



URBAN SPORTS CLUB

Press release

## **Martial arts, climbing and skateboarding: experience the new sports of the Tokyo Summer Games with Urban Sports Club**

**Berlin, 22.07.2021** - *Let the games begin!* On Friday the world's best athletes celebrated the start of another huge sporting event of the year. Four new sports have made it into the competition: karate, sport climbing, skateboarding and surfing. 3x3 Basketball is also new in Tokyo this year, joining streetball and softball which are returning to the program after 13 years. Those who aren't satisfied watching the action live in front of the TV can try the new sports for themselves with Urban Sports Club. Whether in your own city or while traveling, with Urban Sports Club you can celebrate your very own "Summer of Sport."



### **Karate**

The cult film "Karate Kid" enchanted an entire generation with martial arts from the Far East. While the origins of karate date back to 500 AD, the sport only joined the Summer Games program this year. "Karate-Do" means "the way of the empty hand" because this self-defence sport doesn't use

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weapons. Coincidentally, this year's host country Japan is the most successful karate nation. Karate is a versatile sport that demands a lot from body and mind and trains strength, speed, agility, concentration and body awareness. In Berlin, Urban Sports Club members can learn martial arts with many of our partners such as [Fenriz Gym](#) or [Munich Fight Club](#), where amateur fighters and competitors alike can sweat it out and then relax in the sauna after training.



### Sport climbing

Sport climbing is also new this year. The three disciplines in Tokyo are "Speed," "Bouldering" and "Lead". Bouldering has been growing in popularity around the world in recent years and the community of boulderers in Urban Sports Club has also grown steadily. They even have their own "Urban Fit" trend sport to train the strength and flexibility needed on the climbing wall with yoga, such as stretching asanas needed for the splits. Climbers can also enjoy classical fitness classes as well as bouldering at partners such as the [Kletterfabrik](#) in Cologne, at [South Rock](#), in the bouldering hall at [Café Kraft](#) or at the [Climbing Factory](#) in Nuremberg, amongst other places.

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## Skateboard

The world's best skateboarders will be making their debut on stage in Tokyo this year - meaning skateboarding is no longer just for the streets. 14-year-old Lilly Stoephasius is the youngest German participant and considered the favorite to win. In Tokyo, there'll be two disciplines - "Park" and "Street." Those who'd like to enjoy life on four wheels can try it out at Urban Sports Club's partner [Halle 59](#) in Cologne.

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## Surfing

Just like skateboarding, surfing is an attitude towards life. Surfing comes from Hawaii and experienced a real boom in the 1950s. The water sport is especially popular in the U.S. and Australia, but the hype extends to Europe. The coasts of France, Spain and Portugal are a real surfing paradise for all levels. In Tokyo, athletes will present their best tricks on a shortboard within 25 minutes and will be judged on the difficulty, the flow of the maneuver and speed. Urban Sport Club members can get on the board here in Germany at [Supremesurf Beachhouse](#) in Rostock for example. You can also enjoy your membership on vacation and check-in for a surf session at [Anywhere Watersports](#) in Barcelona or at [Surfitbox](#) in Porto.

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## ABOUT URBAN SPORTS CLUB

Urban Sports Club offers a flexible sports and wellness membership. The goal is to encourage people to lead healthier and active lifestyles via the largest and most diverse offering. From fitness, yoga, swimming and climbing to team sports and wellness, members can choose from over 50 sports to create their own personalized training plan and discover sports they are passionate about. Urban Sports Club members can check in for sports via app in six countries in Europe (Germany, France, Italy, Spain, Belgium and Portugal). A group of companies with OneFit in the Netherlands, Urban Sports Club's network has more than 12,000 partner locations. The offer for private and corporate customers includes training in the studio, outdoors, online courses via livestream and on-demand courses. In total, employees from over 40 different nations are employed at the European locations. [www.urbansportsclub.com](http://www.urbansportsclub.com), press material on Urban Sports Club: [here](#).

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