

# World Association of Kickboxing Organizations

- Because We Care



Our social responsibility;  
developing hope, equality, future, pride and opportunities





It all starts with how PROUD we are of our sport and the possibility we see a martial art have to make a difference.





# Sport a part of the UN sustainability goals

How can sport contribute to create a better world?





OLYMPIC  
SOLIDARITY

Olympism in society  
Sport and active society  
Women in sport  
Education  
Sport for hope  
Peace through sport  
Olympic day



OLYMPIC VALUES

Friendship - Respect - Excellence

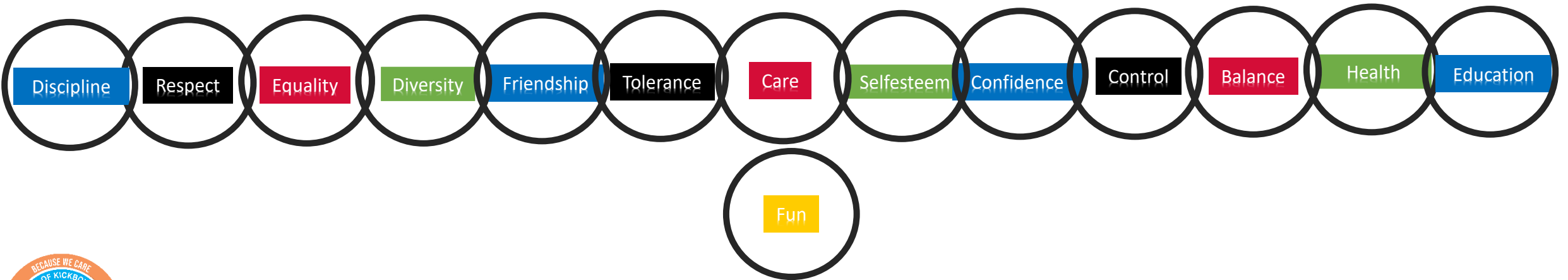


WAKO to be aligned with the Olympic movement

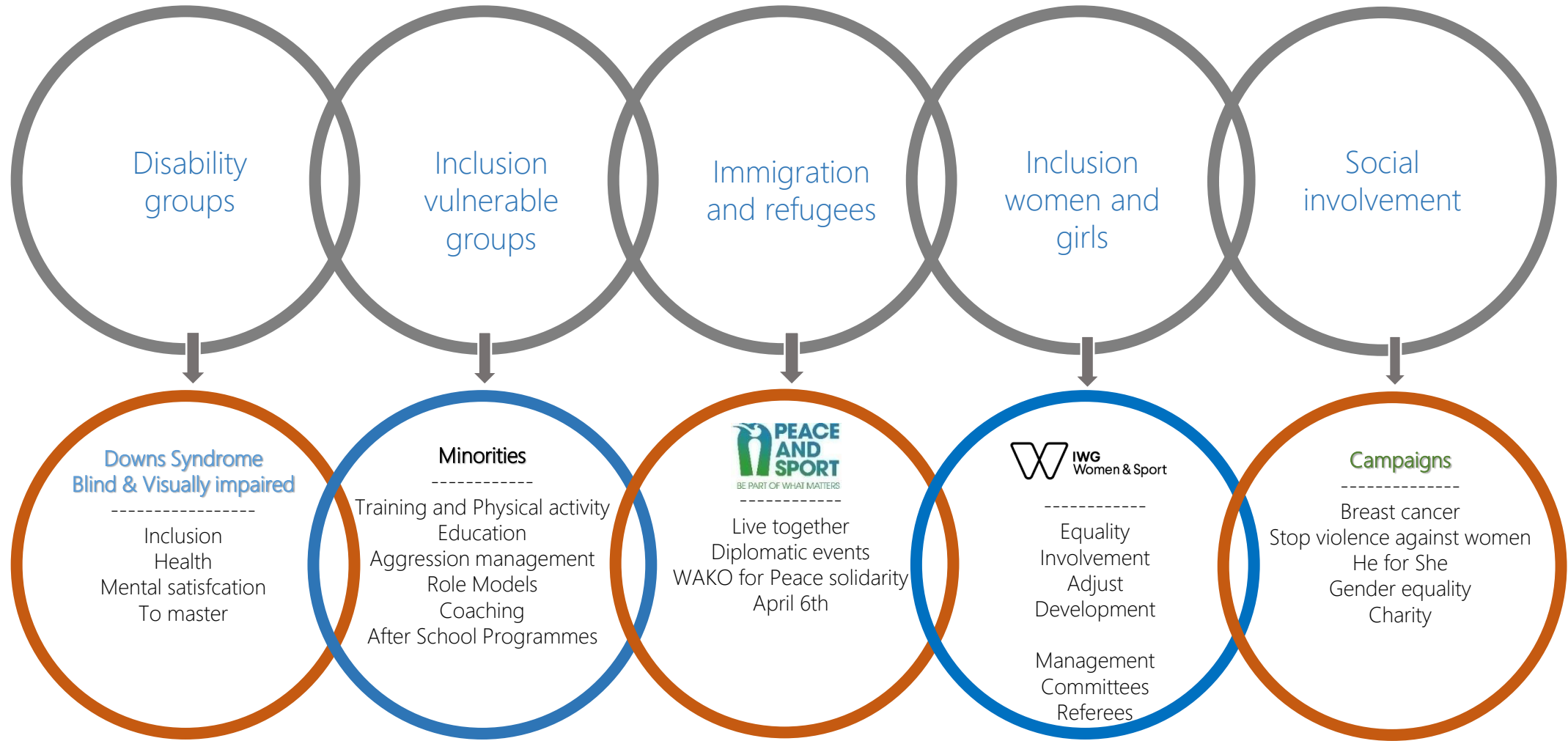


# Our objective

WAKO's objective is to make a difference using the power of sport to create equality and opportunities. WAKO needs to admit our responsibility to give, share and develop using physical activity, recreation, mental satisfaction, discipline and friendship as a tool to equality. It is our social responsibility using sport to build hope and future where dialogue, respect, tolerance and solidarity are the essence. Simply making the world a better place to be using kickboxing concepts as our tool.



# The kickboxing focus



Equality & Hope





Examples of action to  
make a difference



# "LIVE TOGETHER" PROGRAM

ZA'ATARI REFUGEE CAMP JORDAN



This program aims to address the educational, social and developmental **needs of refugees** of all ages **through sport**.

The UNHCR, NGOs, the Jordan Olympic Committee and International Federations are involved.



Boys learning to manage aggressiveness through kickboxing

WAKO cooperates with Peace and Sport to foster the **self-esteem** and **confidence** of refugees through the practice of kickboxing.

**25 Syrians** have been trained to become Kickboxing **instructors**.

Hundreds of children will benefit from the **positive values** transmitted by **kickboxing**.



