

*European Muaythai Federation  
Newsletter  
July 2014*



**EUROPEAN MUAYTHAI FEDERATION**  
32 Rue des Iles 94a100 Saint-Maur - France  
[www.euromuaythai.eu](http://www.euromuaythai.eu)



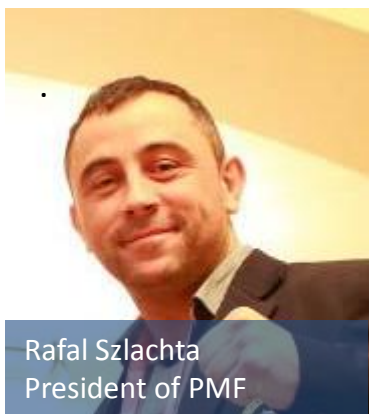
**EUROPEAN  
MUAYTHAI  
CHAMPIONSHIPS**

**KRAKÓW 2014**

# AGENDA

- 3** Meet the team of LOC EC 2014
- 4** Extended interview with Natalia Kogan
- 7** Russian Muaythai Degree
- 8** Macedonia heads to Krakow
- 9** Latvia – camping for EC 2014

# EC 2014 Local Organising Committee



Polish Muaythai Federation cooperates and is recognized by the EMF - European Muaythai Federation, IFMA - International Federation of Muaythai Amateur and WMC - World Muaythai Council

Polish Muaythai Federation is an organization dedicated to the development and popularization of muaythai in Poland. PMF is a member of the International and the European Muaythai Federation, and the PMF President is a member of the IFMA and Secretary General of the European Muaythai Federation EMF.

PMF has been working in cooperation with the National Bureau for Drug Prevention and the Muaythai Against Drugs campaign which will be held as a side event at the European Championships has its global reach in all 128 IFMA member states. We believe that our masters will demonstrate a good example for children and the youth. Our aim is also to develop positive patterns of leisure among young people.

## Meet the team



**Dawid Zięba**

*Polish Muaythai Federation manager*

I've been looking forward to the moment when Poland could have the right to hold the International Muaythai Championships and I can say that my dream comes true this year.



**Pawel Szydlo**

*Project Coordinator EC 2014*

Training muaythai since my early teens it's my great pleasure to stay on the organiser's side. I will try to do the best for all athletes as I've been among them before and can imagine their needs.



**Hubert Pawlik**

*Director of Promotion EC 2014*

It is a great responsibility and at the same time honor to be in charge of developing the sport in Poland and promoting it among people which only start to hear what our sport is about.



**Gleb Kalita**

*EMF International Coordinator*

That is a fascinating sight how people obsessed with one idea and pursuing one aim are doing a huge event from the scratch



## Interview with the Ukrainian international referee, Natalia Kogan

*Natalia, to begin with I would like to ask you how many years have you been trained? How did you get into such a masculine form of martial art?*

*-It has been more than ten years, and I don't remember the exact time already. I always knew that I would work with children; this dream came to me when I was a child myself. My first education is pedagogy, I graduated from the Pedagogical University of Ushinsky, Faculty of Mathematics and Physics. I did not go to work in the school, as my first son was born. As soon as the children grew up, I realized that they should be real men and should do sport from their childhood. I brought them into the sport hall of muaythai and fell in love with this sport myself.*

*-Looking at you, I can not believe that such a fragile and beautiful woman is an honored coach of Ukraine and also train guys rather than girls. How are you doing it?*

*Early in my coaching career there was a small bias, but most likely it was just created. But, nevertheless, I always believed in myself and I had trust of people which knew me for a long times.*

*One of the facts: on the 2<sup>nd</sup> or 3<sup>rd</sup> year of my coaching career we were in the Czech Republic in training camp,*

*and it turned out that many guys did not know how to swim, and that's when I taught a child to swim so that he won a medal in the competition held by the camping organisers. That was a moment when I realized that the main thing is to want something really hard, and find someone who wants to learn. I learned and trained myself.*

*Every year, sometimes even several times a year, I flew to Thailand, where I trained, hit pads, trained in pairs and learned the technique of the art of muaythai.*

*I also trained with Ukrainian muaythai head coach, Pavel Yevtushenko for many years myself. On the first day of my coaching activity I had a group of 12 people, later it grew to 20, 11 of whom became champions, awardees and participants of the World and European championships.*





**Natalia**, -Tell your secret of success for all female coaches?

The most important is to love your job and find athletes who want to learn. It is very important to find the individual approach to each athlete. It happens that an athlete is left handed, and a coach should notice it and develop his technique. Coach shows combination, techniques, and the task of the athlete is to adjust and use them at the right moment.

