



# **Advanced School for Coaches In Female Wrestling**

**15–18 November, 2007  
TOKYO, JAPAN**



Mr. Raphaël Martinetti  
FILA President  
Welcome speech and opening of the clinic.



Mr. Tomiaki Fukuda  
FILA Vice-President / JWF President  
Organiser's welcome speech.



Mr. Mario Saletník  
FILA Vice-President



FILA intentions regarding the development of female wrestling. FILA / IOC's assistance and Olympic Solidarity programme.



Dr. Harold Tünemann  
FILA Instructor



Educational aspects of the preparation for the various age groups.  
Analysis of the Female's freestyle world championship 2007.  
Technical-tactical preparation in Female Wrestling for Olympic Games in Beijing of the basis of the DVD "Fascination Wrestling 2006"



Professor Stephan Kazarian  
FILA Instructor



Example of a circular training for a national team (junior-senior).  
Individualization of the training process for the preparation of the elite wrestlers.



Mr. Hideaki Tomiyama



Specific warm-ups depending on the conditions of the training halls and the different age groups to prevent injuries.



Mr. Kazuhito Sakae



Execution of the clinch (ordered position) and its tactical variants.  
Tactical schemes for the execution of holds in standing position.



Dr. Mitsuru Sato



Weight training methods to build muscular strength and programs for junior, senior and national team.  
Dummy exercises for speed improvement.



Prof. Shojiro Shimoda  
JWF Vice-President



Wrestler's diet. Recovery between two matches. Recovery after and during one day competition.  
Coach's role in the preparation of the wrestlers for each competition match.



Dr. Kohei Nakajima



JWF Medical Committee, Japan National Team doctor



Mr. Takeshi Kukidome  
JWF National Coach



Weight management before the competition without losing the top of condition.  
Example of modern training for explosive strength.