Women and girls training on self-defence





- ❖ Agression Management for kids
- ❖ Self Defence for women



# Live Together Program Za'atary Refugee Camp







Live Together Program Za'atary Refugee Camp

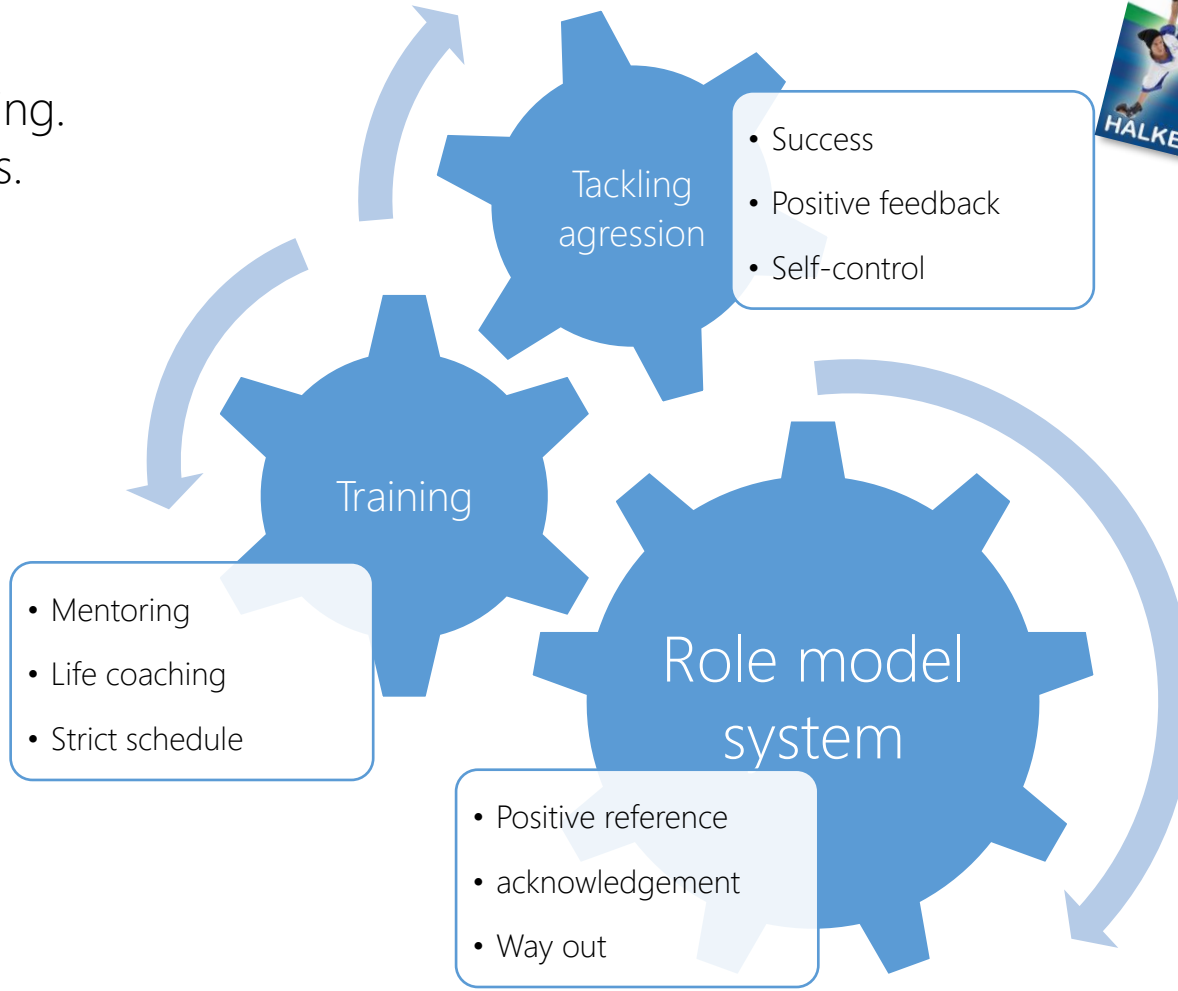




# Systematic Sport Integration model in Hungary



Roman Integration in Hungary using Kickboxing.  
It creates discipline and develop champions.



# Implementation of a program for Parkinson

## Adaptive Kickboxing Program

Specially designed for People with Parkinson's Disease ("PwPs")

Prepared by:

- Mr. Jason Lim | President
- Ms. Valencia Yip | Secretary
- Mr. Joel Lye | Vice President

From Kickboxing Federation of Singapore

Document developed on assignment from WAKO

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A designed program developed by the Singapore Federation how to develop and implement functional training for people with Parkinson Disease.

## Why Adaptive Kickboxing Program?

Improve

Overall fitness

- Helps improve fitness levels, allowing PwPs to pursue lifelong ambitions. (marathons, hiking mountains, etc.)

Improve

Confidence in walking

- Helps combat the fear of "freezing" while walking.

Improve

Balance and stability

- Helps combat the fear of "falling" while standing still or moving.

