाने का निर्णय लिया है। "कोरो इन्डिया किक्बॉक्सिंग महासंघ" ने किक्बॉक्सिंग प्रमाण्य भी सही प्रकार अंतराल में बचाव की स्थितियों को मॉडर्न युद्ध में रहना बहुत ही आवश्यक है एवं इसके साथ साथ अपना वजन / फिटनेस / इन्फोर्मेड सिस्टम भी मेंटेन रखना आवश्यक है। इस हेतु किक्बॉक्सिंग महासंघ ने जर्मनी की रॉडोवेर कंपनी "सॉफ्टस्टील" के सहयोग से किक्बॉक्सिंग खेल का ऑनलाइन "राष्ट्रीय



किक्बॉक्सिंग इ टूर्नामेंट" अर्थात् करने का निर्णय लिया है। स्टे होम स्टे वेक की आवश्यकता का सम्मान करते हुए तथा लॉकडाउन के दौरान स्थितियों को खेल से जोड़े रखने के लिए यह एक अच्छा प्रयास है। इस इ टूर्नामेंट में किक्बॉक्सिंग खेल के केवल "म्यूजिकल फॉर्म" इवेंट को शामिल किया गया है जिसमें खिलाड़ी व्यक्तिगत रूप से अपने घर पर ही रहकर म्यूजिक की धुन पर किक्बॉक्सिंग खेल

की गतिविधि को मोबाइल या अन्य माध्यम से वीडियो बनाकर अपनी स्थिति एवं राज्य को को प्रवेश एवं राज्य का प्रथम नियुक्त अधिकारी उस वीडियो को "सॉफ्टस्टील" पोर्टल पर अपलोड कर देना, इसके तुरंत फीडबैक प्राप्त किया जायेगा। इस प्रतियोगिता को पूरी तरह से पारदर्शिता के साथ अपरिचित करने के लिए सभी राज्य संघों को निदेश जारी कर दिया गया है एवं सभी राज्य संघों को ऑनलाइन सीटिंग को भी जा चुकी है। इस प्रतियोगिता को आकर्षक बनाने के लिए, सभी प्रवेश कर लिए गए हैं।

सम्मिलित किये गए हैं :  
1. इ म्यूजिकल फॉर्म सॉफ्ट स्टाइल  
2. इ म्यूजिकल फॉर्म सॉफ्ट स्टाइल वेपन  
3. इ म्यूजिकल फॉर्म हार्ड स्टाइल  
4. इ म्यूजिकल फॉर्म हार्ड स्टाइल वेपन  
इसमें 6 आयु वर्ग निर्धारित किये गए हैं जो निम्न हैं :  
10 वर्ष से निचे  
13 वर्ष से निचे  
16 वर्ष से निचे  
19 वर्ष से निचे  
23 वर्ष से अधिक  
35 वर्ष से अधिक (मस्टर्स)  
इसके साथ ही इस प्रतियोगिता को पूरी तरह नि:शुल्क रखा है। साथ लेने वाले सभी प्रतियोगियों को ऑनलाइन 'इ प्रमाण पत्र' जारी कर दिए जाएंगे।



RANK	CLUB / TEAM	GOLD	SILVER	BRONZE
1	AMATEUR SPORTS KICKBOXING ASSOCIATION MAH	17	19	23
2	HARYANA KICKBOXING ASSOCIATION	7	7	10
3	BILASPUR KICKBOXING ASSOCIATION	4	3	11
4	ALL OTHER PRADESH KICKBOXING ASSOCIATION	4	2	7
5	KICKBOXING ASSOCIATION OF JHARKHAND	3	4	7
6	AMATEUR KICKBOXING ASSOCIATION OF ODISHA	3	4	8
7	GUJARAT KICKBOXING ASSOCIATION	2	3	5
8	RAJASTHAN AMATEUR KICKBOXING ASSOCIATION	2	3	5
9	KICKBOXING ASSOCIATION OF WEST BENGAL	2	2	5
10	TAMIL NADU KICKBOXING ASSOCIATION	2	2	5
11	KARNATAKA KICKBOXING ASSOCIATION	2	1	5
12	KERALA KICKBOXING ASSOCIATION	2	1	5
	AMATEUR INTERNATIONAL MARTIAL ARTS ASSOCIATION	2	1	5



**WAKO INDIA NATIONAL E-TOURNAMENT 2020**  
Organized by WAKO India Kickboxing Federation  
Member of World Association of Kickboxing Organizations (WAKO)

**MUSICAL FORM EVENT**  
29th APRIL - 2nd MAY

**SIMPLE STEPS TO PARTICIPATE**  
1. REGISTER ON SPORTDATA  
2. SHOOT YOUR VIDEO  
3. SEND US

Contact Us  
WAKOINDIAKICKBOXING  
wakoindia

ONLINE REGISTRATION  
SPORTDATA

**FREE ENTRY**





## WAKO India Kickboxing Coaching Education Pathway

**NATIONAL ACCREDITED COACH**

### WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY

The Coaching Programme helps instructors provide a safe and positive training environment in their clubs. It also helps raise awareness of best practice in contemporary Coaching methods.

- These are elementary Courses for the WAKO India Kickboxing Federation Coaching courses. Candidate who successfully clear the Basic, Level 1 and Level 2 Coaching will be eligible to enroll for Federation Course.
- The WAKO India Coaching Education Pathway is divided into 7 Stages:

To move through the pathway, you must successfully complete the face-to-face and online assignments / courses at each level.
- These courses will be delivered with interactive sessions. Online Quiz, Online assignments / Workbook to be given to candidates including practical course work.

**Highlights of Training:**

- Kickboxing Pad Drills
- Importance of Punches
- Footwork Drills
- Technical Variations
- Core Strengthening
- Shadow Kick Boxing
- Equipments Knowledge

**Coaching Program Controller**  
Mr Suresh Babu  
Chief Coach - WAKO India National Team

**STAY HOME**  
STAY SAFE AND HEALTHY

**PEACE AND SPORT** | **FISU** | **ARISF** | **WORLD ANTI-DOPING AGENCY** | **AIMS** | **WORLD COUNCIL OF SPORTS**

E-Mail Id: wakoindiainfo@gmail.com | Website: wakoindia.org

**NATIONAL ACCREDITED COACH**

### WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY

The Coaching Programme helps instructors provide a safe and positive training environment in their clubs. It also helps raise awareness of best practice in contemporary Coaching methods.