In fact, children are no longer "taught to learn", they just make them drill and if a child cannot do something they either blame him or themselves. Parents are busy and when the teacher calls and says that your child is such and such, they begin to argue and blame the teacher him rather than to try to understand and support their child.



Unfortunately, there are no such youth organizations as we used to have before, and there is God knows what happening at the street.

***I believe that anyone who wants to become a champion will become a champion. The most important is to dream about it and work on it.***

We also conduct open rings. Long time ago I read that in our Odessa, near the Philharmonic hall there were held open rings, and it was an old tradition of Odessa. We thought, why not, we have a hall, ring, and all what is needed for the bouts. Basically I did not inventing anything new, I just gave them what they do not get in schools or at home.

I believe that anyone who wants to become a champion will become a champion. The most important is to dream about it and work on it.



How do you manage to have such big groups of guys, constant competitions, tournaments and you still have enough strength for further activity?

I love psychology, and already being a freshman of Pedagogical University I was enrolled to the department of psychology. Strength? Children are so positive that they energize me. Sometimes at the end of the tournament, when I am exhausted, I noticed that if I take a picture with the kids, picture certainly will be successful, however tired I might be.





-Tell us about how you train your children, because not all exercises for adults can be offered to children?

"Work with the own weight." The main example is Igor Monastirsky, he was always been a stalwart and everyone thought that he was working with iron, but he used only his own weight. Ropes, pull-ups, we also make training near the sea. We start on "the road of health" at 8 am and anyone can work out with us.

-Your World champion athlete Oleg Huta, although was only 17 took part in the World Cup as a senior this year where he became second. Was it your decision?

We made this decision together. Oleg believed in himself so much that if I stopped him it's unknown what result we would have. I loved his final battle with the experienced Thai. Yes, he lost, but still I am happy he has fulfilled all my advices in the first round, and it was enough for me.

If I had not given Oleg compete with seniors, I think he would have lost that faith in himself, because the worst thing for an athlete is when the coach does not believe in you.

***It is hard when you're at one ring doing the judge work, and your athlete competes at another ... .***

Oleg worked hard standing in pairs with older guys, and despite the fact that he lost in the finals to the Thai fighter, he grew up in his combat experience, and morally. Now Oleg will go to university, and then start to prepare for the European Championship in 48 kg. In Krakow

-How do you manage to combine coaching practice and at the same time being international judge?

I was asked to become a judge. The President of Ukrainian Muaythai Federation, Genady Truchanov himself proposed it to me. So I decided to try it, moreover I had a wonderful "guru" - Michael Mitaki. He wanted to teach, and I wanted to learn, and my first World Cup was successful for me.

It is hard when you're in the ring doing the judge work, and your athlete competes at another ring. I try to teach them that I am always with them - at the weighing, the draw, psyching them up for the bout for the case if I cannot be close as a second my athlete could feel my support. In addition, there are two more coaches in my team: Valentina and the Honored Coach of Ukraine in boxing- Andrei Danilovich Baranenko



The interview was brought to you by <http://www.kombat.odessa.ua/?p=26331>



# Russian athletes add head as the 9<sup>th</sup> limb in muaythai

**High season has finished for Russian muaythai masters. Only this time, the athletes did not use physical strength and technical and tactical skills, but only mental abilities and knowledge. Russian athletes once again proved that it's possible to be both strong and smart!**

One of the leaders of the Russian national team, a multiple world and European champion Artem Vakhitov became the diploma of engineer. Artem graduated from Kuzbass State Technical University (KuzGTU PF). Artem's friend and teammate - world champion Konstantin Huzin already having the diploma of engineer and economist, obtained his second degree - physical culture and sports.

