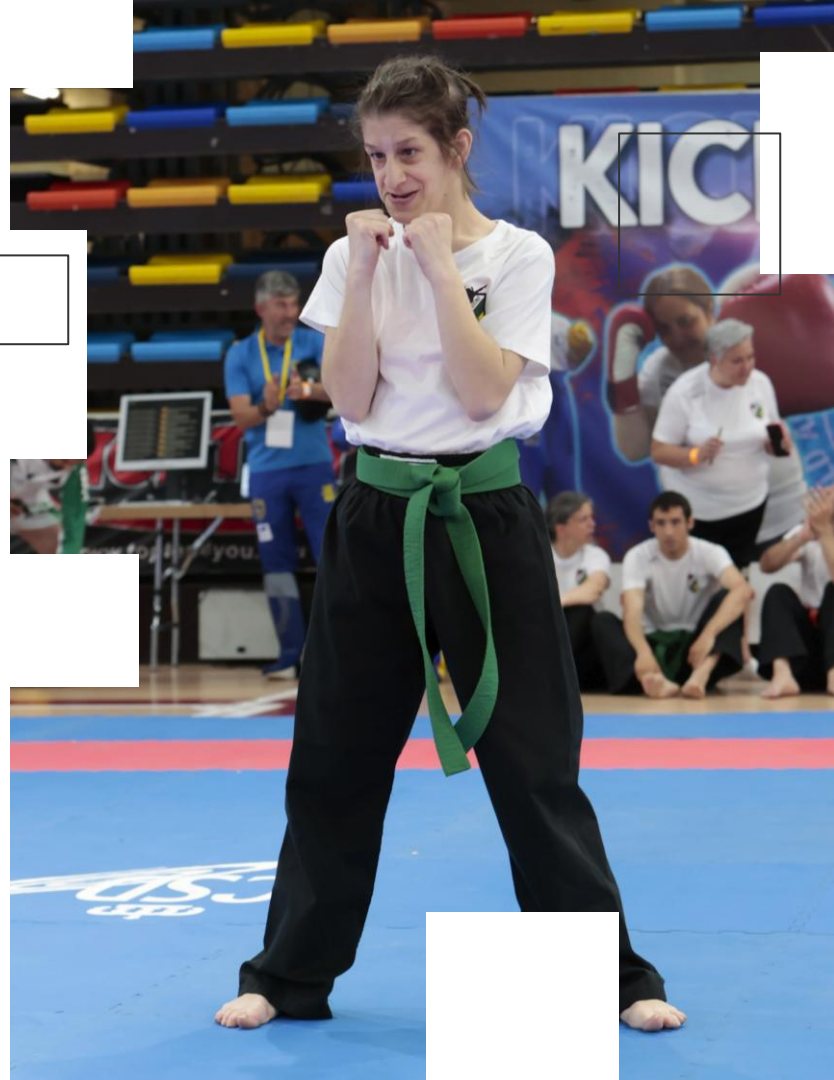


Basic manual for coach

PARA&INCLUSIVE

KICKBOXING



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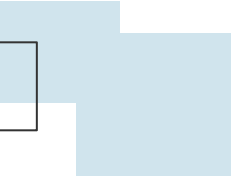
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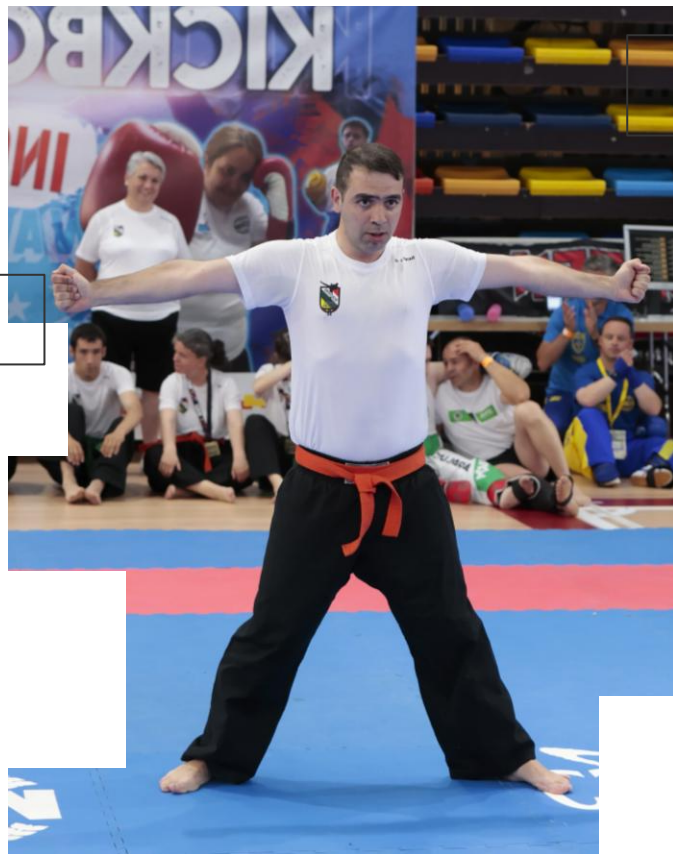
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01

