

European Muaythai Federation
Newsletter
May 2015



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LETTER FROM EMF PRESIDENT TO NATIONAL FEDERATIONS



„Dear National Federations,

Thank you for your trust and continuous efforts to develop muaythai in Europe.

I would like to inform you on the progress made during the period of my Presidency of EMF:

- EMF website has been modernized and brought to a new hosting.
- The previous registration of the EMF was closed to move EMF address to Switzerland in order to correspond to the Olympic movement. In August a specific presentation will be made on the functioning of EMF.
- Settling the old bills and debts of the EMF.
- The EMF Executive Committee has been

established.

- Planning for development of professional muaythai in Europe.
- Adopting of new technical regulations.

I hope this is just the beginning of our common work, and that we will continue to move forward towards the highest sport recognition in Europe!

Sincerely
Gennady Truhanov”



EMF GENERAL SECRETARY WORD



In this special, half-year, edition of European Muaythai Federation newsletter our General Secretary Rafal Szlachta would like to pass a couple of words to our National Federations:

„Dear EMF NF first of all I would like to thank you all for your activity. This is an honour for us to have such a good cooperating Federations. Thanks to you we are growing all the time, so many new events are before us now!

Due to the fact of our recent including to the official FISU programme we are looking forward for the next succesfull FISU Games in 2017. Aslo we are proud to be included into The World Games 2017 in Wroclaw, Asian Beach Games, Asian Indoor and Martial Arts Games, World Combat Games and many other. This wouldn't be possible without you, our partners, our federations with so many good athletes!

Of course we need to go forward. Now we are all the time trying to do our best to get into European Games and become recognised by European Olimpic Comittee.

Especially I would like to admit the cooperation with our new elected President Mr Truhanov. His moderning ideas and aspiration to develop EMF and generally muaythai bring us a lot of usefull changes.

I hope to see everyone on the upcoming IFMA Royal World Cup in Bangkok. Take care and wish to everyone a good luck!”



NATIONWIDE TRAINING OF THE CHILDREN IN CZECH REPUBLIC

Another nationwide training of the C.M.T.A. children and youth took place on Saturday, the 9th May 2015 in Prague PRO7SPORT. This unique event in Czech Republic aims for sports education of the children and youth, for the support of young talents and also for awakening the interest in sport in the new generation.

Without any pre-match stress young thaiboxers can measure their strengths, meet the peers that are in the same sports branch and train in the different environment.

The representatives of the clubs from the whole Czech Republic arrived at this event and a huge support from the coaches that "sacrificed" Saturday forenoon for the children and of course for MUAYTHAI is a great superlative.

The training started with a common warm-up and also a little of shadow boxing and classic drills were not missing. After that, three groups were created according to the age and physical layout. Three stations and three types of practice, CLINCH-...ATTACKS...COMBINATION.

But also funny practise of these disciplines through games (that maintained the attention and healthy competition) was not missing.

The last part of the common training was the voluntary, controlled sparing. The emphasis was placed especially on the balance of sparings. The tachometer of the sparing rounds showed almost 20 rounds, no injury and minimum of tears. Meaningfully spent time, a little present for everyone, and a lot of experiences.

Many thanks to everyone who came.

This training was also the last check before the upcoming competitions in MT MAXIMUS KIDS CUP (17th May 2015, TJ PANKRÁC PRAGUE).

MAXIMUS
INTERNATIONAL KIDS CUP

MUAYTHAI

17.5.2015 ZAČÁTEK VE 12.00

Hala TJ Pankrác, Lomnického 1071/1, Praha 4
u stanice metra Pražského povstání. **VSTUPNÉ: 130,-**

SPORT in the GANG PRO FIGHTERS.CZ
ADSAFE MAXIMUS FIGHTS RING
AutoWash PRAGUE U GUARDS
MV Speed SIMPLY TOUR

www.czechmuaythai.cz C.M.T.A.-Czech Muay-Thai Association



NATIONAL CHAMPIONSHIPS IN CZECH REPUBLIC



The 10th round of this year's National Championship of the Czech Republic in Muaythai took place on Sunday, the 17th May 2015 in Prague. The event was hosted by sports hall TJ Pankrác and not only the capacity of the auditorium reported full state, 2 rings at the field and also the start list filled with more than 70 fights under the full rules of muaythai.

