



KARATE
2016.AT
WORLD
CHAMPIONSHIPS

268 days to the WC 2016

Public training with athletes from Austria's national team

2nd of February 2016



From 25th of October 2016 to 30th of October 2016 the 23rd Karate World Championships and the 2nd Karate World Championships for People with Disabilities will take place in the TipsArena in Linz. Upper Austria is looking forward to welcome about 2000 athletes and coaches from 135 nations.

The intense preparations are on the way not only on an organizational level. The local Karate-Stars are working hard for the fulfillment of their goals. And the goals are medals in Linz.

1 International Karate-elite Trains in Upper Austria

Already in the past the considerable training opportunities in the Budokan in Wels were used by the international Karate-elite to prepare themselves for different competitions. International top athletes continue to train in Upper Austria for their preparations for the WC in Linz.

Both competitive disciplines Kata (form) and Kumite (duel) impose very specific requirements on the training and the competition itself. This requirements are with relation to athletic and mental aspects as well as technique and tactics. "If you practice Kata, you mainly train your technique. While on the other hand your training partner and tactics are the main focus in Kumite", Ewald Roth, Upper Austria´s Coach and manager of the Budokan, declares the main differences. "Juan Luis Benitez Cardenes, our coach for Kumite, is an international successful and popular coach who brings many international top athletes to Upper Austria." Athletes from ten nations coached by Benitez won 92 medals at international events, 16 out of these were won at World and European Championships. "Many impulses for our development in Kumite are directly from Juan Luis", says Roth, who was as the sport director at the Austrian club from 2005 to 2015 responsible for the upwards development in the Austrian Karate sport. He also brought the WC to Linz in 2011.

Beside the training´s high level, especially the possibility to compete with world class athletes motivates international top Karatekas to come to Austria to do their training. Further, the Budokan in Wels offers an outstanding infrastructure which is unique in its architecture.

Right now the local athletes not only prepare themselves for the WC in Linz but also for the Junior and Cadet-EM in Limassol, Cyprus. In early May the EM in Montpellier, France is a further highlight for the senior athletes before the WC at home. Bettina Plank (-50kg) and Alisa Buchinger (-68kg) are defending their title there.

2 Budokan Wels – THE Center for Far Eastern Martial Arts

In 1997 the construction of a center for Karate started to occupy Ewald Roth's mind. First drafts were developed. After talks with Upper Austria's responsible institutions the original plans, which were set in Schwanenstadt, were adapted and extended to include all other martial arts as well.

The Vienna based architects Jörg and Miyako Nairz were found as ideal partners for the project's realization after a long search.

With the support of the associations of Judo, Karate, Taekwondo and Aikido as well as the umbrella associations ASKÖ and ASVÖ Ewald Roth presented the project of an international center for martial arts to the Governor of Upper Austria, Mr. Josef Pühringer. He immediately fell for the idea and promised to look for possibilities to finance the project.

Due to diverse problems regarding the operational management and the regional development on the site in Schwanenstadt, the initiator presented the whole project to the finance and sport city council of Wels, Mr. Hermann Wimmer. Wimmer immediately recognized the project's special importance. After an intense but short evaluation of the general conditions, Wimmer not only offered an attractive location but also guaranteed to take care of the operating costs for the center. In consequence of this perfect situation the associations' decision for the location in Wels was unanimous.

On April, 3rd 2003, a financing model was adopted by Governor Josef Pühringer and a delegation of the city Wels. It arranged the building costs' division between the city Wels and the country of Upper Austria in the extent of 50% each party. With this decision the path for a unique sport facility in the sport land Upper Austria was prepared. The Budokan Wels was completed and ceremonially inaugurated in May 2006.

2.1 Principle and Utilization Concept

Far eastern martial arts underwent an increasing upturn over the last couple of years. Athletes like Bettina Plank represent Upper Austria and carry the reputation into the world. Their success causes big media echo and increased popularity of martial arts.

Beside Karate-do, Judo and Taekwondo, also formerly unknown martial arts like Aikido, Kendo, Iaido, Kyudo and Chinese Tai-Ji-Quan and Qi Gong as well as Indian Yoga attracted a lot of public interest and generated big requests for courses and therefore training possibilities.

