



MINISTRY OF YOUTH AFFAIRS & SPORTS  
Government of India



#अबइंडियाखेलेगाकिकबोक्सिंग



# WAKO INDIA

Member: World Association of kickboxing Organisations (WAKO)

Recognised By: Ministry of Youth Affairs & Sports, Govt. of india

Orgabized By: WAKO India Kickboxing Federation

Supported By: CMR UNIVERSITY, BANGALORE, KARNATAKA

**VENUE:** CMR UNIVERSITY, BANGALORE, KARNATAKA

# 11<sup>th</sup>

## OPEN INTERNATIONAL KICKBOXING TRAINING CAMP



REPORT ON  
**11TH INTERNATIONAL KICKBOXING TRAINING CAMP  
FROM 03-12 NOVEMBER 2025, BANGALORE,  
KARNATAKA**



The 11th International Kickboxing Training Camp held at CMR University, Bangalore, Karnataka from 03-12 November 2025, over 300 passionate athletes participated in this Camp all participants reached Bangalore on 3rd November and got their registration done. This camp was Preparation Camp for Upcoming World Seniors & Masters Kickboxing Championship 2025, Abu Dhabi.





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The training started on 4th November with two dynamic modules. Every morning at 6:30 AM, participants immersed themselves in intense fitness sessions, sweating and striving to become their best.





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Along with the regular fitness modules, several additional training activities were conducted throughout the camp, including a daily Technical Session from 4:30 PM to 7:30 PM focused on advanced kickboxing techniques.





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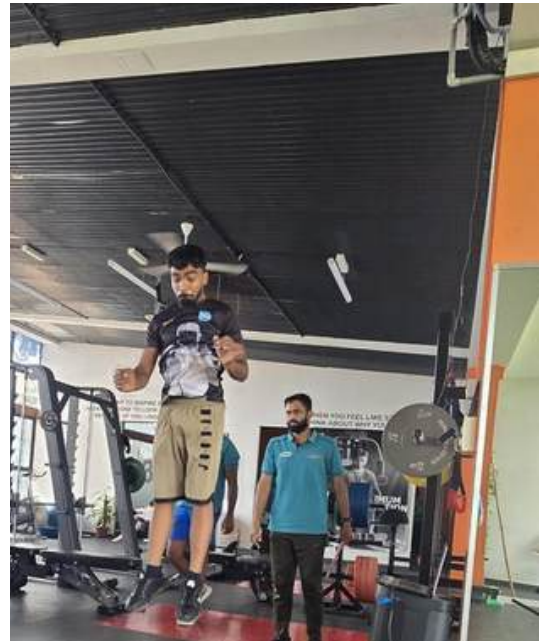




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Regular Camp Fitness Activities were carried out to improve stamina, agility, flexibility, and overall conditioning, and a General Fitness Session was conducted every day to further enhance physical endurance and performance.





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REPORT ON

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On 07th November 2025 the Opening Ceremony of the “11th Open International Kickboxing Training Camp” held at CMR University, Bangalore, Karnataka. The event was delighted to have the many dignitaries who embellished the event with their presence. Various Cultural Activities were arranged, offering participants a refreshing break.





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Get-Together program was organized to build team bonding and encourage interaction among participants and coaches and following the kickboxing training sessions, a well-coordinated campfire event was conducted to facilitate informal yet constructive interaction among participants, thereby reinforcing team unity and enhancing the overall collaborative spirit of the camp.





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On 08 November 2025 the educational seminar held focused on the scientific approach to training in the 11th Open International Kickboxing event. Dr. Tilak Kumar B.S. explained the core concepts of GTMT, emphasizing proper planning, progression, recovery, and periodisation in an athlete's training program. He highlighted the importance of developing strength, endurance, speed, and technical skills in a balanced manner for kickboxing. The session also included a brief discussion on training cycles, athlete monitoring, and methods to prevent injuries. Overall, the seminar provided a clear understanding of how structured and effective training can improve performance in kickboxing.



