



WORLD KARATE FEDERATION

Wednesday, September 17th, 2025

GUARDIAN GIRLS KARATE INSTRUCTORS' COURSE - EUROPE

The WKF will organize a new women's self-defence training course for women instructors as part of the Guardian Girls Karate (GGK) programme and its implementation in Europe. The objective is to create a network of WKF GGK Instructors who will be able to train women around the world, promoting women's empowerment to prevent all forms of Gender-Based Violence (GBV) through Karate training.

The course and related activities will be held in the city of Riga, Latvia, from Friday, November 7th to Saturday, November 8th, 2025, in coordination with the Latvian Karate Federation (LKF).

Upon completion of the course, a WKF Guardian Girls Karate Instructor diploma will be granted, allowing the certified instructors the opportunity of developing the Guardian Girls Karate programme in their respective countries:

These instructors will be able to run different activities under the umbrella of their National Federations:

- Train other instructors, members of each countries' National Federations.
- Develop mid to long-term women self-defence seminars in their corresponding countries within the framework of the respective agreement with WKF.

SELECTION CRITERIA

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 WKF will select in principle only ONE candidate per National Federation.

The selection criteria of the instructors are:

- **Woman over 18 years old**
- **Completed secondary education (minimum)**
- **2nd Dan of Karate**
- **National Federation license**
- **Experience in women self-defence courses or training will be valued.**

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

The National Federation must cover all round-trip travel expenses from its country to Riga, Latvia.

REGISTRATION PROCESS

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

The application must be sent before Wednesday, October 8th, 2025.



WORLD KARATE FEDERATION

TENTATIVE SCHEDULE AND CONTENTS

DAY	VENUE	TIME	ACTIVITIES
Thursday November 6 th , 2025	Japanese Ambassador's Residency	Time TBC – likely at 15:00 h	<ul style="list-style-type: none"> • <u>Official presentation of the GGK Global Programme for Latvia and the region</u> • <u>Signing of the Agreement</u>
	Bellevue Park Hotel	19:00 h – 20:00 h	Instructors Group Gathering
Friday November 7 th , 2025	Bellevue Park Hotel	09:30 h – 13:30 h	<u>First training session of the GGK Instructors' Course</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
		13:35 h – 14:55 h	Lunch break
		15:00 h – 19:00 h	<u>Second training session of the GGK Instructors' Course</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
		09:30 h – 13:30 h	<u>Third training session of the GGK Instructors' Course</u>



WORLD KARATE FEDERATION

Saturday November 8th, 2025	Bellevue Park Hotel		<ul style="list-style-type: none"> • Warm-up and Adaptations • Basic falls • Soil work • Fortune tools • Practical session
	Bellevue Park Hotel	13:35 h – 14:55 h	Lunch break
		15:00 h – 19:00 h	<u>Fourth training session of the GGK Instructors' Course</u> <ul style="list-style-type: none"> • Self-protection measures • Extreme situations • Social resources • Practical session • <u>Awarding of Diplomas</u>
Sunday November 9th, 2025	Ernesta Birznieka Upīša iela 21E (Sports Club)	09:30 h – 10:30 h	<u>GGK Seminar Registration and Opening</u>
		10:30 h – 11:25 h	<u>Open Q&A – Definition of Self-Defence (presented by Liene Neimane, PhD)</u>
		11:30 h – 13:00 h	<u>GGK Open Seminar supported by WKF-certified Instructors:</u> <ul style="list-style-type: none"> • Self-defence training
		13:05 h – 13:35 h	<u>Open Q&A with the Instructors</u>
		13:40 h – 14:30	Lunch break
		Time TBC	<u>Open Q&A with Dr. Diana Lapsa, Psychotherapist</u>



WORLD KARATE FEDERATION

ANNEX I: Application Form

Deadline Monday, October 6th, 2025

The (NF) is interested on register a candidate for the WKF Guardian Girls Karate Instructors' Course that will be held in person from Friday, September 7th to Saturday, November 8th, 2025 in Riga.

Candidate's information:

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

NF President signature



WORLD KARATE FEDERATION

ANNEX II: Waiver of Liability

Deadline Monday, October 6th, 2025

Assumption of the Risk and Waiver of Liability related to the Participation at WKF Guardian Girls Karate programme event

I hereby acknowledge that during the WKF Guardian Girls Karate programme 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 programme 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' Course 2025 - Riga

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/ Núñez de Balboa 120, 7º izq, 28006, 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.