**Highlights of Training:**  
(5:00 pm - 6:00 pm) 1 Hour Session

- Warm Ups (4:45 pm - 5:00 pm)
- Fitness Drills (5:00 pm - 5:10 pm)
- Footwalk Drills (5:15 pm - 5:30 pm)
- Push Kick (5:30 pm - 5:50 pm)
- Cool Down (5:50 pm - 6:00 pm)

**Coaching Program Controller**  
Mr Suresh Babu  
Chief Coach - WAKO India National Team

**Wako India National Coaches**  
Kartik Dakua (Odisha)  
Pinaki Chakravarty (Tripura)

**STAY HOME**  
STAY SAFE AND HEALTHY

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### WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY

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**Attention Team Coaches**  
Training Sessions (For 6th June):

- Warm-Ups (6:45 pm - 6:00 pm)
- Shoulder Strengthening (6:00 pm - 6:15 pm)
- Core Strengthening (6:15 pm - 6:35 pm)
- Lower Body Stretching (6:35 pm - 7:00 pm)

**Time: 6 to 7 pm**  
**Meeting ID: 251 311 3219**  
**Password: KICKBOXING**

**Coaching Program Controller**  
Mr. Suresh Babu  
Chief Coach - WAKO India National Team

**STAY HOME**  
STAY SAFE AND HEALTHY

**PEACE AND SPORT** | **FISU** | **ARISF** | **WORLD ANTI-DOPING AGENCY** | **AIMS** | **WORLD COUNCIL OF SPORTS**

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## Launch of WAKO India Online Coaching Program

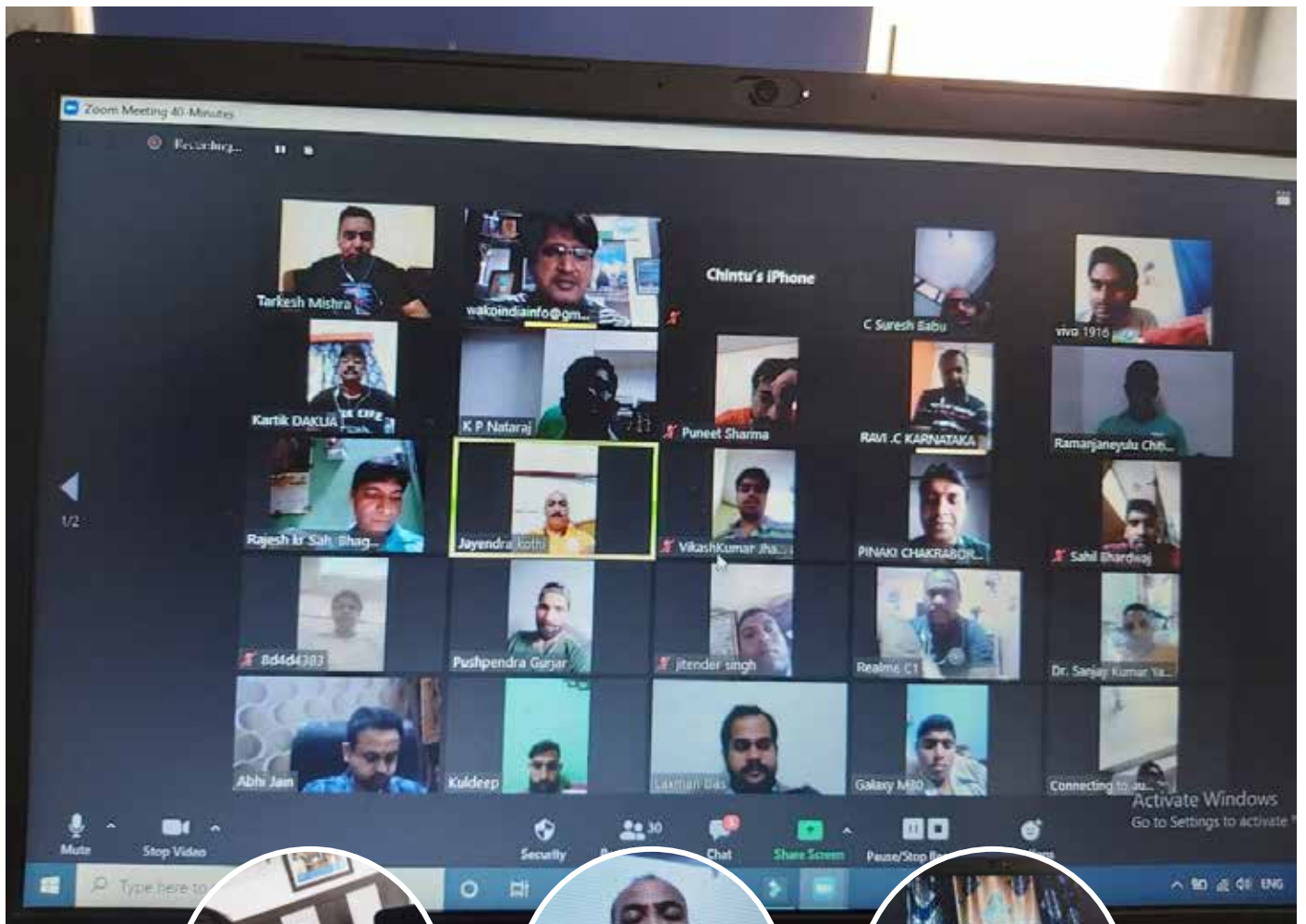
After the successful completion of the WAKO India Kickboxing E-Tournament 2020. We are proud to inaugurate the WAKO India Online Coaching Program for the Kickboxing Sport today at 5pm. WAKO India President; Mr. Santosh K. Agrawal opened the meet where all the states representatives were present.

The idea is to promote our technical team and upgrade them in such a way that they can be a part of not only National Games but also work towards International Ventures as-well. Since the current situation doesn't allow us to be present physically. We have taken up this initiative for our federation's enhancement. All our focus is on to improve the Nation's talent.