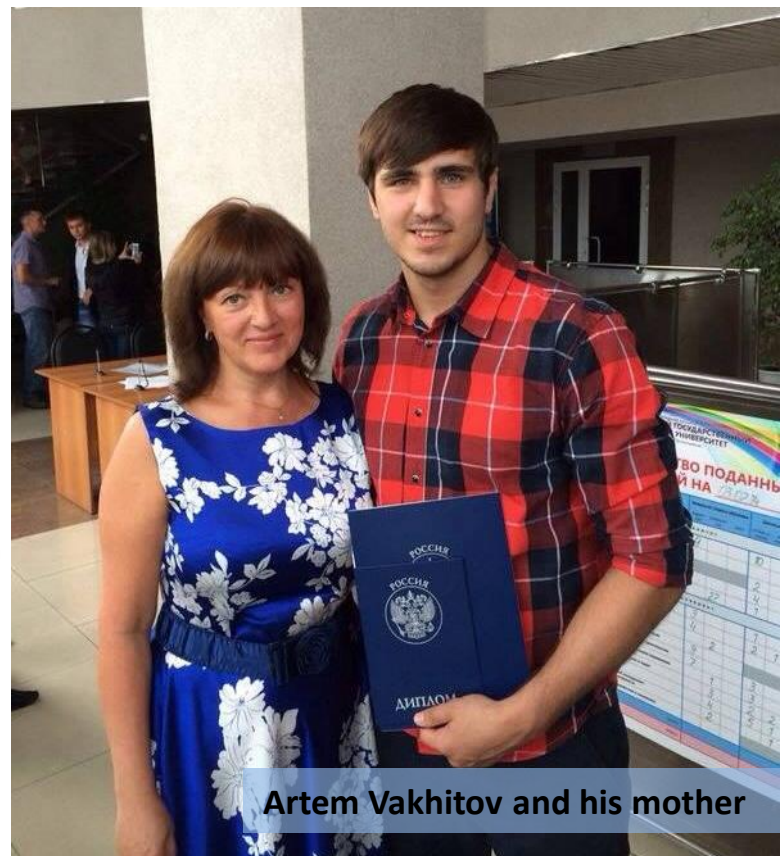
Master of Sports of Russia, winner of the international tournament Muaythai Said Arslanov graduated from the Faculty of Business of the Russian Economic University.

Bislan Izaripov - promising junior from Bashkiria, winner of last World Championships, not yet graduated from high school, but passed the exam (Russian language, mathematics and physics). Bislan is preparing for enrolling in college, but still decides which one: Grozny State Oil Technica University (GGNTU) or Ufa State Aviation Technical University (USATU). The choice is definitely serious.

Multiple Russian champion Alina Babayan from Stavropol is a certified teacher and psychologist. Fragile athlete graduated from Moscow State University for the Humanities. Last year Alina received a degree in physical education and sport, and a few months finishes her studies on municipal management. This is a clear proof that sport and education are quite compatible.

Kamran Nabati, World and European Muaythai Championships medalist finishes the third year of the dental faculty of the Dagestan State Medical Academy. The most difficult exam - Pharmacology – is already passed. Nabati is looking forward to the deserved vacation and preparation for the upcoming European Championships.

Despite the heavy schedule of hours of training, long camping away from home and family, and the competitions, our athletes once again prove that they have not only strong elbow or knee but also sharp mind.



