

## Biography (the story)

Written by Administrator

Tuesday, 30 November 2010 14:52

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**NAME:** Luca

**SURNAME:** Valdesi

**PLACE OF BIRTH:** Palermo (Sicily)

**DATE OF BIRTH:** June 18, 1976

**HEIGHT:** 5.84 feet (1.78 metres)

**WEIGHT:** 176.4 pounds (80 kilos)

**HAIR:** Black

**EYES:** Brown

**HOBBIES:** Diving

**FAVOURITE FOOD:** Shellfishes and ice-cream

**TITLE and RANK:** Karate Instructor, 5th Dan Black Belt

## The story



Luca Valdesi was born in Palermo on June 18 1976. He started practicing karate at the age of 6 years under the careful guidance of his father Andrea, at various gyms: "Altair", "Athlon", and

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"Siccheria".

In 1995 Luca joined the prestigious group of sporting "Fiamme Gialle" and simultaneously begin the first call to Italian national team. Then comes the international victories , at first only with the kata team (the only chance given him) and later also at the individual level: Luca Valdesi wins Italian Championship in 1995 and European Seniors Individual Championships since 2000.

Luca manages to find time to continue his studies, graduating in Business Administration, but also builds his success with the continued support of the family, a true milestone for him.

In 2001 Luca marries Ada Spinella, an international dancer artist, then comes 2004 the best year of his life:

- February, the birth of his son Andrea;
- October, winning at the absolute world championship both individual and team;
- November, the University degree



In 2006 there was the birth of his second son Francesco, in July, and in October the second Gold medal at the karate World Championship, again in a team and individually.

In 2008 Luca won his 3th title at the World Championship in individual (5 gold medals in the last 3 championship!!!)

At the moment Luca and his wife Ada are expecting their 3th son, and they live between Palermo, his home town, and Gioiosa Marea, a pleasant little town on the North-East coast of Sicily where Ada was born. Today Luca Valdesi is trained by the General Couch of the Fiamme Gialle Karate Team, Mr Claudio Culasso; by the General Couch of the FIJLKAM National Team, Professor Pierluigi Aschieri; and by his father Andrea, who is constantly looking after him both during the training sessions and the various competitions, while his mother is his most fervent supporter!

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