

by Arunas Petraitis

55 officials, judges, trainers and athletes from Lithuania and Moldova came to Vilnius, Lithuania to participate in the IFBB International Seminar conducted by the Chairman of the IFBB Judges Committee Pawel Filleborn. And it was fine to learn that seminar was a great success because of very useful information presented.

“Liked it really very much. And I enjoyed the way of presentation materials to audience as well: simple and clear”,- said Kristina Karaliute-Stoliaroviene, Lithuanian bronze medal from the 2012 Women’s World winner.

The seminar’s organizational duties were excellent done by Remigijus Bimba, the Chairman of Lithuanian Bodybuilding & Fitness Federation’s Judges Committee, and the Conference hall of Vilnius Park Inn by Radisson hotel was good choice for such an event. The main topics of the Seminar were about what the IFBB is all about, contest procedure and running order, categories, basic rules and scoring systems, assessment criteria, trends and judges panels were discussed and delivered as Power Point presentations.

What the judges are looking for, posing music’s choice and how to judge fair and correctly were shown on pictures and video examples. What are differences between muscle density, definition and separation? Body proportions, symmetry and shape were explained in all details and aspects. And how to seek the main goal – the “total package”?

The seminar included also training periodization and pre-contest preparation and nutrition lecture as well. A new discipline of women’s physique was introduced in the seminar, which was run in a very professional manner. The learning was really invaluable and everyone enjoyed it. Thanks a lot, Pawel and the IFBB !



Moldavian Federation President Aurelian Gorea (in the center) with dilploma presented to him by the IFBB Judges Committee Chairman Pawel Filleborn (left) and Seminar promoter Remigius Bimba (right).



Jusges seminar in Vilnius (from L): Lithuanian Federation General secretary Arunas Petraitis, Mr. Remigius Bimba, Mr. Pawel Filleborn, Lithuanian Federation President Ramutis Kairaitis.



Participants of the IFBB Judges Seminar in Vilnius, Lithuania.

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