This round was unique not only because of the extensive match participation but mainly

thanks to the connection of the two competitions in one day. The viewers could admire amateurs who year-round aim for the title belt of the champion of the Czech Republic in Muaythai, but also heroic performances of the children and youth in the new competition called MAXIMUS KIDS CUP.



The cocktail of almost 6 hours filled with hard kicks and hits, full of excellent sports performances, great fighting spirit and friendly atmosphere

of fair play, created extraordinary experience for all involved. The children's competition awoke the biggest interest not only from the side of coaches but also from the side of viewers' public.

The future generation of the czech fighters showed more than 30 fights with full muaythai rules. The next round of the championship of the Czech republic is already the final round. This final will take place in style of gala evening on the 19th June 2015 in exclusive area of the hotel Olšanka.



IMTL FINALS IN NOVO MESTO - SLOVENIA

Things was heating up again in the home Slovenia's Muay Thai. Sports Hall Drska hosted the IMT league finals on May 30th. IMTL has grown into the strongest regional amateur Muaythai organization with 24 gyms from 12 countries participating this season. Based on points system, awards for the best fighters by category and best gym was awarded.

This also serve as a great test for Slovenia's national team which will participate in this year's Royal World Cup in Thailand in August.

The finals are staged by Scorpion gym under the banner of Slovenian Muay Thai federation, IFMA and Olympic committee of Slovenia.



**SCORPION[®]
INTERNATIONAL**

More info @: www.scorpion-gym.si

Facebook:

<https://www.facebook.com/scorpiongym>



MUAYTHAI

FINAL ROUND

IMTL
INTERNATIONAL MUAY THAI LEAGUE

IFMA
WORLD MUAY THAI FEDERATION

WMA
WORLD MUAY THAI ASSOCIATION

OLIMPIJSKI KOMITEJ SLOVENIJE

ŠD DRSKA
Novo mesto
SLOVENIA

30.May.2015 6:00 PM

SCORPION-GYM.SI

NEVO MESTO
PŠE PRIPOMOČNIŠTVO
ZE 800 LET



INTERNATIONAL MUAYTHAI LEAGUE FINAL ROUND

INTERNATIONAL MUAYTHAI LEAGUE FINAL ROUND



IMTL season 2014/15 came to a close on Saturday evening with the final round being staged in Novo mesto, Slovenia. The final event was put together by Scorpion gym Novo mesto and Slovenian Muay Thai federation. Around 300 spectators have witnessed 13 final matches in kids, juniors and seniors divisions.

In the main event, native heavyweight Urban Jakše took on Robert Grguric to avenge his unfortunate injury-loss two years ago. However his intentions were met with fierce resistance from Grguric who threw more than 250 strikes, overwhelming Jakse and scoring another victory, this time via unanimous decision.

This was, by far, the most successful season of IMTL. »We have staged 5 events and hosted 8 countries represented by 26 gyms. This info testifies about the success we have accomplished through hard work during all these years. I am convinced the league will produce fighters who will, in the near future, accomplish great things on international level,« said IMTL president

Iztok Vorkapic.

Season 2015/16 will kick off in October in the town of Ptuj.

More photos at:
<https://www.facebook.com/media/set/?set=a.881013145304153.1073741830.565089690229835&type=1&pnref=story>



FINAL ROUND RESULTS:

3 x 1, min B1 kids

1, Lucian Butala (Gladiator gym Crnomelj) VS Sven Hamersak (Muay Thai gym Ptuj) - 45 kg - 0:3

3 x 2, min B1 kadeti

2, Matic Godec (Nak Muay GYM Ivancna G.) VS Bostjan Pacek (Fight club Senovo) -57 kg - 0:3

3 x 2, min B1 senior BK

3, Sasa Stankovic (Warrior gym Serbia) VS Matevz Pekolj (Fearless fighters gym Trebnje) -75 kg - 3:0

3 x 2 min B1 junior

4, Mihael Bela (Muay Thai gym Ptuj) VS Domen Vidmar (Khun kao gym Ljubljana) -71 kg - 0:3

3 x 1 min kadeti B1

5, Dorian Dilber (Zoraj gym, Croatia) VS David Bizjak (Scorpion gym NM) 62,5 kg junior 0:3

3 x 3 min senior B

6, Klemen Kukovicic (Fight club Senovo) VS Mario Zivkovic (Khun kao gym Ljubljana) - 67kg- 0:3

