



Ministry of Youth Affairs and Sports
Government of India

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Azadi Ka
Amrit Mahotsav

SAI
SPORTS AUTHORITY OF INDIA

7TH INTERNATIONAL TURKISH OPEN KICKBOXING WORLD CUP



CONGRATULATIONS

MS NIVEDHA SREENIVASAN

**WON BRONZE IN KICK LIGHT CATEGORY
SILVER IN LIGHT CONTACT CATEGORY
OLDER CADETS - 46 KG**

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REPORT ON 7TH INTERNATIONAL TURKISH OPEN KICKBOXING WORLD CUP FROM 12TH TO 15TH MAY 2022



In a city like Istanbul, it was a nice way to promote the 2nd Indian Open International Tournament by none other than WAKO President, Mr. Roy Baker and Romeo Desa - Chairman Technical Committee - WAKO (IF) and the Vice President - Mr. Espen Lund. The event under the Management of WAKO Turkey President, Mr Salim Kayici was superb and was an example where a developing country can learn a lot of process and the smooth functioning of an event. This is truly a proud moment for the nation and for all the Kickboxing lovers in India for touching a newer height and setting a new benchmark.





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The 15 members delegation of Team India which was led by Mr Lokesh Sinhal, Vice Chairman of WAKO India Kickboxing Federation & Senior Additional Advocate General of Haryana State. Mr Santosh K Agrawal, President of WAKO India along with his 2 coaches, Mr Suresh Babu as a Chief Coach and Mr Sidharth Bhaleghare as a Coach and other team member including a Physio-therapist from the WAKO India Medical Committee, Mrs Anitha Murgan. The fighters from across India were selected by their respective state associations to play in this prestigious championship in different age groups.





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It was a great event for WAKO India athletes who not only got noticed but also impressed the opponent. The 14-year-old fighter from Tamilnadu, Ms Nivedha Sreenivasan had an amazing Tournament and team India is proud of her for pulling off a breath-taking victory. It was her first International Tournament and the way the older cadet fought and brought glory for India is commendable. She bagged a Silver and a Bronze medal at the highest stage in Light Contact and Kick Light Event. The ambience was marvellous and the kickboxing followers were loving each and every bit of it. Mr Santosh K Agrawal; President of WAKO India was overwhelmed with the fighters efforts and ensured the champion gets the recognition at the International level for her stupendous performance.

The level of improvement which Indian Players have shown this time through their combat techniques was clearly seen.





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The 7th Turkish Open World Cup held in Istanbul from 12th to 15th May 2022 was a great success for WAKO India. It was another great tournament under the aegis of WAKO in which 44 countries took part and performed with over 3200 participants in both males and females categories.



Podium finish Nivedha mid-curl (below) with coach Sanesh Babu • SPECIAL ASSIGNMENT



Kick it till you make it

Chennai's Nivedha Srinivasan recently won two medals at the Kickboxing World Cup in Turkey. Bruised yet upbeat, here is what she has to say

—PRIYADASHINI PAITANDY

Just before her bout, when Nivedha Srinivasan saw her Greek opponent, Barmouti Androniki, do a full split on the floor, it gave her the chills. "I was scared. I saw how flexible she is. I can't do a full split," says Nivedha over a call from Istanbul where she has just won a silver in the Light Contact category and a bronze in the Kick Light category at the WAKO Seventh International Turkish Open Kickboxing World Cup - 2022. The 14-year-old from Chennai

is the only girl from India to win medals at the recently-concluded event.

This was Nivedha's first time in a World Cup. And her focus was on winning gold. So much that when the Indian contingent went out to explore the charming city of Istanbul, Nivedha chose to stay back at the hotel and prepare.

At the Light Contact category final, Nivedha says her opponent scored three points without even letting her feet touch the floor. "She just kept kicking. So many nice kicks! But I am glad I managed to

stand through it."

Though her nose still hurts, she says she is glad she got to experience and understand what the competition at the international level is like. "I need to improve my flexibility and technique, and need more experience," she says. As for the aches and pains, she says, "We go through a lot of conditioning, so that doesn't matter."

Nivedha started kickboxing a year-and-a-half ago at the Spitfire Kickboxing Academy in Anna Nagar. It was something she took up in October

2020 as a result of the lockdown. "Sitting at home all day exhausted me," she says.

The other activities she enjoys are gymnastics, badminton, skateboarding and swimming. "I wanted to pursue karate but my mother suggested trying out something that

not a lot of people do," she adds.

Prior to the World Cup, Nivedha scaled up her practice. Her coach made her run for 45 minutes every morning and that helped increase stamina. "I was able to stand and fight for four minutes," she says.

She sparred with girls and boys at the academy. While sparring with one of the boys she got a bruise under her eye just before leaving for Turkey. "We also had a national training camp in Chennai with 200 participants and six international coaches from Italy, Norway and Korea. We trained twice a day for two to three hours."

Charged by these wins, Nivedha says she is willing to put in all the practice that is required to match the standards of the international athletes. The thing with kickboxing is you need to be prepared and have strong technique. "Because you can never expect to know anything in advance. Only once you are on the tatami, you'll know what's going to happen as it happens." And that is a thrill she enjoys.





7TH TURKISH OPEN WORLD CUP KICKBOXING-2022 ISTANBUL, TURKEY

12th - 15th May 2022



Lokesh Sinhal

Vice Chairman - WAKO India Kickboxing Federation
Senior Additional Advocate General - Haryana
Head of Delegation



Santosh Kumar Agrawal

President - WAKO India
Member - WAKO Technical Committee



Suresh Babu
Chief Coach



Dr. Anitha Murugan (PT)

Senior Consultant Manipulative Rehab Physiotherapist
Medical Representative



Siddharth Bhaleghare
Team Coach

PLAYERS



Nivedha Sreenivasan
Weight - 46 kg
Events - LC, KL



Aarya Sunil Bheke
Weight - 47 kg
Events - PF



Priti Tiwari
Weight - 48 kg
Events - FC



Manisha Vala
Weight - 60 kg
Events - PF, LC



Nischal
Weight - 63 kg
Events - KL



Venkataramana Shankam
Weight - 67 kg
Events - FC



Sahil Bhardwaj
Weight - 63 kg
Events - PF, LC



Akhil Kumar
Weight - 89 kg
Events - KL, LC



Sasmit Sachin Hatwar
Weight - 65 kg
Events - KL



Sujit Shil
Weight - 45 kg
Events - KL, LC



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Thank You



युवा कार्यक्रम और खेल मंत्रालय
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सत्यमेव जयते



Play fair

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