Introduction to Para Kickboxing



Introduction:

Para kickboxing is a sport adapted for people with different types of disabilities: physical, sensory, intellectual or mental illness. This discipline combines the physical, emotional, and social benefits of kickboxing with the principles of inclusion and accessibility.

In addition to encouraging physical activity, **Para kickboxing** allows athletes to develop autonomy, **self-esteem and social relationships, breaking down barriers and stigmas.**

The coach or trainer has a key role as a facilitator of the learning, development and integration of athletes.



02

Inclusive Coach Fundamentals

Inclusive Coach Fundamentals



A Para kickboxing coach should be guided by essential principles:

Active Inclusion

Ensuring that every person, regardless of disability, has a meaningful role in training

Individualized Attention

Adapting exercises, objectives and materials to the abilities of each athlete.

Comprehensive Security

Preventing physical and emotional risks through a protected and respectful environment.

Constant Motivation

Maintaining the athlete's confidence and self-esteem through positive reinforcement.

Empathy, technical knowledge and ethical commitment are the pillars of this practice.

03 Sports Classification: Keys to fair competition



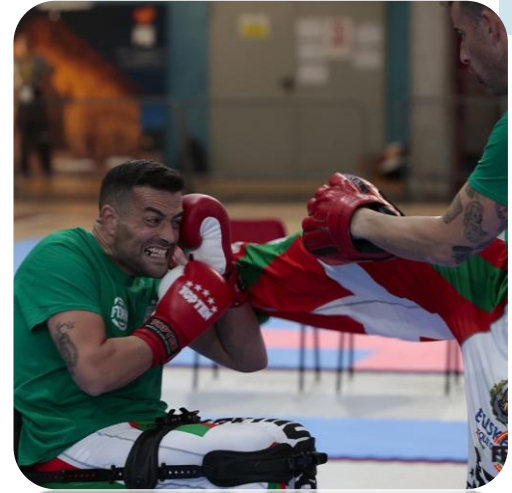
Sports classification:

In Para Kickboxing, sports classification is an essential process to ensure fairness. It groups athletes according to the impact that disability has on sports performance. Main classes:

P1- P5	Physical disabilities (wheelchair use, cerebral palsy, amputations, etc.)
DI1, DI2, SDI1, SDI2	Intellectual disability or down syndrome.
V1, V2	Visual impairment
A1	Autism spectrum disorder (high functioning)
M1	Psychological disorder (moderate)

The coach assists in this process by collecting medical documents, videos and technical observations.

For more information, you can go to the **Para kickboxing regulations**.





04 Classification process and role of the coach

Classification process:

The coach must understand and support the qualification process, which includes:

1. Formal request by the athlete or his club
2. Presentation of the sports license and medical documentation requested by the classification committee.
3. Recording a technical video showing specific skills
4. Evaluation and interview with the sorting (classification) team

The coach must prepare the athlete for this evaluation, ensuring that the demonstrations are clear and in accordance with the WAKO rules.



05

Adapted Training Design

(developmental age specific)



Adapted training design (for age)



The design of the training must be **inclusive, flexible and progressive**, adapted to the type of disability and the age of the athlete.

Adaptations by general age group (understanding that each disability will have its individualized adaptations:

4 to 7 years

Sensory games, brief exercises, use of colors and striking materials.

12 to 15 years

Knowledge work on the diversity of techniques, combination work and mobility.

8 to 11 years

Simple technical sequences, group dynamics, coordination development.

+16 years

More advanced technical-tactical work, preparation for competition.