3 x 2 min B1 senior

7, Ivan Anic (Zoraj gym Croatia) VS Luka Martinec (Scorpion gym NM) -67 kg - 0:3

3 x 2 min B1 senior- BK

8, Ales Golob (Muay Thai gym Ptuj) VS Klemen Pekolj (Fearless fighters gym Tre) - 73 kg 1:2

3 x 3 min B senior

9, Martin Kobetic (Fight club Senovo) VS Vuk Jankovic (Warrior gym Serbia) -75 kg 3:0

3 x 3 min B senior

10, Nejc Rodosek (M. Thai gym Ptuj) VS Daniel Stojmenov (MT gym Macedonia) -63,5 kg - 2.run KO.

3 x 2 min B1 senior

11, Rok Erste (Scorpion gym NM) VS Nino Tolic (Alfa gym Croatia) +91 kg 3:0

3 x 3 min B senior

12, Aleksander Bedrac (MT gym Ptuj) VS Mitke Ashikilov (MT gym Macedonia) -81kg - 1.run KO.

3 x 3 min B senior

13, Urban Jakse (Scorpion gym NM) VS Robert Grguric (Muay Thai gym Crnomelj) +91kg - 0:3



LEAGUE WINNERS:

-35 kg KIDS

1. Nik Vidic Pekolj (Scorpion gym Nm)

-45 kg KIDS

1, Sven Hamersak (Mt gym Ptuj)

-57 kg junior

1, David Bizjak (Scorpion gym Nm)

-60 female – junior

1 Nastja Koca (Gladiator Crnomelj)

-60 kg senior B

1, Monika Kucinic (Fight club Senovo)

-67 kg A, junior

1, Klemen Kukovicic (Fight club Senovo)

-71 kg B, junior

1. Nikola Todorovic (Warrior gym Serbia)

SENIORS

63,5 kg A, senior

1, Andrej Kedves (Blitz Dakovo Croatia)

63,5 kg B senior

1, Rok Rop (TBK gym Velenje)

-67kg A senior

1, Nejc Rodosek (MT Gym Ptuj)

-71kg A senior

1, Mirko Vorkapic (Scorpion gym Nm)

-71kg B senior

1, Timi Spasojevic (Legija gym Mb.)

-75 kg B junior

1, Klemen Pekolj (Fearless fighters Trebnje)

-75kg A senior

1, Martin Kobetic (Gladiator Crnomelj)

-75kg B senior

1, Matevz Pekolj (Fearless fighters Trebnje)

-81 kg A senior

1, Aleksander Bedrac (MTG Ptuj)

-81 kg B senior

1, Aleksander Stankov (Legija gym Mb.)

-86 kg B senior

1, Borut Cehtl (Legija gym MB)

-91 kg A senior

1, Robert Grguric (Gladiator Crnomelj)

+91kg A senior

1, Urban Jakse (Scorpion gym Nm)

Award was also presented to the best team. In 26-gym competition Muay Thai gym Ptuj came through with the most points earned during the season. Scorpion gym Novo mesto finished second and 3rd place was divided by Warrior gym Serbia and Gladiator Crnomelj, who both gathered 31,5 points.



GYM TABLE:

1, MUAY THAI GYM PTUJ :	37p
2, SCORPION GYM NM :	32,5p
3, GLADIATOR GYM CRNOMELJ :	31,5p
3, WARIOR GYM SRBIJA :	31,5p
5, FIGHT CLUB SENOVO :	29p
6, LEGIJA GYM MB :	23p
7, FEARLESS FIGHTERS TREBNJE :	15p
8, VIKTORY GYM SRBIJA :	12p
9, KTB GYM BREZICE :	11p
9, KTB GYM VELENJE :	11p
11, MACEDONIA GYM MT :	9,5p
12, MT GYM ZAGREB :	8p
13, PIT 119 KARLOVAC :	7,5p
14, KEUMAGANG GYM HOLLAND :	7p
14, KHUN KAO LJUBLJANA :	7p
16, KTB GYM KRSKO :	6p
17, WIEN GYM AUSTRIA :	5p
18, ZORAY GYM CROATIA :	4p
19, SPARTAN GYM CROATIA :	3p
19, BLITZ DZAKOVO HR :	3p
19, YAKSA KOMBAT TIM :	3p
19, NAK MUAY IVANCNA GORICA :	3p
23, TB HUNGARY GYM :	2p
23, SUBIC ZRINJSKI GYM HR :	2p
23, THAI DEMA DOMZALE :	2p
26, ALFA GYM CROATIA :	1p



MARTIAL ARTS SUMMER CAMP FOR KIDS - SWEDEN

MARTIAL ARTS SUMMER CAMP FOR KIDS 8-14 YEARS OF AGE

Slagskeppet - one of Swedens oldest muaythai gyms is inviting all kids in the Stockholm region interested in martial arts to a one week summer camp during week 26 (22-26 jun) or week 33 (10-14 aug) 2015.

