



# STRENGTH & CONDITIONING for KARATE ATHLETES

# VENICE 2023



Welcome to Athletes & Coaches! 🙌

[CLICK HERE](#) or use the QR-Code to go to our page where you can find all the info about MW workshops in Jesolo. If you want to reserve your spot right now, use the fast-links on left!

## MW FREE WORKSHOPS

↓ Reserve your spot ↓

### EMA 1,2,3

[CLICK HERE](#) to reserve your spot

**Name: Early Morning Activation**  
 Aim: Hip Mobility Flow Exercises  
 Modality: Hands-On (practice)  
 Reservation: YES  
 Max Number of Participants: 12-15

### IR & IP

[CLICK HERE](#) to reserve your spot

**Name: Injury Risk & Injury Prevention**  
 Aim: How to apply Injury Prevention Principles in Karate Training  
 Modality: Lecture  
 Reservation: Recommended  
 Number of Seats: 25-30

### Intro to MWTS

**Name: Intro to MindFit Warrior® Training System**  
 Aim: Mission, Vision and Principles applied to Karate Athletic Training  
 Modality: Lecture  
 Reservation: Not  
 Number of Seats: 25-30  
 Follow-Up: Assessment & Training Management applied to Karate Classes

### Intro to FUNCTIONAL BW & RESISTANCE TRAINING

[CLICK HERE](#) to reserve your spot

**Name: Intro to Functional Bodyweight & Resistance Training**  
 Aims: 1- How to improve functionality of bodyweight exercise for karate training  
 2- Understanding common mistakes of Strength & Conditioning applied to Karate  
 Modality: Lecture + Practice Show  
 Reservation: Recommended  
 Number of Seats: 25-30

Hours	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.45 AM – 8.30AM	EMA 1	EMA 2	EMA 3	-
8.30 AM – 9.30 AM	Q&A + Follow Up	Q&A + Follow Up	IR & IP (Review)	-
9.30 AM – 10 AM	Open Info / priv.meeting	Open Info / priv.meeting	Open Info / priv.meeting	Open Info / priv.meeting
10 AM – 11 AM	Open Info / priv.meeting	Open Info / priv.meeting	Open Info / priv.meeting	Open Info / priv.meeting
11 AM – 12 PM	Open Info / priv.meeting	Open Info / priv.meeting	Open Info / priv.meeting	Open Info / priv.meeting
12 PM – 12.40 PM	IR & IP	IR & IP	Intro to FUNCTIONAL BW	Open Info / priv.meeting
12.40 PM – 1 PM	Roundtable Q&A	Roundtable Q&A	& RESISTANCE TRAINING	Open Info / priv.meeting
1 PM – 2 PM	Open Info / lunch	Open Info / Lunch	Open Info / Lunch	Open Info / Lunch
2 PM – 2:30 PM	Open Info / priv.meeting	Intro to FUNCTIONAL BW	Open Info / priv.meeting	Roundtable Coach Corner
2:30 PM – 3 PM	Open Info / priv.meeting	& RESISTANCE TRAINING	Open Info / priv.meeting	Open Info / priv.meeting
3 PM – 3:30 PM	Open Info / priv.meeting	Open Info / priv.meeting	<b>SPECIAL KETTLEBELL &amp; RESISTANCE BANDS</b> Private Education for Athletes & Coaches (*) <b>5-6 spots available</b>	Open Info / priv.meeting
3:30 PM – 4.00 PM	Open Info / priv.meeting	Open Info / priv.meeting		Open Info / priv.meeting
4.00 PM – 4:30 PM	Open Info / priv.meeting	Open Info / priv.meeting		Open Info / priv.meeting
4:30 PM – 5 PM	Open Info / priv.meeting	<b>SPECIAL KETTLEBELL &amp; RESISTANCE BANDS</b> Private Education for Athletes & Coaches (*)		Open Info / priv.meeting
5 PM – 5:30 PM	Intro to MWTS	Private Education for Athletes & Coaches (*) <b>5-6 spots available</b>	Q&A + info about personal program	Open Info / priv.meeting
5:30 PM – 6 PM	Assessment & Training Management for Group		Open Info / priv.meeting	Open Info / priv.meeting
6 PM – 6.30 PM	Roundtable Coach Corner	<b>5-6 spots available</b> Q&A + info about personal program	Roundtable Coach Corner	-
6:30 PM – 7 PM	Open Info / priv.meeting	Q&A + info about personal program	Open Info / priv.meeting	-

#### (\*) SPECIAL KETTLEBELL & RESISTANCE BANDS

This is a **Small Group Private Education** focused on how to maximize the use of kettlebells and bands for karate athletic training. Because it's a practice workshop with specific requirements, you must send a request of participation to: [info@andreavarri.com](mailto:info@andreavarri.com). The cost of participation is 75€ for each athlete. The athlete's coach will be able to attend the training free of charge. [CLICK HERE](#) to see all the details in our welcome page *Strength & Conditioning for Karate Athletes*.