

## CURRICULUM VITAE

### 1. Personal data

Name: **Csaba RÁCZ**  
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Contacts: shoguncsaba@gmail.com  
+36-20-384-4542  
Date of birth: 18<sup>th</sup> December, 1975.  
Highest graduation: Building engineer technician (1995)  
Work: Safety technician  
Language skill: Basic English  
Club: SHOGUN TEAM ASSOCIATION in Debrecen  
Branch: Karmazin Branch in Hungary

### 2. Grades, advancing

September, 1990: beginning of practicing Karate in Debrecen  
January, 1991: gaining 10<sup>th</sup> Kyu  
July, 2001: gaining 1<sup>st</sup> Dan degree  
July, 2003: gaining 2<sup>nd</sup> Dan degree  
July, 2010: gaining 3<sup>rd</sup> Dan degree  
July, 2014: gaining 4<sup>rd</sup> Dan degree  
1994-2014: participating of all International Training Camp organized in Hungary.

### 3. Seminars:

1996 Shihan Kenji Midori in Hungary  
1999 Shihan Cyril Andrews in Hungary  
Sensei Kou Tanigawa in Hungary  
2001 Shihan Howard Collins in Hungary  
2013 Shihan Kenji Midori in Hungary

### 4. Results on National and International competitions

1993 International Junior competition III. place  
1996, 1997, 2000 National Weight group Championship V-VIII place  
1996, 2000 Open weight TEAM National Championship I. place  
2000 Hungarian Open +80 kg V. place  
2001 Open weight TEAM National Championship III. place  
2003, 2006 B category National Championship I. place  
2005 B category National Championship III. place

### 5. Work as a trainer

2003- I started my career as a trainer. Since then 5 of mine junior students went to European Championship. One of them won the I. place in 2004.  
2005 Gaining the Trainer Degree in Intermediate level  
2007 Founding my dojo in Debrecen. It calls SHOGUN TEAM.

6. Work as a team leader since my 3.Dan exam

- Group life

In 2010 my club had 60 students in 3 groups. After my 3.dan exam, my first target made my club stronger. Last 4 years the number of my students in my club has duplicated. Nowadays my team is the second bigger numbering in Hungary. I keep trainings 6 groups in 3 different place. Every week I keep 15 trainings.

2010	I created a new group between from 4 to 6 years old children.
2011	I created a new club in Mikepércs which it is near Debrecen. It is a children group with 25 number.
2012	Since this years some of my students help me the training work.
2013	One of my students (György Szabó) took exam in 2.Dan.
2014	I created our own dojo in 240 m <sup>2</sup> field with a lot of different equipment (bags, point bags)

- Annual club competition effeciancy in Hungary:

- 2010 9. place
- 2011 8. place
- 2012 6. place
- 2013 4. place
- 2014 3. place

Most significant competitors:

2011 Enikő Sári - Austrian Open, kumite -65kg I. place  
2013 Péter Szűcs – Cadetts European Championship, kata V. place  
2014 Enikő Sári – Hungarian Open, Kumite -65kg III. place  
2014 Péter Szűcs – Junior European Championship, kata VIII. place  
kumite III. place

- Training camps

I have organised club training camps since 2011 in Debrecen. I and my students have taken part the national summer camps in Hungary:

2010 Jászberény  
2011 Jászberény  
2012 Jászberény  
2013 Jászberény  
2014 Balatonföldvár

- Seminars

I have taken part every Karmazin branch seminars with my students.

I organized a 3-days-seminar in 2014 with 80 participants, where Shihan Karmazin György was the leader.

7. Work as a judge

2009 starting the national judging (C level)

8. Other interest:

running

It is important for me that I use my experience and knowledge to improve my students. I concern my 24 year old Kyokushin Karate career very fruitful. Due to this martial art I have my present personality, discipline and strength. If I look back to this 24 years, it is a lot of time, but if I look forward I wish I can walk on my own path as it is my form of life.

Debrecen, 10 July, 2014.

Csaba Rác