About Slagskeppet

Slagskeppet Muaythai was founded in 1977 and Peter Loeoef, it's head coach has been running the gym since 1996. It's the proud home gym of former K1 stars Martin Holm and Jörgen Kruth. Peter's last years products are Sanny Dahlbeck and Sofia Olofsson.

Sweden is hosting the Muaythai

World Championships 2016

Since Sweden is hosting the

World Muaythai Championships 2016 we've taken the opportunity to launch the camp to increase the interest for martial arts in general and Muaythai specifically.

Summer Camp

In Sweden its common to take part in some sort of summer sport camp. For several years kids have had outdoor athletics, soccer, swimming, multisport camps etc.

But, we've been lacking a martial arts camp.

It is usually hard for parents to have someone to take care of their kids during the long summer vacation when school's out and the parents have to work for some more weeks.

„We're offering 20 spots per week and the kids are parted

into smaller groups based on age and experience.

Between 9 and 16 each day the kids are training muaythai, boxing, wrestling, circuit, gymnastics, running and learn the basics of strength training. We are also combining the physical training with some simple lectures:

- How you increase your self esteem and what it means to be a good friend.
- What is muaythai, where does it come from and what is the sports values.
- How to take care of injuries such as bruises, nose blood etc.
- What is healthy food when you exercise and what is healthy food for life?



MARTIAL ARTS SUMMER CAMP FOR KIDS - SWEDEN

•We will watch some inspiring movies, we'll have a playstation tournament and if the weather is letting us - we will go bathing and/or play soccer.

All the martial arts training will take place in our newly

built gym and we'll have all the meals (included in the camp fee) in our own café at the gym.”

This is an example of the week's schedule:
Slagskeppet

Lidingövägen 75
11541 Stockholm
SWEDEN
+46(0)86604001
management@slagskeppet.com
www.slagskeppet.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.45-9.15	INTRODUCTION				
9.15-10.15	Muaythai	Gymnastics	Muaythai	Boxing	Muaythai
10.15-10.45	BREAK				
10.45-11.45	Running	Wrestling	Lect. What is Muatyhai	Strength training	PICNIC BATH/SOCCER
11.45-13.30	LUNCH				
13.30-14.15	Lect INJURIES FOOD Workshop	Lect SELF ESTEEM	Movie	Playstation TOURNAMENT	
14.15-14.45	BREAK				
14.45-15.45	Boxing	Muaythai	Circuit	Muaythai	EVALUATION



IFMA ROYAL WORLD CUP

It has been six years since Thailand had the honour to host an IFMA World Cup. 2011 saw an outstanding championship in Uzbekistan, 2012 was Russia, 2013 was the year of the World Combat Games, and 2014 saw 101 countries travelling to Langkawi, Malaysia. For this year, 2015, Thailand has won the bid, and it will be the biggest single-sporting event in the history of Thailand with the greatest awards given: the three Royal Trophies in one event.



His Majesty the King's Trophy will be presented to the best male national team, Her Majesty the Queen's Trophy will be presented to the best female national team, and His Royal Highness the Prince's Trophy will be given to the presented to the best junior team. The Royal World Cup is scheduled for the 13th to the 22nd of August 2015.

President of IFMA, Dr Sakchye Tapsuwan stated that having this event is an honour for the entire country. Having the three Royal Trophies is an honour for the entire sport, and Thailand will open their homes, hearts and treasures to the visitors from over 100 countries.

IFMA Sport Director, Charissa Tynan said that a lot of work will go into this event, as we



decided to hold the IFMA junior championships during the same time, there will be so many other activities, meetings, and we expect over 3000 people to travel to Thailand for this event.