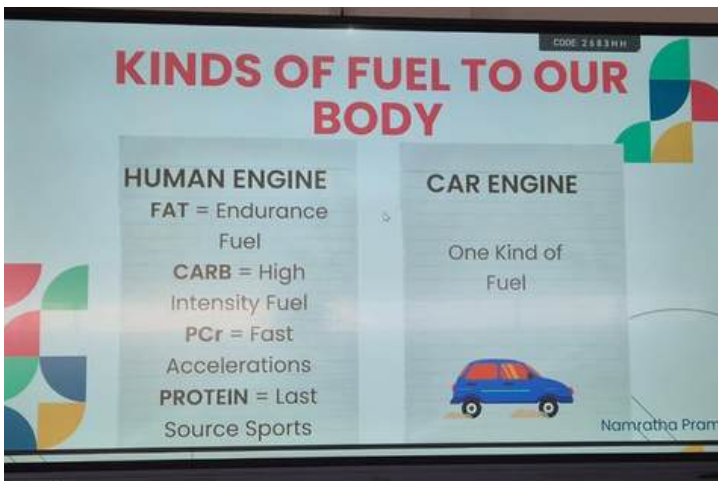


REPORT ON

## 11TH INTERNATIONAL KICKBOXING TRAINING CAMP FROM 03-12 NOVEMBER 2025, BANGALORE, KARNATAKA



On 09 November 2025 the educational seminar held focused on Optimal Nutrition Strategies for Kickboxing Performance as part of the 11th Open International Kickboxing Training Camp. Ms. Namratha Pramod, High Performance Analyst (Nutrition) at the Sports Authority of India, explained the role of balanced nutrition in enhancing an athlete's strength, endurance, recovery, and overall performance. She highlighted the importance of proper hydration, pre- and post-training nutrition, and scientifically planned dietary strategies for combat sports. The session helped participants understand how structured nutritional planning can significantly improve kickboxing performance.





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On 10 November 2025 Mr. Santosh K. Agrawal – President WAKO India Kickboxing Federation encouraged the athletes selected for upcoming World Seniors & Masters Kickboxing Championship 2025, Abu Dhabi., emphasizing discipline, perseverance, and the responsibility of representing India with honour. The interaction served to inspire confidence, reinforce commitment, and instil a strong sense of national pride among the participants.





REPORT ON

## 11TH INTERNATIONAL KICKBOXING TRAINING CAMP FROM 03-12 NOVEMBER 2025, BANGALORE, KARNATAKA



The educational seminar held focused on Anti-Doping Education and Awareness as part of the 11th Open International Kickboxing Training Camp. Dr. J. B. Honnamurthy, Lead Dope Control Officer at NADA and Assistant Professor of Biochemistry at Bangalore Medical College, explained the importance of clean sport and the role of anti-doping regulations. He discussed prohibited substances, testing procedures, athlete responsibilities, and the significance of maintaining integrity in competitive sports. The session provided participants with essential awareness on doping control and reinforced the value of fair and ethical sporting practices.