The goal is to maintain interest, encourage learning and avoid frustration.

The key is to make the training
not only effective, but also
enjoyable.

That athlete **wants to come back
for the next class.**





06

Adapted Training Design (disability)

Adapted training design (disability)



Each person is **unique**, and each disability brings different challenges - but also different opportunities. Some general recommendations by type of disability:

Physical

Use of chair, reduction of displacements, guard adjustments adaptation of materials.

Visual

Auditory cues, clear verbal instructions, delimitation of space.

Intellectual/Autism

Repetitive routines, simple language, pictograms or gestures.

Psychological

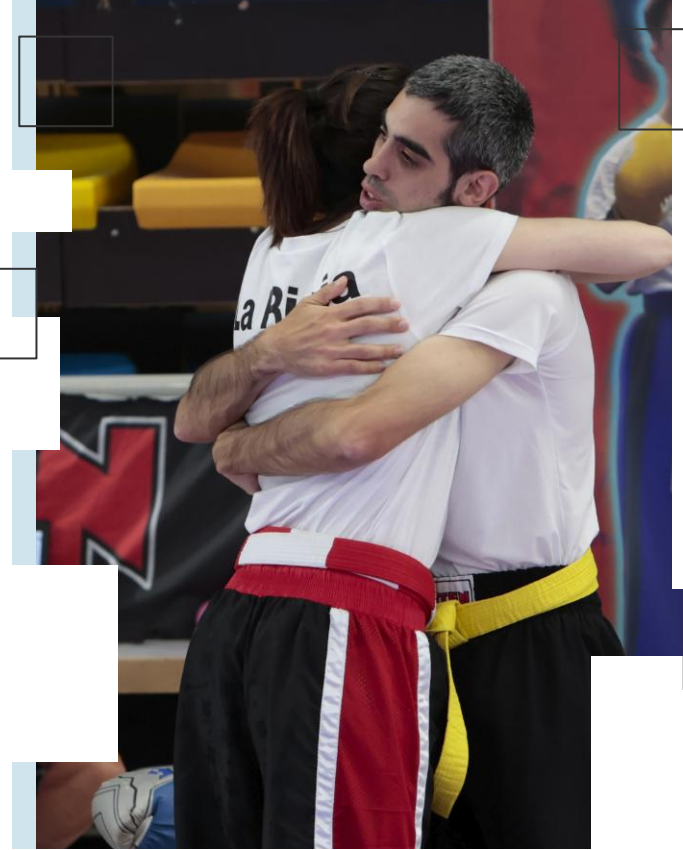
Stress management, predictable environments, gentle routines.

Training should be based on trust and respect. An **initial evaluation and periodic follow-up** is recommended.



07

Effective Communication and athlete relationship



Effective Communication and Athlete Relationship



Good communication is essential in Para Kickboxing. The relationship between coach and athlete must be based on **mutual respect, patience and understanding of individual rhythms.**

Clear verbal

Short sentences, calm tone and accessible vocabulary

Non-verbal

Eye contact, gestures, visual or technological supports



Active listening

Paying attention to what the athlete says or shows, even without words



**The relationship between coach and athlete
must be based on
mutual respect, patience and sensitivity
to understanding of individual rhythms.**





08

Motivation Strategies and positive reinforcement

Motivation Strategies and Positive Reinforcement



Positive reinforcement is a powerful tool. Some effective strategies include:



Celebrate

Celebrate achievements, even the smallest ones.



Objective

Set achievable and personalized goals.



Games

Use games or playful activities as a teaching method.