IFMA ROYAL WORLD CUP



IFMA General Secretary Stephan Fox stated that it has been an amazing journey for Muaythai, now fully included in The World Games, recognized by FISU, and everyone is excited to have an event back in the motherland for 10 days, it will be a Muaythai festival, where the athletes will take the center stage, and many activities are

planned. We are family. Even special kids playgrounds will be put up. Special sustainability programs are in place, AGMs, Executive Board Meetings, Commission Meetings and many other events.

IFMA Vice President Sue Glassy, and Chair of the Female Commission stated that the ratio of male and female is getting closer and closer. A lot of work has been done around the world, and as always, a special workshop will take place with the IFMA Social Responsibility program together with UN Women. As a former champion in the sport, I am truly honoured to be a part in giving back to Muaythai.

Pernilla Johansson, three-time Muaythai world champion, president of the Swedish

Muaythai Federatoin and chair of the IFMA Youth Commission said that it fantastic that the youth world championship had been made part of this Royal event, at the center of the entire 10 days will be the youth, as they are our future. Now with Muaythai included in so many multi-sport games, we must continue to plan for the future as the youth will represent our sport, their countries, families and themselves around the world.



MUAYTHAI INCLUDED IN ASIAN BEACH GAMES 2016

History is made again for the sport of Muaythai with its inclusion as an official Beach Games sport for the 2016 Beach Games in Vietnam, this following its very successful participation in the 2014 Beach Games in Phuket. IFMA President Dr Sakchye Tapsuwan considers this an important event for Asian federations under the Olympic Committee of Asia and that Muaythai has been one of the most successful sports at the last Asian Beach Games in Phuket.

IFMA General Secretary Stephan Fox stated that special thanks must go out to the Vietnam Muay Federation, the National Olympic Committee of Vietnam, the Vietnamese Government and certainly the Olympic Committee of Asia, which already recognised Muaythai under IFMA back in 1998.

Currently, discussions are in place to also make this event the official qualifier for Asia for the 2017 World Games.

Thank you Vietnam. Congratulations to all the Asian Member Federations. Another event under the Olympic flag!



OFFICIAL LAUNCH OF FISU LOGO ON IFMA SITE

Muaythai is a combat sport and martial art which integrates sport, cultural understanding, and education. Already recognized by SportAccord, the Olympic Council of Asia, the International World Games Association, and TAFISA, another world sporting organization, Fédération internationale du sport universitaire (FISU) has recognized Muaythai and included it in their World University Championship sport program. The first FISU Muaythai University World Cup, staged two months ago in Bangkok, was held from 16th to the 23rd of March and was hailed as a major success. Personal congratulatory messages were sent to IFMA from FISU

President Mr Claude Louis Gallien, IOC Exec Board Member and AIBA President Ching Kuo Wu, ANOC and OCA President Sheikh Ahmad



Al-Fahad Al-Sabah, SportAccord President Marius Vizer, IOC member and IWGA President JJosé Perurena López, Prime Minister

of Kazakhstan H.E. Karim Massimov, UN Women Regional Programme Manager, Ending Violence Against Women Mrs Anna Karin Jatfors, the Prime Minister of Thailand H.E. General Prayut Chan-o-cha (Ret.), and so many more leaders from the sporting world.

Today, we would like to thank FISU one more time for their trust in IFMA and Muaythai. We will promise that with Muaythai, we have a sport and an international federation which will continue to use the sport and cultural art form to make a positive contribution to society.



ITALY MUAYTHAI: ROAD TO THE ROYAL WORLD CUP

Preparations are underway as the Italian Muaythai Federation set out on the road to the 2015 Royal World Cup. Preparations have begun for the Italian Junior Team which will compete for HRH the Prince's Trophy, one of the three highly coveted trophies at the event.



Over all, it was a great event in which the trainers and older athletes passed on their passion, dedication and love for the sport and cultural art form of Muaythai. Congratulations to the Italian Muaythai Federation. It is great to see Muaythai being passed on to the next generation and that the five pillars of Muaythai: respect, honour, tradition, fair play, and excellence are kept alive.



The other two trophies will be HM the King's Cup, and HM the Queen's Cup. This will be the largest ever single sport event in Thailand, and the

presence of all three Royal Trophies at the event will be something that all National Federations under IFMA are not going to want to miss out on. The Italian Muaythai Federation held a special workshop for the "New Generation" of Muaythai athletes in which 34 children attended. Local Muaythai athletes were present to help train the younger generation and pass on their knowledge and experience.