Improve

Functions in Activities of Daily Life ("ADL")

- Helps PwPs lead a higher quality of life.

Build

Cohesive community, forging strong friendships.

- Develop strong social support system, which is vital for seniors.



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# 1st Spanish Championship for disabilities (Downs Syndrome)



- A project in Spain, Slovenia, Norway
- Model programme made – to be implemented and adjusted in each country



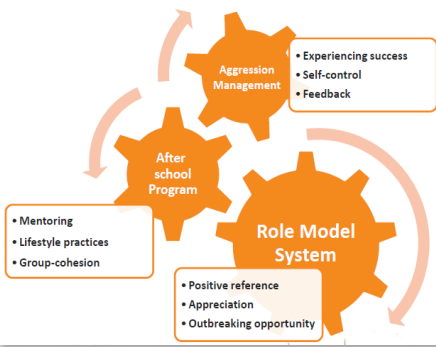




4000 athletes  
All surplus to CHARITY  
«Children protection programme»  
17 years  
  
Approx 145.000 EURO







**PROJECT PLAN FOR PEOPLE WITH DOWN SYNDROME AND KICKBOXING ACTIVITY**

For making a plan is very important to understand what is Down syndrome and how to get along with people with Down Syndrome (DS). It is also important to choose sport activity that is suitable for a specific individual, because if you do not, you can cause a lot of harm. Down syndrome is a genetic disorder caused by the presence of all or part of a third copy of chromosome 21. People with Down syndrome may have some or all of these physical characteristics: a small chin, slanted eyes, poor muscle tone, a flat nasal bridge, a single crease of the palm, and a protruding tongue due to a small mouth and relatively large tongue. Other common features include: a flat and wide face, a short neck, excessive joint flexibility, extra space between big toe and second toe, abnormal patterns on the fingertips and short fingers. Instability of the atlantoaxial joint occurs in about 20% and may lead to spinal cord injury in 1-2%. Hip dislocations may occur without trauma in up to a third of people with Down syndrome. Growth in height is slower, resulting in adults who tend to have short stature—the average height for men is 154 cm and for women is 142 cm. Individuals with Down syndrome are at increased risk for obesity as they age.

**WHAT TO DO?**  
 First of all, I recommend the Psychomotor test of fine motor and gross motor skills of the mentally retarded child. For example I suggest, The Brunia Oserolsky Test of Motor Proficiency. Test includes subtests in running speed, balance, bilateral coordination of the arms and legs, strength, upper limb coordination, response time, visual motor control, and speed and dexterity of the upper extremities.  
 The results from testing will show us which type of exercises or kickboxing elements will be suitable for each individual with DS.

**Systematic sport integration model**

- **Positive Role Models:** Active, positive role models with the same social background; training of parents; competitions according to skills, potential way out; multicultural environment
  - **Life coaching training programme:** whole day long mentoring in cooperation with schools, group activities, DOMINO programme (from brushing teeth until writing CVs), vocational guidance
  - **Sporting activities tackling aggression:** kick box training in small groups (semi-contact); Budo mentality; self-control and self-training, role model coaches, evaluation during each training.
- The goal is:** acknowledgment based on work and self control at all fields of life.



**Syrian refugees in Turkey train kickboxing**



One goal accomplished! When you are a refugee child and have lost everything and have been forced to relocate, what can you do? What can you hope in outside of survival? Our kids club program seeks to give refugee children with physical disabilities as well as siblings of children with disabilities something to hope and work for. These kids are learning a new language with the hope of entering school one day. They are building their math and Turkish levels. We use art and sports as a way for them to express a different part of themselves.

After months of hard work in the sports program, their goal had been to go from being a white belt in Kickboxing to becoming a yellow belt. They worked very hard and the day of the belt test finally came. In order to make this a very special and memorable moment in their lives, we invited their families to watch the belt test. Working and striving for a goal is something to be cherished. They never took it for granted and worked very hard. We were so proud of them and how well they did. They could step into any dojo and be able to earn their belt with the highest of standards.

