

## The new Valdesi and Figuccio academy is born

Written by Administrator

Saturday, 15 January 2011 10:10

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On January 22, 2010 the International Karate Academy IKA EFS EducaFormSport will be presented.

The new academy created by Luca Valdesi and Vincenzo Figuccio is based on the idea of pull the all practitioners of Shotokan together within a single organization, and to assert their identity the

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in relation to  
other  
styles

The primary target of the Academy is to study and research, using the contributions of science,

he t

" perfect style

" ,  
that mix  
of  
tradition  
and  
innovation  
that  
will  
enable  
the  
improvement  
of  
KARATE  
in full  
respect  
of body  
and wellness

[Go to the site of the I.K.A.E.F.S. academy](#)

The academy provides its members the most advanced training techniques, designed specific ally to e

nhance  
the  
technical level  
in the  
shortest  
possible time

All members will benefit from:

guidelines for the optimization of the training, with specific work programs for each technical level

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private and exclusive trainings

assistance to sports clubs through our partnership with CSEN and FILJKAM