POLISH KIDS MUAYTHAI CHAMPIONSHIPS

On 30 of May in the city of Lodz in Poland Polish Muaythai Federation held once again successful annual Polish Muaythai Kids and Kadets Championships.

Around 100 of kids had participated this event. It is a big success for muaythai in Poland. It shows how every year the amount of participants is growing and

muaythai is spreading through young and kids. We see how they become stronger and stronger every year.

SERDECZNIE ZAPRASZAMY NA

MISTRZOSTWA POLSKI

MUAYTHAI

DZIECI I KADETOW

Organizatorzy:

30 maja 2015 r. (sobota)
HALA SPORTOWA MOSiR
Łódź, ul. Małachowskiego 7

www.mosir.lodz.pl
www.pzmuaythai.pl



INTERVIEW WITH UKRAINIAN COACH MR. PAVEL YEVTUSHENKO

Exclusive interview with the legendary muaythai coach – Pavel Yevtushenko.

Ukraine Muaythai National Team coach, Pavel Yevtushenko celebrates his birthday and speaks on his career, unveils secrets of being a successful coach, tells his first impressions on meeting Stephan Fox and many others. IFMA officials visited the head coach of the Ukrainian Muaythai Team to congratulate him on his birthday and gained exclusive insight on Pavel's athletic and coaching career. We wish Pavel many medals at the upcoming competitions and bring many talented athletes to the world of muaythai.

Below is the extended interview with Pavel that unveils the secret of being a great champion, coach and leader of

the sport:

-Pavel, how long have you been the coach, when did your coaching career start and how did you become the head coach of the Ukrainian team?

-My coaching career began in 1992. I still was an athlete and tested my abilities as a coach. My coach at that time, Vitaly Rychko encouraged me to take on a group of athletes, I agreed and my work gave good results. Several years later I became the head coach still under the supervision of V. Rychko and did all trainings together with him.

-Today that muaythai gained so much popularity that athletes start their muaythai career from childhood whereas in your time athletes came to muaythai from other sports.

What made you start doing muaythai?

-As in Ukraine and all CIS countries boxing was the main martial art and I was not an exception to the rule. Later on I tried my abilities in karate for a year, but it did not quite fit me as all the strikes and punches were directed towards the body and in my opinion, in order to stop your rival it was important to aim at the head too.

While doing karate and boxing in parallel, I found out that my future coach V. Rychko was opening a martial art club. He was actually the President of the Association of Martial Arts in my native city, Odessa. As this club was located at the Academy of Diet and Nutrition which I graduated from, I started to train there.



INTERVIEW WITH UKRAINIAN COACH MR. PAVEL YEVTUSHENKO



This is when I realised that the human organism though a perfect instrument but also still has a lot of untapped potential. Muaythai was a big discovery for me as a martial art. With a great variety of skills for instance, you may not just aim for the head but can also kick the leg and the match may be over.

According to research made across different martial arts the risk of injury in muaythai is one of the lowest for example, while boxing 70% of punches aim for the body and head, the scope in muaythai spreads from heels to head with only 30% of the strikes to the head.

-Can you remember your first muaythai match and your first medal or cup?

-My very first muaythai match was actually a sparring which I remember till today. Being a boxer without muaythai skills, my coach let me spar with a guy who was very skilled in. My first muaythai match was in Georgia. At that time we even called muaythai Georgian boxing as it was the first time we learned the rules of muaythai which were new for

us.

I finished the match in the second round with an athlete who was called Georgian Tyson as he was very strong and won most of his matches by knock-out. I remember that he punched me so hard that I bit my mouth guard in halves but I gave him very strong low kicks and after the second round his team refused to continue. It was a very emotional moment for me and I still have video recording of this match at home.

On 12 December 1994 in the final of the World Championships in Chanthabury I became World Champion by winning against a Belarus athlete. I remember that the Thai national team even had athletes in the +91kg weight category.



INTERVIEW WITH UKRAINIAN COACH MR. PAVEL YEVTUSHENKO

When I won the World Championships in 1994 people recognised me on the streets when I walked around Bangkok. I cannot say that I enjoyed such attention but I was very pleased to know that muaythai athletes are so highly esteemed in Thailand and I was one of the first foreign athletes succeeding in sport in its motherland.

After a certain time at the European Championships 2002 in France, I spoke publicly about IFMA being the only federation which promotes honour and tradition of muaythai and it is only IFMA events where there was a true spirit of competition.

