



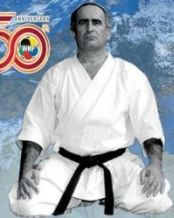
***ORGANIZES***

# **METHODOLOGY OF WKF SHIAI-KUMITE**

**Mr. Antonio Oliva Seba  
International Expert**

**03- 04 April 2021**





## 1. ANTONIO OLIVA SEBA (C.V.)

- **World Class Coach 9th. Dan Black Belt - (W.K.F.)**
  - **Former Technical Director and Former Manager of the National Team of the Royal Spanish Karate Federation (R.F.E.K.)**
- Professor Oliva is one of the pioneers of Martial Arts in Europe and a World leader in the study and teaching of Tactics and Emotive Aspects of Combat Sports. Mr. Oliva is a founding member of the CICAC (Centre for Scientific Research Applied to Combat Sports and Arts) and the author of many and very varied texts on research, teaching and documentation, especially: Formalization of Sports Karate - 1982, Practical Encyclopedia of Martial Arts - 1985, Supreme Combat - 2002, and A social and cultural dimension of Martial Arts and Combat Sports - 2010.
  - He was born on 16th February 1948 in Lloret de Mar (Gerona – Spain). He won the Spanish Karate Championship five times in succession (1970 – 1974) and was runner up in the European Championships held in Crystal Palace London in May 1974. As technical director and manager of the National Team at the R.F.E.K. he led the Spanish Karate Team from almost complete anonymity to winning the World Championship in record time (1975 - 1980).
  - He opened his own Martial Arts School in Madrid (1974 – 1994) which produced an endless number of excellent coaches and competitors and became a Training Centre specializing in elite Karate competition. Over the years Mr. Oliva has extended his teaching to the whole of Spain and to the World, and up to the present day has coached in 98 different countries: 40 in Europe, 25 in Asia, 15 in Africa, 15 in America and 3 in Oceania. Today his “Shiai-Kumite” training system is considered the latest advance in this competitive style and is expanding rapidly to all corners of the planet. In the last World Karate Championships held in Santiago de Chile, many of the elite competitors won medals thanks to his technical direction and guidelines.
  - Antonio Oliva is qualified in Industrial Catering, a profession in which he worked for more than ten years and which he combined with his studies in Philosophy and Arts at the Madrid Complutense University. This is why Mr. Oliva has a good working knowledge of Spanish, English, French, and German and a basic level of Arab, Russian and Chinese. At the present moment, Mr Oliva’s greatest concern is the development and training of the Karate Coaches both on and off the "tatami".



## 2. Organizer and contacts: Mediterranean and Arab Karate Federation Union

E-mail: [mkfu.akf.webinar@gmail.com](mailto:mkfu.akf.webinar@gmail.com)




## 3. Entry Fee

The webinar is free of charge, **Sponsored by the WKF.**




## 4. Rules and Regulations.

1. The Methodology of WKF Shiai-Kumite Webinar is open to all coaches presented by national federation's members of the Mediterranean Karate Federation Union or the Arab Karate Federation.
2. This Webinar allows all the coaches participants to have a participation certificate approved by the WKF.
3. The period of this Webinar is set be 2 sessions from 03 to 04 April 2021.
4. All the classes will be taught in English with Arabic translate.
5. **All coaches must be dressed in their full sport uniform during all the classes.**
6. **The Participation in this webinar is limited to coaches who has black third Dan and above .**

- **To join the zoom meeting you have to:**

-  Arrive in the waiting room early (minimum 15 min).
-  Your name MUST MATCH with the name on the registration form and should be in English.
-  **Cameras MUST be turned on before the start of the course. There should be no movement or distractions in your background.**

- **During the meeting all participants :**

-  Do post no messages in the chat box during the classes.
-  Must have their microphones off unless you are granted permission to speak.
-  To ask a question uses the "raise hand" icon. You will be asked to unmute your microphone by the host. Please keep your questions brief and straight to the point.

## 5. Registration

The registration to this Webinar is open from 22 to 31 March 2021.

The registration process for this Webinar will takes place through the link:

[https://docs.google.com/forms/d/e/1FAIpQLSf-BN6bmk49JI2uPP3oR53QeLFsU40nBLmgBXm2RFL7zOfE8w/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSf-BN6bmk49JI2uPP3oR53QeLFsU40nBLmgBXm2RFL7zOfE8w/viewform?usp=sf_link)

If you have any questions regarding the registration, please contact our technicians at:

[mkfu.akf.webinar@gmail.com](mailto:mkfu.akf.webinar@gmail.com)



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## 6. General Program.

This Coaching Webinar is officially supported by WKF (World Karate Federation) and has been expressly designed for the UFMK (Mediterranean Karate Federation Union) and AKF (Arab Karate Federation).

It is a Project that brings together 40 different countries spread over three continents: 18 of them are located in Europe, 12 in Africa and 10 in Asia.

The elite competitor success is due to a solid foundation of training. Without strong and well-established building blocks, a world medal goal becomes extremely difficult-to-reach Formation of Formators.

The methodological approach in this Webinar is made up of 2 Levels:

Level I: BASIC.

Level II: ADVANCED.

### 1<sup>st</sup> session on April 03, 2021 at 15:00 PM GMT: The Basic Level

#### TECHNIQUES:

- Deciphering the natural body language through physical movements. Assimilated techniques allow us to explore the exciting world of offensive, defensive, and interactive-actions.

#### TACTICS:

- Understood as the intelligent manifestation of the mind through actions and maneuvering of combat to counter interact the attacks of aggressive, passive, and multifunctional opponents with ease and efficiently.

#### EMOTICS:

- Understood as the science that studies the language of the heart that affects emotions and moods. The martial spirit and the sporting etiquette of the action arise from a powerful, balanced and healthy "eroticism".

### 2<sup>nd</sup> Session on April 04, 2021 at 15:00 PM GMT: The Advanced Level

The ADVANCED LEVEL is made up of:

#### THE TECHNICAL SYSTEMS:

- Offensive (attacks).
- Defensive (defenses).
- Interactive (combinations).

#### THE TACTICAL BEHAVIORS:

- Before any neutral score.
- Before any favorable score.
- Before any unfavorable score.

#### THE EMOTIC MOMENTS:

- High-pace and intensity.
- Medium-pace and intensity.
- Low-pace and intensity.



#### SPORT KARATE COCHING SYSTEM