

ONTARIO OPEN COACHES SEMINAR

LEVEL 1 - COACHING FUNDAMENTALS

SEPTEMBER 20, 2026 | CONCORD, ONTARIO

SEMINAR LEADER	LOCATION
Kostiantyn Tskhovrebashvili Ontario Open Coaches Seminar - Level 1	411 Bradwick Dr Concord, ON L4K 2P4 Canada Official UCSF address

ABOUT THE SEMINAR

The Ontario Open Coaches Seminar is a Level 1 professional development event focused on the fundamentals of SAMBO coaching. The program combines athlete development, training methodology, standing and ground technique, teaching practice, competition preparation, rules and safety.

CORE AREAS

Methodology | Technique | Tactics | Safety | Athlete Development

EVENT DATE	CONTACT
Sunday, September 20, 2026 Full-day seminar: 9:00 AM - 5:20 PM	+1 (647) 865-1769 info@sambocanada.com

SEMINAR PROGRAM

Sunday, September 20, 2026 | Ontario Open Coaches Seminar - Level 1: Coaching Fundamentals

TIME	SESSION	FOCUS
09:00-09:20	Registration & Opening	Seminar objectives, introductions and overview of the program.
09:20-10:00	Athlete Development System	Training principles and development considerations for different age groups.
10:00-10:45	Training Session Methodology	Warm-up, technical work, special exercises, sparring and physical preparation.
10:45-12:00	Standing Techniques	Grips, movement, off-balancing, fundamental throws and combinations.
12:00-12:15	BREAK	
12:15-13:15	Ground Techniques	Hold-downs, submission techniques and transitions from standing to ground.
13:15-14:00	LUNCH BREAK	
14:00-15:00	Teaching Methodology	Demonstration, explanation, teaching progression and correction of common errors.
15:00-15:45	Tactics & Competition Preparation	Match planning, scoring, penalties and tactical work near the mat boundary.
15:45-16:30	Coaches' Practical Session	Participants conduct short instructional and training segments.
16:30-17:00	Rules & Safety	Competition rules, prohibited actions, injury prevention and coach responsibility.
17:00-17:20	Review, Q&A; & Certificates	Knowledge review, questions, seminar conclusions and certificate presentation.

CERTIFICATION

Participants who successfully complete the seminar program will receive an Ontario SAMBO Coaches Seminar - Level 1 Certificate.