-As you mentioned IFMA, can you recollect your first idea on development of muaythai under IFMA as we know you



stand at the origin of muaythai expansion in Europe? How did you meet Stephan Fox and how did your professional relationships develop.

-First I was an athlete and didn't care a lot about governing organisations, whether it was IFMA or any other organisation. Competitions interested me the most. All the athletes were very strong and tournaments very

difficult to win. When I came to Thailand for the first time I saw the beauty of the style of muaythai as a sport and that was my main interest.

IFMA became essential for me at the end of my athletic career and that is when I met Stephan Fox. It was in 1997 when the Australian team came to Thailand I saw a very energetic guy who tried to speak with coaches and be everywhere. This guy turned out to be Stephan.

I like professionalism and this is what I saw professionalism in Stephan and although we speak different languages I understand him as I think we are close in our approach to sport and have common values. He is definitely a very big asset for IFMA.



INTERVIEW WITH UKRAINIAN COACH MR. PAVEL YEVTUSHENKO

-Who was your first disciple who got you your first gold medal as a coach and which year was it?

-I do remember this guy. Our camera man's son was one of my athletes, he was not too strong but as he was the son of my friend I trained him. It was his first competition and he only trained muaythai and came to compete in semi-contact competition where he had never competed in before. I explained to him a simple rule that you win if you touch your opponent first and there is no need to deliver hard blows. He won the first bout 6-4 although he had not understood the rules yet. He won the second match on clear superiority with 10 points difference, and he won against of two-time Ukrainian champion in the

final with the score 12-8. That was a display of the clear advantage of muaythai technique over another martial art. I was very happy about his success.



At the first European Muaythai Championships in 2000 in

Odessa, Ukraine, the Ukrainian team came first and I received the Best Coach award. All the athletes were from Odessa and we became the best youth and senior team.

-The major part of the Ukrainian National Team comes from Odessa, your region. Does it mean that Odessa athletes are the strongest or is it very important to train under the head coach?

-Difficult to say. I think it is because Odessa is a coastal city situated close to the sea, and so is Thailand: maybe this helps athletes to adopt muaythai skills better [laughing]. Although today we also have athletes from many other regions of Ukraine.



INTERVIEW WITH UKRAINIAN COACH MR. PAVEL YEVTUSHENKO

-Who would you call the future generation of coaches in Ukraine and other parts of the world that will carry on doing the outstanding job like yours?

-We have many. For example multiple time world champion Konstantin Trishin, is still an athlete and he is also a talented coach. To be a coach is an artistic work and a matter of mood.

For example when planning a schedule for training and an athlete complains of a sore leg, a coach must react immediately without showing disappointment or anger by rescheduling the training.

Yuri Bulat from Belarus can grow into a good coach. I remember him as athlete and I can see that he could work as a coach too.

As it stands I cannot see young

European coaches. I remember one athlete from Finland who became a good coach but I have not seen him for a long time since. And as no change can be seen through generations you start to notice certain styles inherent to different countries and sometimes we can expect and even adapt to their techniques.

-The lot has changed since the time you trained as an athlete and how athletes train today. What from today's training techniques would you add to the training techniques of your time?

-Functional preparation. I stress on it during my trainings now. A great share of the preparation of my team is functionality. All the inventions like TRX, gymnastic halls etc. Are very effective and there are

so many new options.

I use TRX a lot in training my athletes and we added clinch training on the basis of TRX. For example at European Championship in Turkey my athlete was anxious before his match as we didn't work on clinching. Still he dominated in clinch easily and won the match. Functional training is very effective, safe and gives a lot of strength. I have sustained many injuries that my athletes don't experience today. This is a great leap for us. This was the main thing which I wish I had in my time.



INTERVIEW WITH UKRAINIAN COACH MR. PAVEL YEVTUSHENKO

-Anything you'd like to advise to coaches starting their career?

-A coach is a human with his own character and life relationships, but he should not take his personal issues to the training process and should prioritise developing character

qualities in the athletes. In muaythai you cannot reach great achievements without respect towards your opponent, you have to honour the traditions of the sport and I would say this is a fundamental part of what makes a great athlete.

I try to teach my athletes one eastern quote: If you win in a competition you are the champion, if you win yourself you are the master. So, I wish them to become masters of their lives.





European Muaythai Federation

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