Today In the opening, we discussed about the plan on how to execute the coaching. There will be different sessions taken by selected coaches, it will consist of Combination of Web-based modules and face-to-face interactive Courses, underpinned by a competency based assessment process. The simplified coaching structure will provide certification to developed Coaches from grassroots to a high performance / International level.

We are hoping to make the best out of us in lockdown times and we look forward for everyone's support and especially from WAKO (IF), without their patronage our targets are impossible.

PRO- WAKO India







## Contribution

After the subsequent appeal made by the Secretary General 'Indian Olympic Association (IOA)' Mr. Rajeev Mehta to contribute towards humanity for this severity of Corona Virus.

WAKO India contributed Rs 1 Lac in the 'Prime Minister Cares Fund' towards the noble cause to fight against COVID-19 and help our Nation flourish in the best way.



1 April, 2020: The Indian Olympic Association is deeply grateful to its member National Sports Federations and State Olympic Associations and other federations/ bodies for extending their support and humble contributions towards the cause of our nation's fight against the COVID-19 pandemic.

In these challenging times, the coming together of our Olympic family to support the nation's need, once again reinforces our belief that we shall always come out stronger to serve sports and make the nation proud.

The donations made to the IOA will be transferred to the PM Cares Fund.

### Contributions made to IOA for PM Cares Fund.

#### NATIONAL SPORTS FEDERATIONS

1) Indian Golf Union (IGU)	Rs. 10,00,000/-
2) Table Tennis Federation of India (TTFI)	Rs. 5,00,000/-
3) Fencing Association of India (FAI)	Rs. 5,00,000/-
4) All India Tennis Association (AITA)	Rs. 2,50,000/-
5) Wushu Association of India (WAI)	Rs. 2,00,000/-
6) Handball Federation of India (HFI)	Rs. 1,50,000/-
7) Cycling Federation of India (CFI)	Rs. 1,00,000/-
8) Bowling Federation of India (BFI)	Rs. 1,00,000/-
9) Swimming Federation of India (SFI)	Rs. 51,000/-

#### STATE OLYMPIC ASSOCIATIONS

10) Uttar Pradesh Olympic Association (UPOA)	Rs. 1,01,000/-
11) Assam Olympic Association (AOA)	Rs. 1,00,000/-
12) Himachal Pradesh Olympic Association (HPOA)	Rs. 1,00,000/-
13) Madhya Pradesh Olympic Association (MPOA)	Rs. 51,000/-
14) Tripura State Olympic Association (TSOA)	Rs. 50,001/-
15) Gujarat State Olympic Association (GSOA)	Rs. 25,000/-

#### NON MEMBERS/ APPLIED FOR/ OTHERS

16) WAKO India Kickboxing Federation	Rs. 1,00,000/-
17) Maharashtra Fencing Association	Rs. 1,00,000/-
18) Himachal Pradesh Boxing Association	Rs. 51,000/-
19) Madhya Pradesh Handball Association	Rs. 25,000/-

Total donation made to IOA Rs. 35,54,001/-





2ND  
**WAKO  
INDIAN  
OPEN**  
**INTERNATIONAL**  
KICKBOXING TOURNAMENT  
ALL EVENTS-ALL CATEGORIES



9TH - 13TH FEBRUARY 2022  
NEW DELHI

**REDEFINING  
KICKBOXING  
SPORT IN INDIA**

**ONLINE REGISTRATION**  
[www.sportdata.org](http://www.sportdata.org)



**E-Mail:** [wakoindiainfo@gmail.com](mailto:wakoindiainfo@gmail.com) | **Website:** [www.wakoindia.org](http://www.wakoindia.org)



## International Olympic Day

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Delighted to inform you that 'INTERNATIONAL OLYMPIC DAY' was celebrated on 23 June 2020. On this account of this Olympic Day Workout was held in which our President of WAKO India Mr. Santosh K. Agrawal Participated and Performed workout.



# WAKO India Kickboxing Coaching Education Pathway

**WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY**

The Coaching Programme helps instructors provide a safe and positive training environment in their clubs. It also helps raise awareness of best practice in contemporary Coaching methods.

**NATIONAL ACCREDITED COACH**

**STAY HOME**  
KEEP SAFE AND HEALTHY

**LIGHT REVOLUTION**

Session Conducted By:-  
**Mr. Manuel Nordio (Italy)**  
Chief Coach, Tatami Sports

Date: 20<sup>th</sup> June, 2020 | Time: 6 to 7 pm  
Meeting ID: 251 311 3219 | Password: KICKBOXING

**zoom**

Coaching Program Controller  
**Mr. Suresh Babu**  
Chief Coach - WAKO India National Team

E-Mail Id: wakoindiainfo@gmail.com  
Website: wakoindia.org

**WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY**

The Coaching Programme helps instructors provide a safe and positive training environment in their clubs. It also helps raise awareness of best practice in contemporary Coaching methods.

**ATTENTION KNEE CONDITION**

How to Release the Joint Pain of a Knee  
Training Session For Joint Pain (with July event)

Patella Shoulder  
Springs cart  
Ligament  
Wrist  
Finger  
Healed To Use The Gloves  
Focusing Pad And All Bag

Time: 6 to 7 pm  
Meeting ID: 251 311 3219  
Password: KICKBOXING

**Mr. Karthik Dukus (Odisha)**

**STAY HOME**  
KEEP SAFE AND HEALTHY

**WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY**

The Coaching Programme helps instructors provide a safe and positive training environment in their clubs. It also helps raise awareness of best practice in contemporary Coaching methods.

**SPEED FIGHTING**

ATTENTION TEAM COACHES  
DEAR MEMBERS, **MR. BISWADEV PATTNAYAK** WILL BE PROVIDING TRAINING FOR IMPROVEMENT OF SPEED AND AGILITY WHILE FIGHTING.

Date: 07 July 2020  
Time: 6 to 7 pm  
Meeting ID: 251 311 3219  
Password: KICKBOXING

**WAKO INDIA NATIONAL REFEREE SEMINAR 2020**

**TATAMI SPORTS**

Session Conducted By:-  
**Mr. Brian Beck (Great Britain)**  
Chairman of Referee Committee, Tatami Sports, WAKO (IF)

Date: 7<sup>th</sup> July, 2020 | Time: 6 to 7 pm

**zoom**

E-Mail Id: wakoindiainfo@gmail.com  
Website: wakoindia.org

**MR. BRIAN BECK (GREAT BRITAIN)**  
Chairman of Referee Committee, Tatami Sports, WAKO (IF)

**SANTOSH K. AGRAWAL**  
President - WAKO India Kickboxing Federation  
Member - WAKO Technical Committee

**WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY**

The Coaching Programme helps instructors provide a safe and positive training environment in their clubs. It also helps raise awareness of best practice in contemporary Coaching methods.