**In Focus: Leave No One Behind - End Violence Against Women And Girls**



The 16 Days of Activism Against Gender-Based Violence, a global campaign spanning from 25 November through 10 December, is taking place this year against the backdrop of an unprecedented global outcry. Millions have rallied behind the hashtag #MeToo and other campaigns, exposing the sheer magnitude of sexual harassment and other forms of violence that women everywhere suffer, every day. Breaking the silence is the first step to transforming the culture of gender-based violence.

**WAKO and Sport4life initiative**



There were about 400 children engaged in the event where was also present the French Ambassador, the Directorate of Sports and also the Cape Verde Olympic and Paralympics Committee Presidents.

**NGO "DIVINE GRACE AFRICA" (DGA)**



**WAKO Guidelines - Solidarity & Social Integration**

- Fight against discrimination of any and all kinds
- Adjust and integrate and support disabilities
- Work towards integration in society
- Integrate and make the gender
- Adapt technology to support groups
- Focus on solidarity and charity
- Create positive social interaction
- Create positive competitive interaction
- Create an atmosphere of positive aspects of social, cultural and religious differences

**Commitment sheet**

PEER NAME	LAST NAME	GENDER	COUNTRY	EMAIL
Woman	Tunisia			gurbani.ahmed@unicef.org
Woman	Greece			danaygouza@unicef.org
Woman	Greece			amandakouza@unicef.org
Man	Greece			EMZANAKIS@GMAIL.COM
	GD			ibezjan@hobart.com



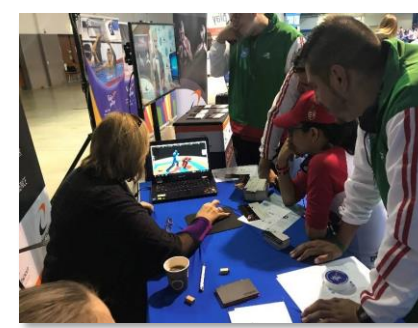
**Worldwide actions**





Worldwide actions





## WAKO Athlete Corner

Inspired by IOC Learn and Share. The objective is to educate, to involve, to raise awareness, to care, to communicate, to respect and to understand. We interact, we challenge and we all learn and share. We implement this at our Senior Championships as well as at our Cadets and Junior Championships.

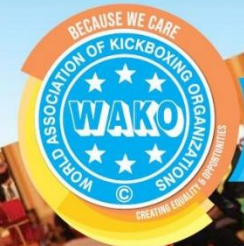
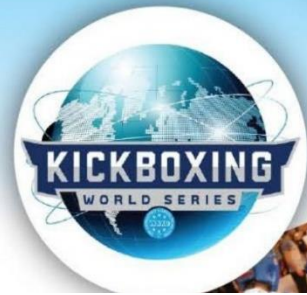






**THIS IS A WAKO DONATION EVENT**

# 4<sup>th</sup> INTERNATIONAL TURKISH OPEN KICKBOXING TOURNAMENT



**THIS IS WAKO DONATION EVENT**







SPONSORS

## facebook

WAKO Sarajevo 2019 je na Facebooku. Za pozivanje sa WAKO Sarajevo 2019 prijavite se ili kreirajte korisnički račun.

