#अबइंडियाखेलेगाकिकबॉक्सिंग

WAKO

14TH NATIONAL KICKBOXING

HIGH PERFORMANCE TRAINING CAMP 2026



EVENT REPORT



Date: 26 August to 04 September 2026

Venue: Vinayaka Missions Research Foundation, Chennai Campus, Chennai, Tamilnadu

OPENING CEREMONY

The 14th National Kickboxing High-Performance Training Camp officially commenced in Chennai, running from August 26 to September 4, 2026. The camp brings together elite athletes and world-class minds for intensive training, tactical refinement, and physical conditioning.

The event kicked off with a traditional Lighting of the Lamp, followed by vibrant cultural dance performances. Demonstrating a strong commitment to clean sports and athlete discipline, all participating athletes collectively took a powerful "Say No to Drugs" pledge.

Dignitaries & Esteemed Guests:

- Ms. Maithreye Sivamurugan: Operations Head, Soundarapandian Bone and Joint Hospital, Chennai

Special Guests (International Coaching Panel):

- Mr. Emanuele Bozzolani (Italy)
- Mr. Damiano Tramontana (Italy)
- Mr. Miodrag Jotic (Serbia)
- Mr. Issa Abunassar (Jordan)

Special Invitees:

- Thiru A. Anand: District Sports & Youth Welfare Officer, Chengalpattu District (SDAT)
- Mr. Murugesh: CEO & Founder, Atium Sports















DAY 1

WELCOME & ARRIVAL OF INTERNATIONAL COACHES

The 14th National Kickboxing High-Performance Training Camp in Chennai officially commenced with the warm arrival and traditional welcome of the elite international coaching panel. Organizing officials and national coaches received the distinguished guests with traditional stoles (angavastram) upon their arrival, marking the start of a high-energy training camp.







DAY 2

MORNING OUTDOOR CONDITIONING & ATHLETIC DRILLS

The practical high-performance training officially kicked off on Day 2 with an energizing outdoor morning session on the main turf field. The session brought together all national athletes, coaches, and international experts to build foundational stamina, footwork mobility, and functional movement efficiency.







Day 3

Technical Focus & COMBAT MAT DRILLS

The double-session structure successfully tested the athletes' stamina, technical adaptability, and physical discipline. Participants demonstrated measurable progress in strike execution, defensive recovery, and ring control, aligning their preparation with international competition standards.













DAY 4

TECHNICAL REFINEMENT & EXPLOSIVE MOBILITY

The camp intensified the focus on individual biomechanical precision, footwork speed, and technical execution on the field. Led by international masters—including Emanuele Bozzolani and Miodrag Jotic—and national coaches, athletes underwent targeted outdoor athletic routines designed to refine striking combinations and reaction speed.













EDUCATIONAL SESSION: ANTI-DOPING EDUCATION & AWARENESS

An essential session on Anti-Doping Education and Awareness was conducted by esteemed speaker **Dr. Muthyawwar** from the National Anti-Doping Agency (NADA). The interactive workshop focused on promoting fair play, integrity, and regulatory compliance among athletes, coaches, and technical officials.











EDUCATIONAL SESSION: SPORTS INJURIES & REHABILITATION

An educational seminar on Game-Specific Sports Injuries, Sports First Aid & Rehabilitation was conducted by expert speaker **Dr. Sivasakthi Ramya R. (PT)** (Founder, Revival Duo Physiotherapy Clinic). The session equipped athletes and coaches with essential injury prevention, on-mat first aid, and recovery protocols.













Day 5

Advanced Striking Mechanics & Performance Testing

A critical Fitness Assessment & Elite Performance Hub for national athletes and international participants gearing up for global competitions. Under the expert direction of the International Coaching Panel—Emanuele Bozzolani, Damiano Tramontana, Miodrag Jotic, and Issa Abunassar—the day integrated rigorous outdoor conditioning, scientific physical testing, and high-intensity tactical mat sessions.



























Day 6

EDUCATIONAL SESSION: SPORTS PSYCHOLOGY SEMINAR

An insightful mental training workshop titled "THE FIGHT WITHIN" was conducted during the high-performance camp to focus on athletic mindset and competitive preparation. The session empowered athletes with practical strategies to manage pre-fight anxiety, control performance stress, and maintain absolute emotional regulation inside the ring.