**FITNESS EXERCISES**

DEAR MEMBERS  
TODAY'S SESSION WILL BE CONDUCTED BY **Mr. Biswadev Pattnayak**

Date: 18<sup>th</sup> July 2020  
Time: 6 to 7 pm

**zoom**



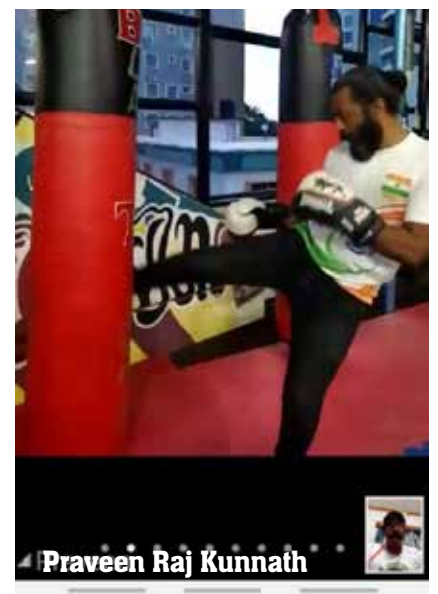
**Mr. Manuel Nordio (Italy), Chief Coach, Tatami Sports, Training on 20th June, 2020**

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## WAKO India Kickboxing Coaching Education Pathway

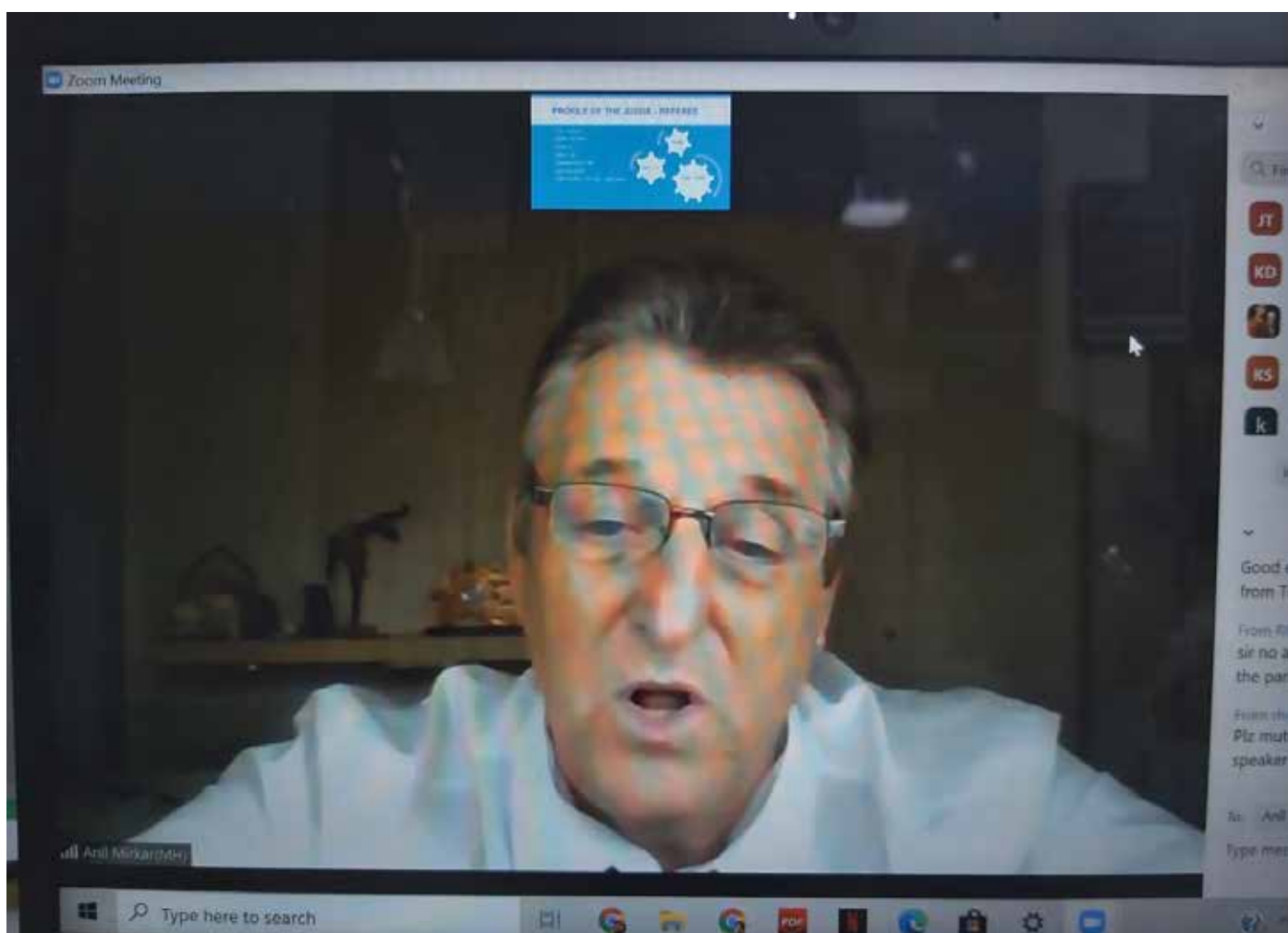




## Mr. Brian Beck (Great Britain), Chairman of Referee Committee, Tatami Sports, WAKO (IF) ON 07th July, 2020

Thank you for your support in conducting the "WAKO INDIA Online Referee Seminar". It's WAKO (IF) ongoing support because of which we as a Federation is moving forward towards our targets.

The session had an overwhelming response with around 55 participants. This type of learning and the development is necessary to redefine Kickboxing sport in India and we will surely achieve great heights with your support and guidance. We look forward to more such events which help us to improve from time to time.