Traditionally, far eastern martial arts are practiced in a "Dojo", "the place to practice the way". In the tradition of Budo, the Dojo is place for finding oneself and meditate, a sacred place of learning, friendship and mutual respect. In Austria, there was no Dojo established in this sense. Therefore the Budokan Wels became a unique institution with significance widely beyond Upper Austria.

A very important factor in this relation is the multitude of possibilities to use the building. It is possible to wield three groups at a time due to two parting curtains. Added to this, one can use the Budokan as site for competitions with perfect conditions which include a gallery for spectators, a stand for TV cameras, the appropriate lighting and sound systems and many other arrangements.

Two seminar rooms offer further possibilities for educational and training activities for local clubs as well as professional and umbrella associations. The range further goes from gymnastics, therapeutic exercises down to non-sportive seminars.

The rooms on the second floor offer possibilities for performance diagnostic support of Upper Austrian and Austrian members of training centers. Also, the adequate medical care during trainings and competition as well as the possibility to conduct regenerative actions can be guaranteed.

The meditative character of the whole building is expressed through the room's aesthetic, the used materials and the exterior's design. A bridge is built between sport and culture, between martial arts and fine arts.

Finally, the buffet and exterior offer further possibilities to get together and for communication between people. One can state quite rightly that the Budokan is a multifunctional site of encounter to be proud of, in Wels and beyond.

3 Profiles

Bettina Plank

Austrian national team

Born: 24.02.1992

Category: Kumite -50kg, Kumite Team



2001, when Bettina Plank was nine years old, she attended her first Karate course at the Karate club Götzis. Her mother would have preferred to see her in the ballet class, but after begging she was allowed to go, much to the joy of her father.

Thanks to a great training clique and great admiration for the trainers, especially Dragan Leiler, Bettina developed passion and ambition for the sport. In 2003 Dragan Leiler found his own club in Mäder and Bettina and her training partners followed him.

Betti went to school in the Sportgymnasium Dornbirn from 2006 to 2011. Her athletic career's foundation was laid out there. Only 16 years old, she was admitted to the Austrian national team. Ever since that, she competes at international tournaments for Austria.

Since her graduation in 2011 Betti has the possibility to practice professionally as army athlete, first in Dornbirn, Vorarlberg, and now in Linz, Upper Austria.

Over the last years, the WC at home and the therewith related intense preparations is the dominating factor in Bettina's athlete life.

Besides Karate, Bettina studies social work at the FH Linz.

Alisa Buchinger

Austrian national team

Born: 26.10.1992

Category: Kumite -68kg, Kumite Team



Alisa was a very active child. For this reason, her parents were looking for some sport where she could let off steam. Due to her fondness for action movies like Karate Kid or the Ninja Turtles the decision was pretty easy and Alisa started her training.

Since her graduation at the Sportgymnasium Salzburg she is a professional army athlete. Additionally to her intense training, Alisa studies business administration to prepare for a career after her active Karate years.

The little time that is left she prefers spending with her family and friends.

At the last WC in Bremen (2014) the Karateka from Salzburg gained the bronze medal, which was the first medal for Austria at a WC since 2002. Furthermore, the overall victory of the Premier League was hers. That was the third time winning this highest Karate tournament series worldwide.

To continue this series of success, the preparations for the WC in Linz are at full blast.

Kristin Wieninger

Austrian national team

Born: 04.09.1998

Category: Kata, Kata Team



When Kristin´s older brother started Karate, the athletic future was set for the four year old. As she was not allowed to attend the kids training until the age of six, Kristin copied her brothers training from the edge of the Tatami on her own. When two years later she was finally allowed to join, she was able to do all the basic techniques and to count till ten in Japanese by this time.

With her strong will and a ton of talent she already was able to get hold on some medals at international Karate competitions. Her next athletic goal therefore is precious metal at a world championship.

After her graduation Kristin wants to study medicine.

Bettina Alstadsæther

Norwegian national team

Born: 09.09.1992

Category: Kumite -61kg, Kumite Team



The top athlete from Norway prepares herself for the WC 2016 in Austria as well. With her dad being a national coach and European champion, Bettina´s athletic way was predetermined already in her early years. That in mind it is not surprising, that she attended her first Karate-class when she was only six years old. The success speaks on behalf of the teamwork of father and daughter. Last year Bettina qualified for the first European Games ever in Baku. By doing so, she is one step closer to her big dream, which is competing at the Olympic Games 2020 in Tokyo. Before she can do that, the focus is on the preparations for the World Championships in October 2016.