**Artem Vakhitov and his mother**

# Macedonia - road to Krakow

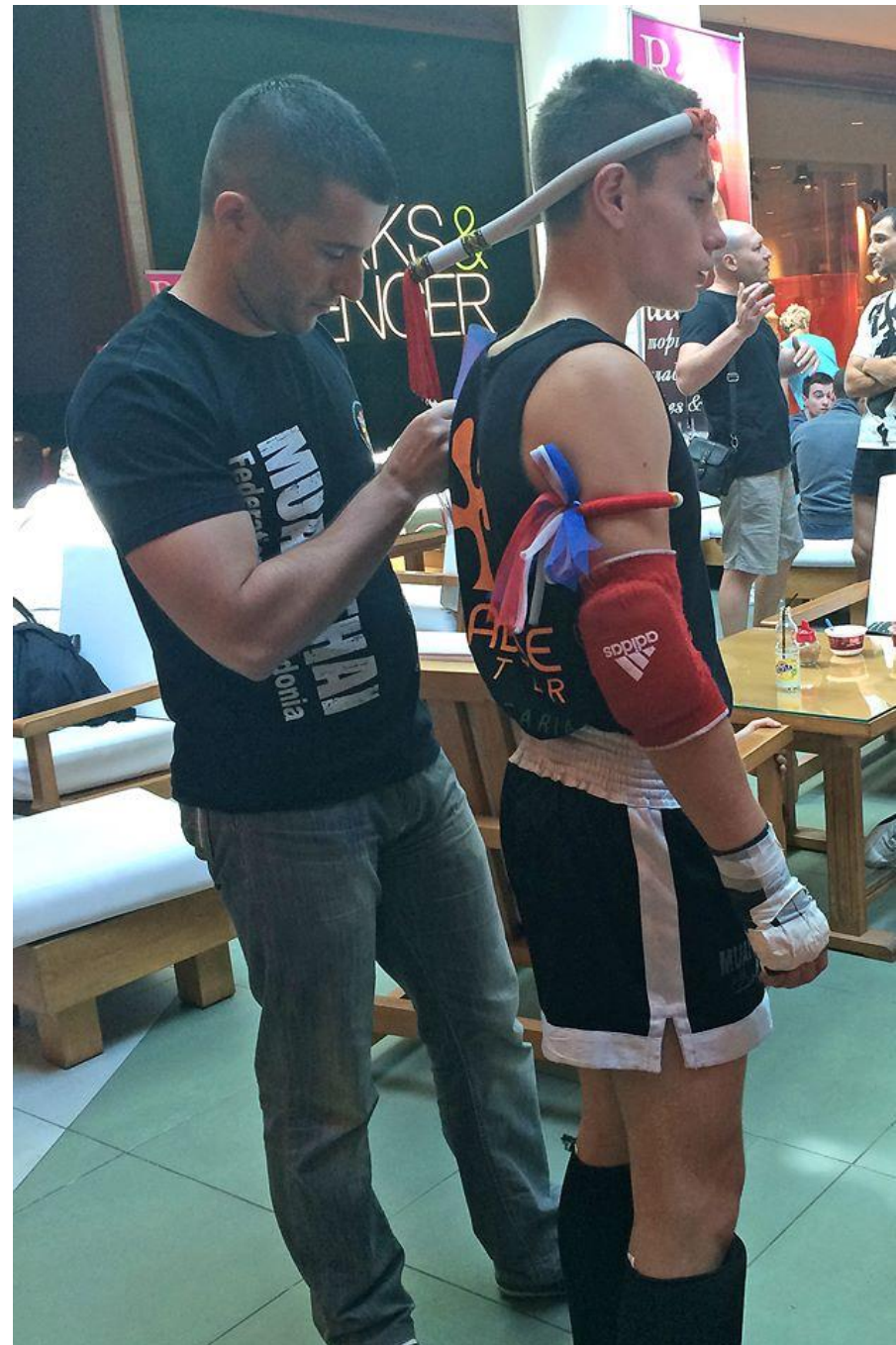


Part of Macedonian road to Krakow was Muaythai league in Sofia (Bulgaria) on 26.07.2014.

Led by the President of Macedonian Muaythai Federation Mr. Ivan Tasic and experienced coach Riste Ristov three of Macedonian candidates for European Championships took part on this event and they fulfilled our expectations, all of them ended on second place.

Daniel Stoimenov in flame of fight forcing clinch fight lost on points in final bout. Mite Askilov after previous good bout was injured and doctor forbid him to have the next bout, he finished on second place but still undefeated in the league. A pleasant surprise was young fighter Mario Zdravkovski who had three bouts in a row with first one won with TKO, second on points and lost the final bout on points.

Next step for the selection will be joining the international seminar in August, and final preparation in the beginning of September in Macedonian camp with Goran Karamfiloski as coach. Macedonian athletes take these European Championships serious as never and expect high results.







# LATVIAN ATHLETES GETTING READY FOR EC2014

Latvian Muaythai Federation organises sport camping for Latvian athletes in the framework of the preparation the European Championship in Krakow will take place from 22 to 30 August in Slovakia.

The venue will be the usual annual sports Camp site, Slovakian Tatras. Andrey Gridin from Belarus will organise the camping.

Athletes of Latvian Federation Muaythai will be preparing for the European Championship to

be held in Krakow (Poland) at the end of September.

Traditionally athletes from Czech Republic, Belarus, Ukraine, Germany, Slovenia, Hungary will join the Latvian team. Earlier camping was attended by such famous athletes like Alexey Ignashov, Zabıt Samedov, Yuri Bessmertnyand many others and we hope that the place will give them additional strength and spirit for the athletes.





## European Muaythai Federation

- <http://www.euomuaythai.eu/>
- <https://www.facebook.com/euomuaythai>
- <https://www.facebook.com/euomuaythai2014>



**EUROPEAN  
MUAYTHAI  
CHAMPIONSHIPS**  
KRAKÓW 2014