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Day 7

ADVANCED TACTICAL SPARRING & COMBAT DRILLS

Athletes engaged in high-intensity indoor sparring sessions and technical combat drills under the direct supervision of international master coaches and senior trainers. The workouts focused on real-time fight application, rapid combination striking, defensive counter-attacks, and ring positioning on specialized tatami mats.









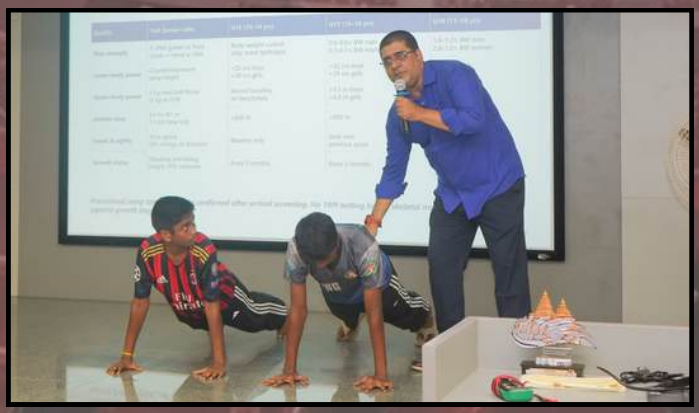


EDUCATIONAL SESSION: STRENGTH & CONDITIONING SEMINAR

An interactive educational workshop focusing on athletic longevity and sports performance was conducted by **Dr. Y. Ramakrishna** during the camp. The session combined theoretical presentations on load management and off-season programming with practical posture, movement, and bio-mechanics demonstrations for participating athletes and coaches.











Day 8

ELITE ATHLETE CONDITIONING & TECHNICAL EXECUTION

Athletes underwent an intensive regimen of specialized outdoor and indoor high-performance training protocols designed to maximize explosive power, tactical agility, and elite combat readiness. Guided by the expert coaching panel, daily sessions combined rigorous physical conditioning with advanced technical execution on the turf and training mats.







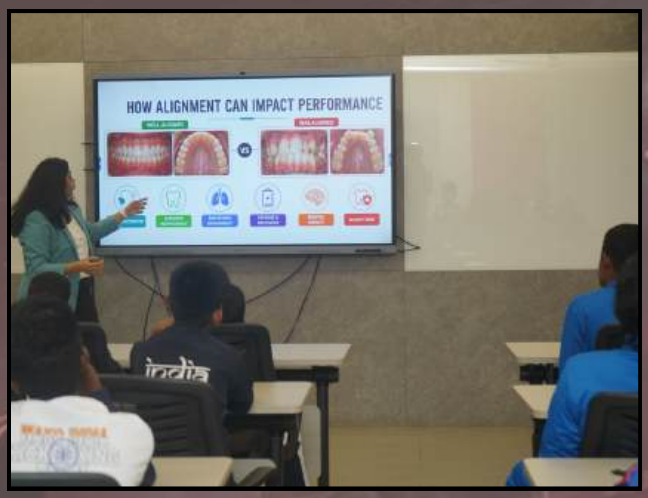




EDUCATIONAL SESSION: SPORTS DENTISTRY SEMINAR

An insightful educational seminar on Sports Dentistry was organized during the 14th National Kickboxing High-Performance Training Camp. **Dr. Lavanya Angara** conducted an interactive session for athletes, coaches, and officials, highlighting the importance of oral health and custom mouthguards in elite sports performance and injury prevention. The session concluded with the formal felicitation of Dr. Lavanya Angara by camp officials.









Day 9

GRAND CLOSING CEREMONY

The camp concluded on a triumphant note with a grand closing ceremony, celebrating days of intensive athletic development and technical mastery. International experts—Emanuele Bozzolani, Damiano Tramontana, Miodrag Jotic, and Issa Abunassar—alongside national coaches and officials, commended the athletes for their remarkable dedication.

The event featured formal felicitations, certificate distributions, and special recognition for young talent. It concluded with commemorative group photographs capturing strong camaraderie and team pride, leaving participants fully empowered for upcoming national and international competitions.








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