



WORLD KARATE FEDERATION

TO ALL NATIONAL FEDERATIONS

As it was presented during the WKF Congress in Budapest 2023, and for the conclusion of the WKF Guardian Girls Global Karate Project during 2023, the WKF will organize a training course for women self-defense instructors, to obtain the WKF Guardian Girls Karate diploma.

The objective of this training course is to **create a network of WKF Guardian Girls Karate Instructors**, who train women around the world to promote gender equality and the women empowerment to defend themselves from all forms of Gender-Based Violence (GBV) through Karate training.

The course will be organized in Madrid, Spain, WKF Headquarters, from December 6th to 8th 2023, in coordination with the Royal Spanish Karate Federation (RFEK).

Upon completion of the course, a WKF Guardian Girls Karate Instructor diploma will be granted, that will give them the opportunity of developing Guardian Girls Karate activities worldwide.

These instructors will be able to run two different activities in coordination with the National Federations member of the WKF:

- Train other National Federation instructors from their country.
- Develop mid to long-term women self-defense seminars in their countries.

SELECTION CRITERIA

The course will be developed for a maximum of 15 applicants.

The registration will be done by the National Federation, with the Application Form in attached (ANNEX I) and the Waiver of Liability (ANNEX II).

The selection criteria of the instructors are:

- Woman over 18 years old
- 2nd Dan of karate
- Elementary basic studies
- National Federation license
- Experience in women self-defense courses or training

The WKF will cover the accommodation of these candidates (Check in: October 6th, Check out: October 9th) in double room and with full board.

The National Federation must cover all round-trip travel expenses from the country of origin to Madrid, Spain.

REGISTRATION PROCESS

Those National Federations that are interested in register a candidate must send an official letter to wkf@wkf.net , with the Application Form (ANNEX I) filled with the information of the candidate and the Waiver of Liability (ANNEX II) filled and signed by the candidate.

The application must be sent before November 23rd, 2023, and the registration will be carried out in strict order of application, for those applications received timely in compliance with the above criteria.



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EVENT SCHEDULE

DAY	TIME	ACTIVITIES
Wednesday	Until 18:00 h	Arrival of the applicants
December 6 th ,2023	18:00 h – 20:00 h	Presentation of the WKF Guardian Girls Karate Project
Thursday December 7 th ,2023	10:00 h – 14:00 h	<u>First training session:</u> <ul style="list-style-type: none"> • Psychological aspects of the Gender Based Violence. • Scale of situations of violence • Prevention of verbal and mental Gender Based Violence. • Cycle of Gender-Based Violence • Warm-up and adaptations • Displacements • Upper limb attack techniques • Lower limb attack techniques • Other hitting techniques. • Empty hand defense techniques • Defense + attack combinations
	16:00 h – 20:00 h	<u>Second training session:</u> <ul style="list-style-type: none"> • Self-esteem and self-confidence work • Warm-up and adaptations • Grab to the wrist • Grab to the chest • Grab by the back • Grab by the neck • Hair grab
Friday December 8 th ,2023	10:00 h – 14:00 h	<u>Third training session:</u> <ul style="list-style-type: none"> • Warm-up and adaptations • Basic falls • Soil work • Fortune tools • Practical session
	16:00 h – 20:00 h	<u>Fourth training session:</u> <ul style="list-style-type: none"> • Self-protection measures • Extreme situations • Social resources • Practical session • Awarding of Diplomas



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ANNEX I: APPLICATION FORM

The (NF) is interested on register a candidate for the WKF Guardian Girls Karate Instructors training course that will be held in Madrid from October 6th to October 8th, 2023.

The information of the candidate is:

APPLICATION FORM			
Name		Surname	
Date of birth		Nationality	
Dan Grade		T-Shirt Size	
Experience in women self-defense course or training (in case it applies):			

The National Federation confirms that the candidate has liability and personal accident insurance coverage that if requested, the candidate must present the policy and failure to do so will lead to her participate at the event.

NF President signature



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ANNEX II: WAIVER OF LIABILITY

Assumption of the Risk and Waiver of Liability relating to the Participation at WKF Guardian Girls Global Karate Project event

I hereby acknowledge that during the WKF Guardian Girls Global Karate Project training course, I will develop activities which carries inherent risks and that the World Karate Federation has put in place preventative measures and rules to reduce the likelihood of physical harm; however, it cannot be guaranteed that I will not be injured.

I hereby declare, under my own and exclusive responsibility and for my own safety and of those participating in the Event, that:

- I comply with all the requirements for participating at the Event, not pertaining to any health risk group, as well as not living with anyone who pertains to a health risk group, or, if so, I participate in the Event under my own and exclusive responsibility.
- I voluntarily agree to assume all the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I may experience or incur in connection with my attendance at the WKF Guardian Girls Karate Project Event. I hereby undertake to voluntarily assume and respect any measures that the WKF, the Event Organizers and/or the health or other competent authorities may impose or require from me in case of any personal infection or that of third parties when attending the Event, including any movement restrictions, isolation, or lockdown.
- On my behalf, I hereby release, covenant not to sue, discharge, and hold harmless the event organizers, its employees, agents, and representatives, of and from any claims, including all liabilities, actions, damages, costs, or expenses of any kind arising out of or relating thereto.
- I understand and agree that this release includes any claims based on the actions, omissions, or negligence of the WKF Events organizers, its employees, agents, and representatives.
- I confirm that I have liability and personal accident insurance coverage that if requested, I must present the policy and failure to do so will lead to my participate at the event.
- I authorize the WKF to take and use imagines (photos, video) and my name as a competitor or registered participant for sport activities & publications of karate related to this event as well as other events and competitions where the WKF is interested.

I hereby declare that I have thoroughly read, understood, and individually provided my signature voluntarily and in agreement with the above declarations.

Event Name: WKF Guardian Girls Karate Instructors Training Course 2023

NF Name:

First & Last Name

Passport #

Date (dd/mm/yyyy)

Signature

By signing this document, you acknowledge that you have read and understood the [WKF Privacy](#)

DATA PROTECTION INFORMATION

Controller: Federación Mundial de Karate / G88288279 / C/ Princesa 25, 3º1, 28008 Madrid / wkf@wkf.net/ +34915359632 | **DPO:** dpo@wkf.net | **Purpose:** make the participant aware of the possible risks involved in taking part in the specified competition | **Rights:** Access, rectification, erasure and portability of your data, object and restriction by sending email to dpo@wkf.net | **Additional information:** You can consult additional and detailed information about our privacy policy at www.wkf.net or by writing to dpo@wkf.net.