## WAKO India Kickboxing Coaching Education Pathway



### SUCCESSFULLY PARTICIPATED IN THE ANTI-DOPING WEBINAR



#### DR. SUSHANT CHHABRA

HOD And Consultant  
Emergency Medicine / Service  
MBBS/ MEM /MRCEM

Chairman  
Medical, Health & Anti-doping  
Committee - WAKO INDIA

#### MR. SANTOSH K. AGRAWAL

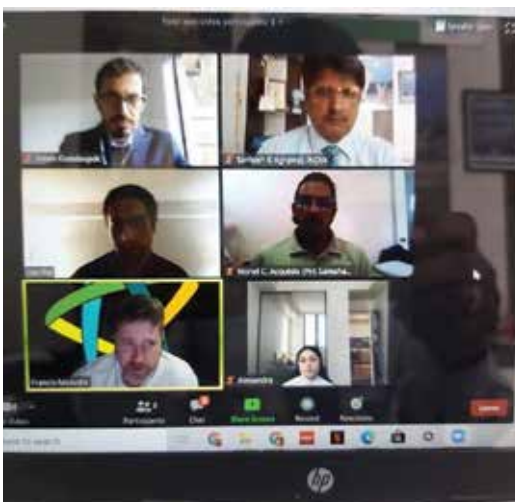
President - WAKO India  
Member - WAKO Technical Committee

MEDICAL PARTNER



ManipalHospitals  
LIFE'S ON

MANIPAL HOSPITAL - DWARKA, NEW DELHI







## WAKO INDIA EVENT CALENDAR

### National & International Calendar – 2020-21

**WAKO INDIA CADETS & JUNIORS (BOYS & GIRLS) NATIONAL KICKBOXING CHAMPIONSHIP-2020**

**11-14 JUNE 2020, MYSORE, KARNATAKA**

**WAKO INDIA NATIONAL TRAINING CAMP – 2020**

**28 JULY-3 AUGUST 2020, MUSSORIE, UTTARAKHAND**

**WAKO WORLD CHILDREN, CADETS & JUNIORS KICKBOXING CHAMPIONSHIP 2020**

**21-30 AUGUST 2020, BELGRADE, SERBIA**

**WAKO WORLD CUP RUSSIA OPEN KICKBOXING-2020**

**14-19 SEPTEMBER 2020, MOSCOW, RUSSIA**

**WAKO INDIA SENIORS (MEN & WOMEN) NATIONAL KICKBOXING CHAMPIONSHIP-2020**

**24-27 SEPTEMBER 2020, TRIVANDRUM, KERALA**

**NORTH ZONE KICKBOXING CHAMPIONSHIP 2020**

**OCTOBER 2020, J&K / DELHI, TBD**

**EAST ZONE KICKBOXING CHAMPIONSHIP 2020**

**OCTOBER 2020, JHARKHAND / ODISHA, TBD**

**SOUTH ZONE KICKBOXING CHAMPIONSHIP 2020**

**NOVEMBER 2020, VISHAKHAPATTAM / HYDERABAD, TBD**

**WAKO INDIA NATIONAL FEDERATION CUP (CADETS, JUNIORS & SENIORS)**

**31 OCTOBER-4 NOVEMBER 2020, GUWAHATI, ASSAM**

**NORTH EAST ZONE KICKBOXING CHAMPIONSHIP 2020-21**

**9-12 JANUARY 2021, MEGHALAYA / SIKKIM, TBD**

**NATIONAL MUSICAL FORMS TRAINING SEMINAR 2021**

**JANUARY 2021, CHHATTISGARH / ODISHA, TBD**

**2ND WAKO INDIAN OPEN INTERNATIONAL KICKBOXING CHAMPIONSHIP 2021**

**ALL EVENTS / ALL CATEGORIES**

**03-07 FEBRUARY 2021, NEW DELHI**

**WAKO INDIA PRO**

**REDEFINING KICKBOXING SPORT IN INDIA**

**WAKO PRO**

**IRISH OPEN INTERNATIONAL KICKBOXING WORLD CUP-2021**

**4-7 MARCH 2021, DUBLIN, IRELAND**

**ALL INDIA INTER UNIVERSITY (MEN/WOMEN) KICKBOXING CHAMPIONSHIP 2020-21**

**2021, TBD**





# WAKO INDIA KICKBOXING FEDERATION

NATIONAL & INTERNATIONAL CALENDAR – 2020-21



S.No	EVENTS	DATE	VENUE	ORGANIZED BY
1.	Successfully Concluded The WAKO India State / Ut Association's Virtual Meeting About Future Activities	26 <sup>th</sup> April 2020	Virtual	WAKO India
2.	1st National E Kickboxing Tournament	29 <sup>th</sup> April - 17 <sup>th</sup> May 2020	Virtual	WAKO India
3.	Launch Online WAKO India National Kickboxing Education Pathway Program	25 <sup>th</sup> May 2020 - Till Now	Virtual	WAKO India
4.	Successfully Concluded The WAKO India Meetings With President/Secretary Of State/Ut Association	26 <sup>th</sup> May 2020	Virtual	WAKO India
5.	Online WAKO India National Kickboxing Education Pathway Program - Coach Mr. Manuel Nordio, ITALY	15 <sup>th</sup> - 20 <sup>th</sup> June 2020	Virtual	WAKO India
6.	WAKO (IF) International Tatami Refereeing Course	04 <sup>th</sup> July 2020	Virtual	WAKO (IF)
7.	National Referee Seminar by Mr Brian Beck, Chairman-Referee Committee Tatami Sports WAKO	07 <sup>th</sup> July 2020	Virtual	WAKO India
8.	WADA Anti-Dopping Education Plan 2020	18 <sup>th</sup> July 2020	Virtual	WAKO (IF)
9.	Online WAKO India National Kickboxing Education Pathway Program - Coach Mr Manuel Nordio, ITALY	18 <sup>th</sup> August 2020	Virtual	WAKO India
10.	Virtual Kickboxing Training Program by Mr. Essa Abu Nassar	25 <sup>th</sup> - 26 <sup>th</sup> September 2020	Virtual	WAKO India & Jordan Team
11.	International Musical forms Seminar hosted by PFK and WAKO with multiple WAKO world champion Mr Ashley Beck & Mr Brian Beck	10 <sup>th</sup> September 2020	Virtual	WAKO (IF)
12.	1 <sup>st</sup> WAKO National Federation Development Workshop 2020	25 <sup>th</sup> - 27 <sup>th</sup> September 2020	Turkey & Virtual	WAKO (IF)
13.	WAKO Virtual Qualification Tournaments 2020 UTS Virtual Youth Festival 2020	10 <sup>th</sup> Sept. - 20 <sup>th</sup> Oct. 2020	Virtual	WAKO (IF)
14.	WAKO International Webinar for Referees and Judges 2021 on the Updates and Changes of Ring Sports Rules	14 <sup>th</sup> November 2020	Virtual	WAKO (IF)
15.	Workshops/webinar of "CLEAN SPORT" & "I'MPOSSIBLE AND THE PARALYMPIC MOVEMENT" presented by World Anti Doping Agency (WADA) & International Testing Agency (ITA) during "UTS World Virtual Youth Festival 2020" under the patronage of International Olympic Committee (IOC).	19 <sup>th</sup> November 2020	Virtual	WAKO (IF)
16.	Musical Forms Rules & Regulations E Seminar by Mr Brian Beck, Chairman-Referee Committee Tatami Sports WAKO	12 <sup>th</sup> November 2020	Virtual	WAKO (IF)
17.	WAKO International Referee Seminar on Tatami Sports with New Updated Rules	6 <sup>th</sup> December 2020	Virtual	WAKO (IF)
18.	WAKO Official Referee Webinar for Ring Sports on New Updated Rules	12 <sup>th</sup> December 2020	Virtual	WAKO (IF)
19.	WAKO (IF) Ordinary General Assembly 2020	13 <sup>th</sup> December 2020	Virtual	WAKO (IF)
20.	WAKO India Extraordinary General Assembly	9 <sup>th</sup> January 2021	Virtual	WAKO India
21.	WAKO India Annual General Meeting	23 <sup>rd</sup> January 2021	Virtual	WAKO India



