

MEDIA RELEASE

Singapore Spearheads Global Adaptive Kickboxing Program with World Body



above picture for reference only

Kickboxing Federation of Singapore (KFS) spearheads a global adaptive kickboxing fitness program jointly with WAKO, to cater to the special population demographics across the world. The new program will impact WAKO's 130 affiliated member countries.

Singapore, 13 July 2021 – It all started as an idea in 2015, more than 6 years ago, to develop a kickboxing fitness program which could cater to the special population in Singapore. Now, the groundwork is being prepared to take the program one step further, to the global level.

Leading the program is Jason Lim, president of Kickboxing Federation of Singapore. Lim has vast experience in developing training programs for the special population. These experiences include developing and conducting training for recovering stroke patients, people with Parkinson's disease (PD), cancer survivors, seniors, people with disabilities and people with mental illness.

Lim shares, *"It is an honour to develop the Adaptive Kickboxing Program with WAKO. Reaching out to the special population has always been a social cause that is close to my heart, having seen what my mother went through as a breast cancer patient."*

World Association of Kickboxing Organization (WAKO) took special interest in the adaptive kickboxing program as it sought to promote greater diversity and deeper inclusiveness through Kickboxing. WAKO is also riding on the back of a monumental achievement, attaining full International Olympic Committee (IOC) recognition as a Full Member, recently on 10 June 2021.

Roy Baker, president of WAKO comments, *"I have the privilege to be part of this beautiful sport for over 4 decades and experience the full spectrum of the sport, first as an athlete, coach, manager and now president. This sport has given me so much. It has imparted values, developed resilience, built persistence and ultimately, shape me to where I am today. I strongly believe that sport is important to shape and build lives. It is my desire to introduce Kickboxing to the special population so that they too, can grow and develop to their fullest potential."*

Espen Lund, vice president of WAKO and chairman of the Development committee heaps praise for Lim, *"It is amazing that KFS is able to develop these kickboxing training programs to cater to the various sectors of special population in Singapore. Their dedication and openness to share best practices is something which inspires me. I am thrilled to have them onboard to develop an Adaptive Kickboxing Program, which will be launched globally to all our 130 affiliated member countries across 5 continents. We hope the impact of this program will be far-reaching and personable as we empower individuals through kickboxing."*

Lim closes, *"The program will provide an overarching framework, core exercises, drills, movements and key implementation milestones. From there on, each sector of the special population will have its diverse needs which will be left to the program director in charge to tweak the program accordingly to meet the needs. This will provide the first step to creating greater inclusiveness and provide more opportunities for the special population to take up this amazing sport."*

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KICKBOXING FEDERATION OF SINGAPORE

About Kickboxing Federation of Singapore

Kickboxing Federation of Singapore (KFS) is the appointed national representative of the World Association of Kickboxing Organizations (WAKO) – the world’s sole governing body for the sport.



KFS is the governing body for the sport of Kickboxing in Singapore, and is recognized as a National Sports Association (NSA) by Sport Singapore (SportSG) – the Sport Ministry in Singapore.

In addition, KFS is a recognised member of Singapore National Olympic Council (SNOC).

KFS’s SNOC membership can be found on their official directory:

<http://www.singaporeolympics.com/members/>

Mission

To be the beacon for Kickboxing in Singapore, promoting it as a wholesome sport for ALL and nurturing those with the attributes for “competitive Kickboxing” to realise their maximum potential.

Vision

- To become one of the leading nations in the sport; at SEA Games, Asian Games and World Level.
- To develop, groom and nurture talent; and to consistently compete and perform at the highest levels across the national squad, and all major international championships.
- To become a regional hub for Kickboxing in South East Asia.

Objective

We aim to develop the sport of Kickboxing in Singapore by providing:

- Kickboxing as a Sport and/or Fitness activity to everybody regardless of age, gender and race.
- Competition opportunities at National, South-East Asia, Asian and International Levels.
- An avenue to reach out to at-risk youths.

Links

- WAKO GameChangers Result: <http://wako.sport/en/news/2021/04/22/press-release-the-gamechangers-team-are-picked/1143/>

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