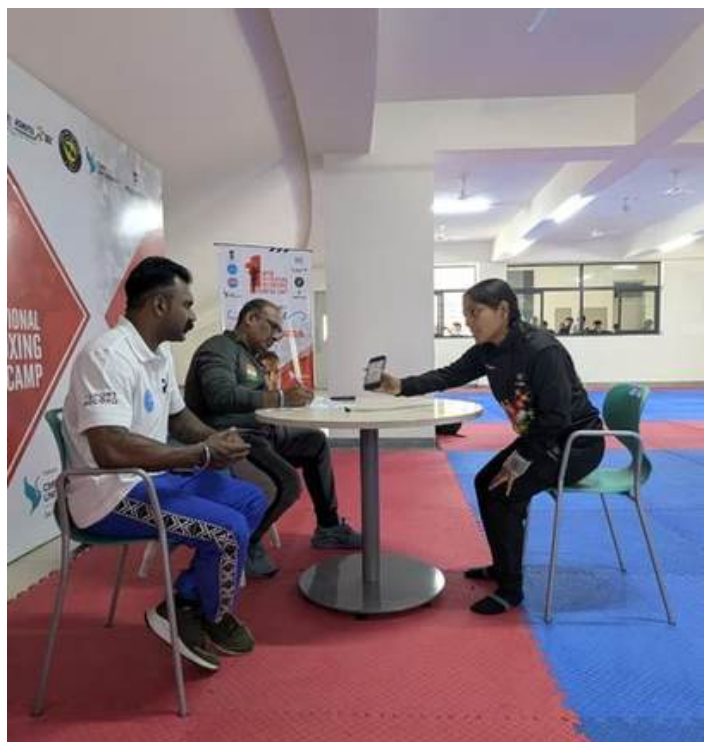




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A One-to-one meeting session was organised with the coaches for the assessment of their learning from the Camp.





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Mr. Tomaz Barada – Board Member WAKO IF & Coach Slovenia addressed the participants and he expressed his gratitude to President Mr. Santosh Kumar Agrawal and entire team for the excellent organization and warm hospitality. He praised the participant by saying “your energy, discipline, and smiles meant the world to me”.





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Mr. Miodrag Jotic – Coach, Serbia addressed the participants and expressed his gratitude to President Mr. Santosh Kumar Agrawal for his untiring efforts, dedication and hard work towards the growth of Kickboxing sport in India and continual improvement in performance to showcase the power of Indian athletes at the international platforms.





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The “11th Open International Kickboxing Training Camp “Concluded Successfully with Valedictory Ceremony held on 11th November 2025 certificates were distributed to all participants in recognition of their active involvement and successful completion of the training program & Felicitate the Participant who attained the Black Belt Dan Certificates.

List of the dignitaries marked their presence during the camp to graced the camp and motivate the participants is as follows:

Chief Guest:

Dr. Praveen R – Pro Vice Chancellor, CMR University

Guest of Honour:

Shri Santosh K Agrawal – President, WAKO India Kickboxing Federation.

Dr. Mohan Babu GN – Registrar, CMR University.

Dr. Kannan N – Professor & Dean (SOET), CMR University.

Dr. Aswani Kumar Unnam – Registrar (Evaluation), CMR University.

Dr. Sheeba Chander – Dean (SOA & SOD), CMR University.

Special Guests:

Dr. Nagaraj G Cholli – Associate Dean, CMR University.

Dr. S.P. Manikandan – Deputy Director, (SOET) CMR University.

Dr. Kiran Kumari Patil – Deputy Director, (SOET) CMR University.

Dr. Puran Prasad Arco – Director (SOM), CMR University.

Prof. Aleksandra Rotar – Director (SOD), CMR University.

Prof. Murlidhar K – Director (SOA), CMR University.

Special Invitees:

Shri. Tomaz Barada – Board Member WAKO IF & Coach, Slovenia.

Shri. Miodrag Jotic – Coach, Serbia.

Shri. Davide Mancuso – Coach, Italy.

Shri. Damiana Tramontana – Coach, Italy.

Shri. Emmanuele Bozzolani – Coach, Italy.

Shri. C. Suresh Babu – Chairman, Coaching Committee, WAKO India.

Shri. Ravi C – Technical Official, WAKO India Kickboxing Federation.

Dr. B. Selvamuthu Krishnan – Director, Physical Education, CMR University.

Dr. VP Ranjith – Director, Physical Education, CMR University.

Mr. Navikumar. N – Director, Physical Education, CMR University.

Mr. Raghavendran P R – Head, Office of Student Affairs, CMR University.

Ms. Parinitha Shetty – Head, Office of Student Affairs, CMR University.

Dr. Sudhir K Routary – Dean Academics, CMR University.

Dr. Glan Devadhas George – Director (DORI), CMR University.

Dr. Bhupendra Bahadur Tiwari – Director (SOEC), CMR University.

Dr. Ashok Kumar Thavani Andu – Director (SSCS), CMR University.

Dr. V.J. Praneshwaran – Director (SOLS), CMR University.

Dr. Rajat Gera – Director (SOM), CMR University



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# Thank You



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MINISTRY OF  
YOUTH AFFAIRS AND SPORTS



Play fair

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