E-Mail: [wakoindiainfo@gmail.com](mailto:wakoindiainfo@gmail.com) | Website: [www.wakoindia.org](http://www.wakoindia.org)



## Online Training Camp for Indian Kickboxing Family

**President- Mr. Santosh K Agrawal** took an initiative to start the much needed **Online Training Camp for Indian Kickboxing Family**. This program is designed for all the Athletes/Coaches/Officials where they can come and learn the tricks of the trade. Since there is much happening all over the world due to Covid 19 and affects could be seen here as well. This model was much needed where one can practice Kickboxing and gain knowledge of the game maintaining all social distancing. Industrial Professionals like **Mr. Manuel Nordio** from Italy Chief Coach, have shared the industry knowledge on a regular basis to the WAKO India Family.

**WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY**  
The Coaching Programme helps instructors provide a safe and positive training environment in their clubs. It also helps raise awareness of best practice in contemporary Coaching methods.

**LIGHT REVOLUTION**  
Session Conducted By:-  
**Mr. Manuel Nordio (Italy)**  
Chief Coach, Tatami Sports

Date: 20<sup>th</sup> June, 2020 | Time: 6 to 7 pm  
Meeting ID: 251 344 3219 | Password: KICKBOXING

Coaching Program Controller  
**Mr. Suresh Babu**  
Chief Coach - WAKO India National Team

E-Mail: [wkoindiainfo@gmail.com](mailto:wkoindiainfo@gmail.com)  
Website: [wkoindia.org](http://wkoindia.org)





## 1st Successful Month Completed For The First Online WAKO Kickboxing Training Pathway Program

It's the second successful month for The Online Training Program of WAKO India. This has been a great achievement for our federation seeing as the people are still in lock down state. This program has been helpful to the Athletes/ Coaches/ Officials to cope up with the routine in such situation.

We successfully organized "WAKO India Online Referee Webinar" on 7th July 2020. WAKO India was proud to have WAKO (IF) Chairman of the Referee Committee in Ring Sport, Mr. Brian Beck who conducted the Webinar. It had an overwhelming response and the learning and the overall enhancement of the technical skills for the members was good chunk to attain.

Our Federation had participated in a Webinar organized by the World Anti Doping Agency (WADA) held on 18th July. Mr. Santosh K Agrawal and Ace Doctor from Manipal Hospitals Dr. Sushant Chhabra who is also the chairman of WAKO India Medical Committee were the attendees. This came out to be rich tutorials which are much needed by our group.



MR. SANTOSH K. AGRAWAL  
PRESIDENT - WAKO INDIA

MR. SURYA PRAKASH MRIDHAPATI  
(PARTICIPANT)

MR. DHIREEJ WAGHMARE  
(PARTICIPANT)

REDEFINING  
KICKBOXING  
SPORT IN INDIA

E-Mail Id: wakoindiainfo@gmail.com  
Website: wakoindia.org





## Flourishing Month for WAKO India Online Training

3rd successful month completed for the First Online WAKO Kickboxing Training Pathway Program. This has been a great achievement for our federation focusing on making and nurturing new talent across the country. It has been observed that the level of interest has increased amongst the members and so is the participation level.

This month was surely a flourishing one because of amazing effort from each and every everyone from every part of India and becoming a part of each other's progress. WAKO India is thankful to WAKO (IF) for pushing them in Redefining Kickboxing Sport in India.



**KICKBOXING DEVELOPMENT & GROWTH, CAREER IN KICKBOXING SPORT, TIME & ENERGY MANAGEMENT**

Dear Members Today's Session Will Be Conducted By **MR. SANTOSH K. AGARWAL** President - WAKO India

**NATIONAL ACCREDITED COACH**

**WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY**

The Coaching Programme helps instructors provide a safe and positive training environment in their clubs. It also helps raise awareness of best practice in contemporary Coaching methods.

