



HIGHLIGHT

newsKARATE



5th IOC WORLD CONFERENCE ON WOMEN AND SPORT: 'TOGETHER STRONGER: THE FUTURE OF SPORT'

Held in Los Angeles in February, the Conference ended with over 800 delegates from 135 countries unanimously approving 'The Los Angeles Declaration', a series of recommendations aimed at promoting gender equality in sport and using sport as a vehicle by which to improve the lives of women around the world.

The declaration focused on two main themes:

- The need to bring more women into management and leadership roles.
- The need to increase collaboration and partnerships, especially with UN organisations, to promote gender equality.

Held every four years, the aim of the World Conference on Women and Sport is to assess the progress made in advancing gender equality within the Olympic Movement and to define future priority action to improve and increase the involvement of girls and women within this framework.

(Source: Olympic.org)



KARATE: IMPROVING GENDER EQUALITY

More than 40% of Karate practitioners are female and numbers are consistently rising. Self-defense, physical and mental balance and accessibility of Karate practice are some of the aspects that make our discipline appealing to women. Karate is, therefore, a perfect pursuit to help achieve equality for women in and through sport.

The WKF Womens' Sport Commission, led by Venezuelan Mrs. Carmen Díaz, is running a complete program intended to consolidate the role of female practitioners, referees, coaches and managers in Karate's competitions and Governing Bodies.

All National and International Karate competitions are now run on a basis of absolute parity of participation for both genders.

The proposal made by the WKF to the IOC for the inclusion of Karate in the Olympic Games programme is also based on equal numbers of male and female participants.

FEMALE ATHLETES IN THE OLYMPIC GAMES

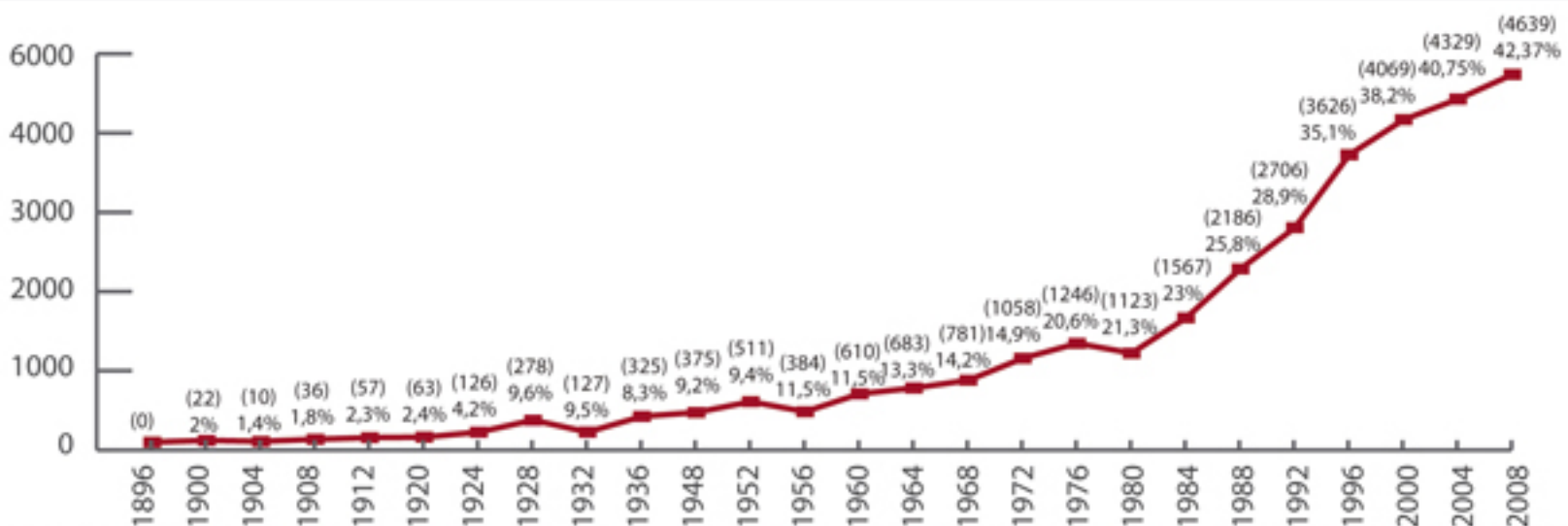




Photo:www.sjbuil.fr

THE BUIL SISTERS: MAKING THE TRANSITION FROMSPORT TO A PROFESSIONAL CAREER

The French twins are living Karate legends. Winning five World Championship titles and Six European Championship titles, yet overcoming serious hurdles along the way, has made the Buil sisters an inspiration throughout the Karate world.

After more than 15 years of being part of Karate's elite and leading lights in the discipline of Team Kata, Sabrina and Jessica had to end of their sporting career as one of them has unfortunately required surgery.

According to them, some of the most important inner values of Karate, such as fighting spirit, achieving maximum effort and the ability to overcome difficulties have helped them achieve a new goal. The Buil sisters are now successfully running their own company, coaching athletes and companies worldwide, sharing the knowledge they have acquired during these years of competing at the highest level. No regrets then? When Sabrina and Jessica were asked about their sport's bid to be included in the Olympic Games programme, they said: "This would be a deserved recognition for Karate. We would have loved to be there!"



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THE OLYMPIC GAMES: ON THEIR WAY TO ACHIEVE PARITY

After the Beijing Games in 2008 showed record participation by women athletes, London 2012 will be the first Olympic Games in history to achieve gender equality.

Participation by women has been growing consistently throughout the history of the Olympic Games. Starting from a low 11.5% in Rome in 1960, figures jumped to 22% in Moscow in 1980, 38% in Sidney in 2000 and 42% in Beijing in 2008.

What's more, in Athens in 2004, women competed in 135 events and in 26 of the 28 Olympic sports. At the Beijing Games, women competed in the same number of sports and in a slightly increased 137 events.

(Source: Olympic.org)



OLYMPIC CHARTER

"The IOC encourages and supports the promotion of women in sport at all levels and in all structures, with a view to implementing the principle of equality of men and women."

Olympic Charter Rule 2, paragraph 7

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KARATE 2020