Prijavi se

Kreiraj novi korisnički račun



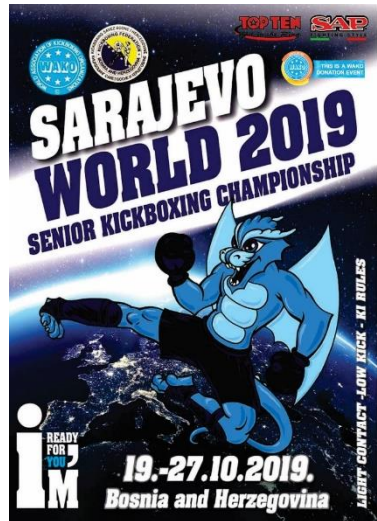
WAKO Sarajevo 2019

Sportski događaj



Sviđa mi se

Saznajte više



Alija Ogrić / Bosna i Hercegovina

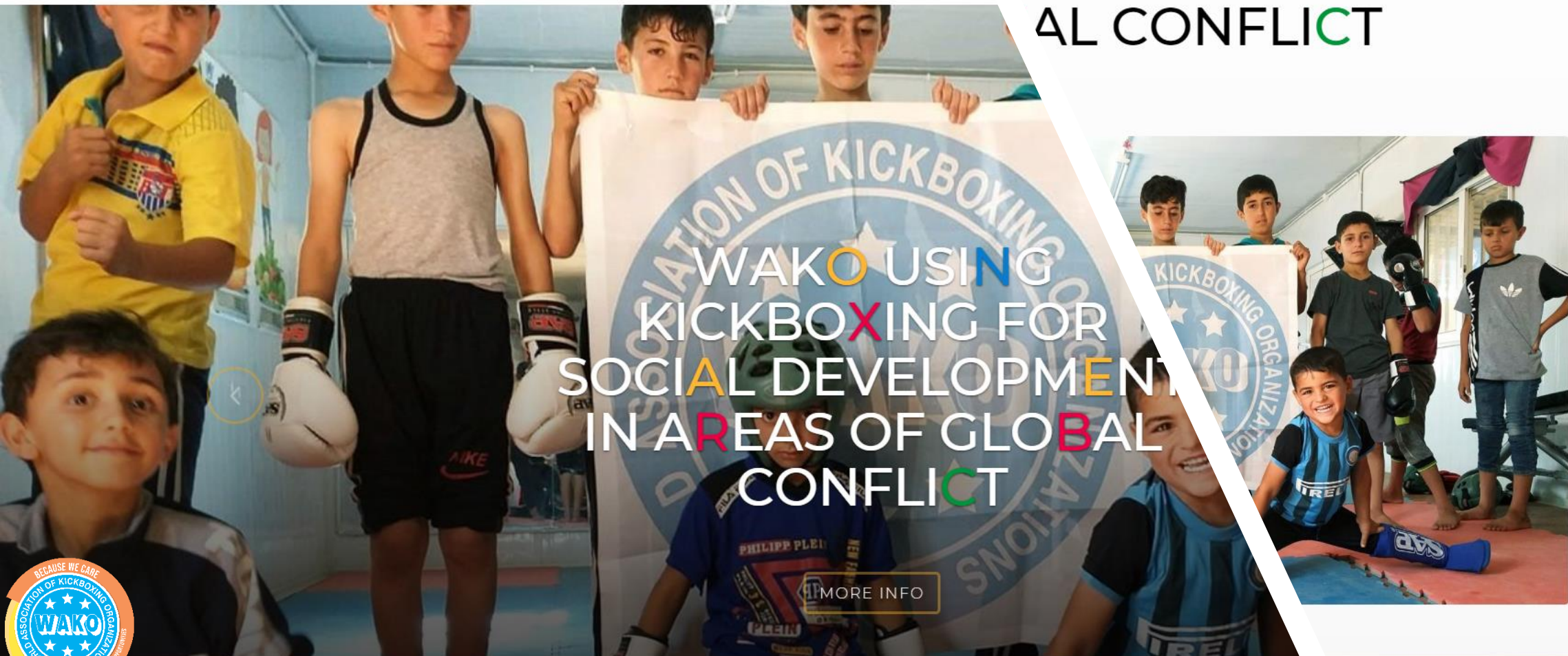
WAKO WORLD SENIOR KICKBOXING CHAMPIONSHIP  
SARAJEVO 19.-27.10.2019. Bosnia and Herzegovina





# USING KICKBOXING FOR SOCIAL DEVELOPMENT IN AREAS OF GLOBAL CONFLICT

LATEST



WORLD UP BUDAPEST MONTHS TO

18 June 2019

MORE





# WAKO FAMILY



Ems Photos UK