**Date: 19<sup>th</sup> August 2020**  
**Time: 6 to 7 pm**

**zoom**

Coaching Program Controller  
Mr. Kartik Dakua, Chief Coach - WAKO India  
Mr. Nilesh Shelar, Coach - WAKO India

**WAKO INDIA** **REDEFINING KICKBOXING SPORT IN INDIA**



**EXCLUSIVE PRACTICAL SESSION FOR COACHES**

Dear Members Today's Session Will Be Conducted By **MR. MANUEL NORDIO** Chief Coach - WAKO Italy

**NATIONAL ACCREDITED COACH**

**WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY**

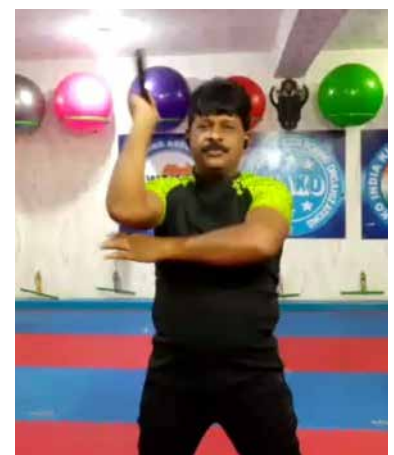
The Coaching Programme helps instructors provide a safe and positive training environment in their clubs. It also helps raise awareness of best practice in contemporary Coaching methods.

**Date: 18<sup>th</sup> August 2020**  
**Time: 6 to 7 pm**

**zoom**

Coaching Program Controller  
Mr. Kartik Dakua, Chief Coach - WAKO India  
Mr. Nilesh Shelar, Coach - WAKO India

**WAKO INDIA** **REDEFINING KICKBOXING SPORT IN INDIA**





## 4th Successful Month Completed For The First Online WAKO Kickboxing Training Pathway Program

Three successful months that 'The First Online WAKO Kickboxing Training Pathway Program' is running now. WAKO India is continuously monitoring a lot of growth in confidence of the participants since it provides a platform and gives equal opportunity to everyone to train the other members of the group.

WAKO India President, Mr. Agrawal had given the opportunity to **Mr. Kartik Dakua, Mr. Nilesh Shelar, Mr. Suryapratap Mundapat, Mr. Anil Sharma**, who are consistently working on WAKO India development. Apart from these National Guides, we get a permanent hold up from **Mr. Nordio Manuel** whose unflinching hard work is making our cluster an improved one.

WAKO India would like to thank WAKO (IF) in pushing us forward and Redefining Kickboxing Sport in India.





## Online Training Collaboration with WAKO Jordan 25TH -26TH SEPTEMBER 2020

It was our privilege to host Team Jordan for their very first Online Training Session for WAKO India today. WAKO India President Mr. Santosh K Agrawal greeted the Jordan Team.

**Dr Basel Alshaer, President – Jordan Kickboxing Association** who is also Board Member of WAKO (IF) gave an opening speech as Special Guest and referred to these kind of tie ups and friendship of WAKO India and WAKO Jordan very effective where youth of both the nations are getting benefitted. He also appreciated the great work of WAKO India in last 3 years under the leadership of Mr. Santosh K Agrawal, President – WAKO India.

Chief Coach of WAKO Jordan Team & Member Coaching Committee WAKO (IF), Mr. Essa Abu Nassar conducted the 2 days training program explaining the history of the Kickboxing with different styles and explained the techniques theoretical and practical. His flamboyant style of training connected well with the young fighters. Mr. Nassar's excessive knowledge for the sport has made him popular all over the world. It was a packed house with the participation level of more than 215 attendees from 12 countries. It seemed fighters (viewers) didn't want to miss a single second of this productive pathway.

**The countries who participated from Asian & African countries are as follows :**

1. Iraq
2. UAE
3. Egypt
4. Algeria
5. Morocco
6. Libiya
7. Syria
8. Saudi Arab
9. Jordan
10. INDIA



**WAKO INDIA KICKBOXING COACHING EDUCATION PATHWAY**  
The Coaching Programme helps instructors provide a safe and positive training environment in their clubs. It also helps raise awareness of best practice in contemporary Coaching methods.

**INTENSIVE TRAINING PROGRAM ON FULL CONTACT**

**25TH & 26TH SEPTEMBER 2020**

**MR. ESSA ABU NASSAR**  
Chief Coach – WAKO Jordan Team  
Member – WAKO Coaching Committee

Coaching Program Controller  
Mr. Kartik Dakua, Chief Coach - WAKO India  
Mr. Nilesh Shelar, Coach - WAKO India

WAKO India sincerely thanks Team Jordan for the collaboration and sharing their side of knowledge and giving us a chance to know more about the game. Team India looks forward for more of such association to promote and develop the sport in the country.





## 5th Successful Month for WAKO India Online Education Pathway

WAKO India participated in UTS Virtual Youth Festival 2020, an opportunity for young athletes from all over the world to engage in friendly sport competitions.

5th month of "Online WAKO India Kickboxing Training / Education Pathway Program" has been completed successfully. WAKO India President Mr. Santosh K Agrawal has sincerely thanked the members of WAKO India for maintaining that level of interest amongst the participants and mentioned that the Teamwork is the key to success in every organization and every hand has a unique input. "Only those who will risk going too far can possibly find out how far they can go."

Apart from this, our president along with the Team Sportdata attended a zoom meet with the representative of Rsportz; Mr. Tomas and Mr. Robin Kent on "How to implement and execute the New System" in our Federation. This is an initiative taken by WAKO (IF) for federations worldwide in order to get a database of all the members across the world and engaging them accordingly.







## UTS Virtual Youth Festival 2020 & WAKO International Seminars

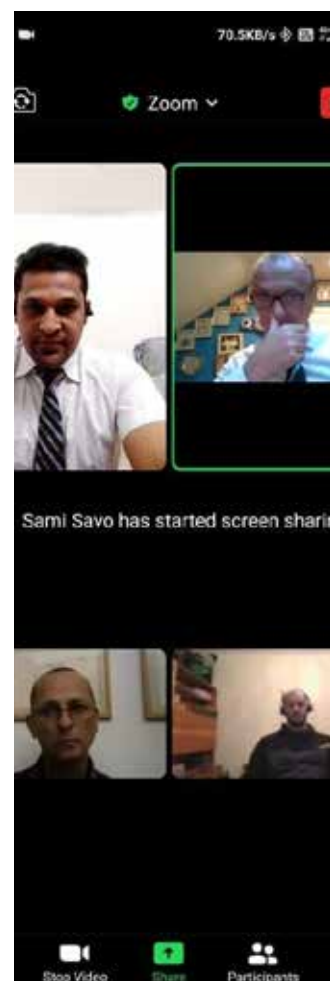
6 months for 'Online Education Pathway' has been completed in a row and it is running effectively. This has been a great triumph for the Federation focusing on building, fostering and upgrading not only the seniors but also the new talent across the country.