Besides her intense training Bettina, who owns a bachelor degree in marketing, works for a sport event agency. With or without Karate she enjoys to travel. Any leisure time left she spends with her beloved ones.

Bettina wants to stick to the sport after her active days and wants to start a family with her boyfriend. "When the time is ripe for it."

Sara Cardin

Italian national team

Born: 27. Jänner.

Category: Kumite -55kg, Kumite Team



Like most of the other athletes, Sara started very early with her Karate training. Her grandfather gave her the notion to perform martial arts. Similar to Bettina Plank, Sara's mother would have preferred to see her in a pink ballet tutu like all the other girls. But as it was love at first sight between Sara and Karate, there was no way back.

Success consistently affirmed Sara in her early decision. She is 18 times Italian master, won three gold and two silver medals at European Championships, silver at the World Championship 2010 and gold at the last World Championship 2014 in Bremen, Germany.

Next to the intense preparations to defend her title at the WC in Linz, Sara coaches kids in Karate and studies educational science. If her spare time allows it, she enjoys doing things every other girls like to do: going out with friends, dancing etc.

Christoph and Lukas Buchinger

Austrian national team

Born: 26.11.1997

Category: Kata U21



f.l. Christoph Buchinger, Vincent Forster, Lukas Buchinger

Christoph and Lukas Buchinger started their Karate career ten years ago. Here their mum was the thriving force to start the sport as the boys were very small and neat at the age of eight. Owing to that, they were shy. To raise their self-confidence the twins started in the beginner's course after watching one training lesson.

When in June 2006, not even a year after starting Karate, they competed at their first competition and were ranked second as Kata team and third in Kata individual, the joy was big and the self-esteem as well.

As soon as the two boys are not on the Tatami, they are travelling and photographing. In the future, they might not have too much time for that though, as they have to study for their upcoming graduation. After the graduation they want to become army athletes and compete for Austria at Karate tournaments all over the world.

The next athletic goal is definitely to qualify for the WC at home 2016.

Julia Pichler

Born: 20.12.1999

Category: Cadet Kumite Female -54 kg



In elementary school Julia wanted to spend her leisure time more useful and tried different sports. After a beginner's course in Karate she fell for this martial art.

She found new friends and the weekly training was the perfect balance for day-to-day school routine.

After competing in the first tournaments in Upper Austria and beyond, Julia's talent got more and more visible. Pretty quickly she decided to compete in Kumite only.

The first appearance at an international Karate tournament didn't wait for too long and so the ambitions were set up on its own and the achievements grew.

The young athlete spent the ninth grade in the HLW Wels got the chance to switch to the class for competitive sport at the BORG Linz. That was a major step to combine training and school.

In the meantime, everything in Julia´s life is about the sport. Consequently she has many and intense trainings.

It is Julia´s big dream to compete at Olympic Games in her sport.

Joan Marie Stadler

Born: 03.10.1988

Category: Kata Female



Joan Marie Stadler was born at the Philippines. After moving to Austria the now 27 year old graduated at the BORG St. Pölten and got a diploma in graphic and communication design.

If Joan Marie, who in the meantime moved to Linz, is not preparing for the WM at home, she might be found on the slopes with a snowboard under her feet.

For her future she wishes, besides a medal in front of domestic spectators, to get a job as designer in the advertising industry.

Patricia Bahledova

Born: 15.11.1999

Category: Cadet Kata Female



When she was ten years old, Patricia moved to Tyrol from Slovakia. After five years of training in Vorarlberg she is in the class for competitive sport in the BORG St. Pölten.

The hard training pays off for the young Karateka who is very fond of travelling. At the last Junior-WC in Indonesia she was able to fight for bronze. Also right now the training focuses on a WC – the WC hosted in her hometown Linz. For her life after being a professional athlete she has a plan as well. Patricia wants to become a psychologist.

Vincent Forster

Born: 15.10.1997

Category: Male Kata



In primary school Vincent wanted to do some sport and could choose between table tennis and Karate. The decision was very easy for him and so he started Karate with the age of ten.

The success proofed his decision was right. In this sense his next goals are, apart from his graduation, the participation in big and important karate tournaments, like the EC in Paris or the WC in Linz.