

LATVIAN KARATE FEDERATION



KARATE CAMP!

28-30 AUGUST!

**TRAIN WITH AN OLYMPIC
MEDALIST COACH!**

INTERNATIONAL COACHES

TAREQ ABDESSELEM (FRANCE)

- Coach of 2 Olympic Medalists – Tokyo 2020
- Former National Head Coach of Kazakhstan, Indonesia & Thailand
- Coach of 4 Asian Games Gold Medalists

MAKSIMS IVANCIKOV (LATVIA)

- Former National Team Coach of Latvia & Vietnam
- Coach of World & European Medalists

SPECIAL GUEST ATHLETE

SILYA ABDESSELEM (FRANCE)

- French Senior Champion 2026
- European Youth Bronze Medalist (2024, 2026)

TRAINING PROGRAMME

- Modern WKF training methods
- Elite kumite techniques & tactical strategies
- Fight scenario simulations
- Situational, conditional & free sparring
- Competition-focused drills
- Individual technical corrections

DAILY SCHEDULE



MORNING SESSION

10:00 – Cadets, Juniors & Seniors (18+)

11:30 – Kids (10–13)



AFTERNOON SESSION

16:00 – Cadets, Juniors & Seniors (18+)

17:30 – Kids (10–13)

PRICE

**90
EUR**

VENUE



V. Zeļonija Sports School
Ernesta Birznieka-Upīša
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CONTACT



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**TAKE YOUR KARATE
TO THE NEXT LEVEL!**