Team India participated in UTS Virtual Youth Festival 2020, an opportunity for young athletes from all over the world to engage in friendly sport competitions. This was a unique event conducted by WAKO International Federation in the patronage of the "International Olympic Committee" to give more exposure to the fighters. Team India participated bagged 4 Gold Medal, 5 Silver Medals, 6 Bronze Medals in Medal Tally 3rd Rank. These fighters were felicitated in a local ceremony organized by the Indian Federation to boost up their self-belief.

Apart from this, WAKO India President Mr. Santosh K. Agrawal (Member – Technical Committee-WAKO) attended the workshops/webinar of "CLEAN SPORT" & "IMPOSSIBLE AND THE PARALYMPIC MOVEMENT" presented by World Anti-Doping Agency (WADA) & International Testing Agency (ITA) during "UTS World Virtual Youth Festival 2020" under the patronage of International Olympic Committee (IOC).

Another group of 40 members was a part of the WAKO International Musical Forms Rules & Regulations E Seminar held on 12th November 2020 conducted by **Mr Brian Beck, Chairman-Referee Committee – Tatami Sports WAKO.**

WAKO India also attended the Official International Webinar for Referees and Judges organized by WAKO (IF). Mr. Nilesh Shelar and Mr. Sanjay Yadav were present there to take up the informative discussion on changes and updating the rules and regulations of WAKO.





## WAKO India Extraordinary General Meeting & Annual General Meeting

The ongoing "Online WAKO India Kickboxing Training / Education Pathway Program" has completed 8 months in a row and moving strongly. This program has done so much for our Athletes/Coaches/Officials to cope up with the fitness routine in order to meet our set target in this calamity scenario. The lessons are focused on building, fostering and upgrading not only the seniors but also the new talent across the country. WAKO India has continuously monitored the growth and the confidence level in all the participants since this platform provides equal opportunity to everyone to train the other members of the group also. It has been observed the significance of the training program has increased amongst the members and so is the participation level. WAKO India President Mr. Santosh Kumar Agrawal added his remarks for the members who are maintaining the interest in the sport and taking it to the new height.

Foremost all WAKO Family congratulates Mr. Santosh K Agrawal for getting re-elected as the WAKO India President for the consecutive term, i.e., 2021-2025. The Extraordinary General Assembly (EGA) was held on 9th January 2021 at 18.30 hrs virtually on Zoom platform. The election was conducted in the presence of WAKO World President, Mr. Roy Baker as Special Guest, Vice President WAKO (IF), Mr. Salim Kayici, Observer of the EGA and Chairman – Technical Committee WAKO (IF), Mr. Romeo Desa, Technical Supervisor of the EGA. Mr. S Udaya Sagar, Advocate Supreme Court of India also supervised the EGA as an Independent Attorney. On becoming the President, Mr. Agrawal has notified that Team India will be giving its best efforts for the preparation to compete at the International Level. He thanked Mr. Baker, Mr. Desa and Mr. Kayici for all the support and backing the team's effort on every occasion. He acknowledged and praised the members of WAKO India for the diligent work. Coming together is a beginning, Keeping together is progress and Working together is success he added.

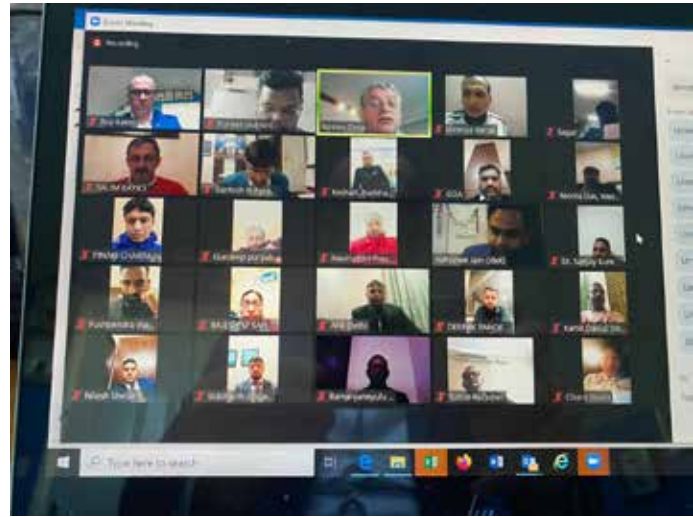
Apart from EGA, WAKO India Kickboxing Federation's "Annual General Meeting (AGM)" was held on 23rd January 2021 at Zoom platform. It was chaired by the WAKO India President Mr. Santosh Kumar Agrawal himself and was attended by the State/UT's Presidents and General Secretaries. The meeting was a success where the President submitted his Annual Report for the year 2019-20. It was a detailed presentation to all the members and the given agenda was discussed for uplifting the Federation. Members participated in high spirits and conveyed their ideology Infront of everyone. It was a good and healthy discussion which will lead to the benefit of WAKO India. It was great to see the members enthusiasm in putting up their views to redefine the kickboxing sport in India.

WAKO India also organized meeting of Executive Board Members on 11th January 2021 to discuss about current situation and make necessary arrangements towards the development of Kickboxing sport in INDIA. Ms Pooja Harsha a member of Women's in Sports Committee WAKO attended the Virtual meeting of WAKO Women Committee where they discussed promoting more women in kickboxing, in refereeing and in sport politics. The focus was preparation of the WAKO Women in sport Conference

## संतोष कुमार अग्रवाल दूसरी बार बने वाको इण्डिया किकबॉक्सिंग के राष्ट्रीय अध्यक्ष

फेडरेशन का अध्यक्ष चुने गए। अनेकों कार्यक्रमों के लिए फेडरेशन के उद्यमिताओं को प्रोत्साहित करने के लिए पर वाको फेडरेशन के अध्यक्ष के रूप में चुने गए।

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with significant lecturers which will contribute to this goals. Last but not the least it was a month of roller coaster ride from the campaigning to the elections, from upgrading the members to revamping the system – it had everything. January was accomplished as yet another successful month for WAKO India Kickboxing Federation with extraordinary effort in uplifting the standard of the game and Redefining Kickboxing Sport in India. PR – WAKO India