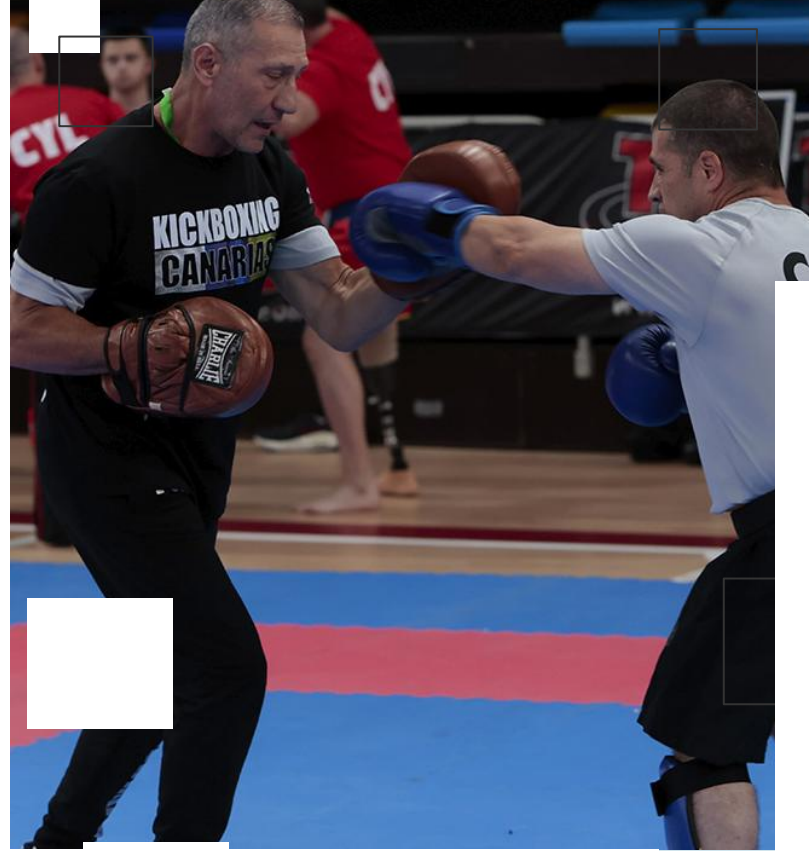
Team

Include cooperative activities to encourage socialization.

Avoiding comparisons between athletes and focusing on individual improvement is **key to maintaining motivation.**

09

Professional Ethics and continuing education



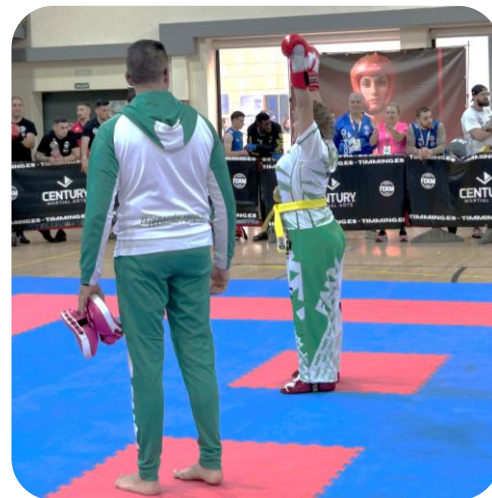
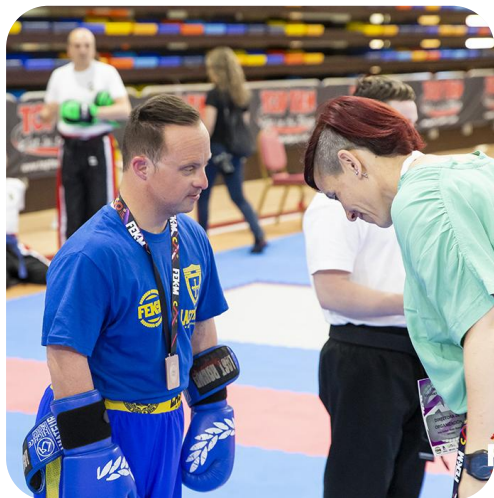
Professional ethics and continuing education



The coach must act with professional integrity:

- **Respect the privacy** and rights of the athlete
- **Avoid any form of discrimination or overprotection.**
- **Continuously update yourself** on WAKO regulations, adapted sports and inclusive pedagogy.
- **Collaborate with other professionals:** physiotherapists, psychologists, classifiers and families.

The role of the coach goes beyond the tatami: it's also a model of values.





10 Final recommendations and commitment to inclusion

Final recommendations

1

To promote the participation of athletes in events, exhibitions and competitions.

2

Incorporate mixed dynamics when possible (people with and without disabilities).

3

Document progress and difficulties to personalize future sessions.

4

Promote a culture of respect, autonomy and diversity within the club.

5

To be an agent of change in sport: to make Para kickboxing visible as a discipline with its own identity.

11

Conclusion



Para kickboxing transforms lives.

As a coach, your commitment, creativity and sensitivity can make a profound difference in the development of each athlete.





**Together we are better, together we are the change
diverse**