

## **TOMAZ BARADA SEMINAR IN MALAGA- SPAIN** **TAEKWON-DO AND KICK BOXING**

Once again the Sport Club TaeKwon-Do Benalmádena together with the International TaeKwon-Do Federation Spain "F.I.T.E", acted as promoters to bring for the first time to the coast of Andalusia, to one of the competitors of more success at international level in the modalities of TaeKwon-Do I.T.F and Kick Boxing; Mr. Tomaz Barada. The world champion was invited to Spain by the president of the F.I.T.E, Mr. Carlos E. Martin and for the president of the Sport Club TKD Benalmádena, Mr. Maximiliano Montiel; both leaders of the organizing committee of the event. The seminar was divided in three sessions. The first one was dedicated to Kick Boxing in their different modalities; semi contact, light contact and full contact.



The fifty participants enjoyed training with the Slovenian competitor's charisma who exposed the best in his wide repertoire during two and a half hours, where the main characteristic was the simplicity of the exercises looking for the maximum effectiveness. Hand combinations to improve the reflections, leg combinations to surprise to the opponent and several combinations between hands and legs. It is necessary to highlight that during the morning training a great number of practitioners of TaeKwon-Do from categories of white belt until the black belts 5<sup>th</sup> degree who shared and exchanged knowledge with the practitioners of Kick Boxing.

To conclude the morning session Tomaz Barada expressed his gratefulness congratulating the participants for their high implication grade, and he encouraged them to work intensely to reach the maximum of their qualities.



The evening training presented a sports hall full of practitioners of TaeKwon-Do ITF, arrived from all the delegations. About eighty students from 8 years on now on, shared the afternoon with the adults to work and to learn of the experienced advice of Mr. Barada.



The three times world champion began with the training without pause for big speeches. Their main advice was to transform the work of more power used in kick boxing, into the speed and faster reaction movements. Without stopping of repeating continually that the objective is not to give a fixed target to our opponent, to surprise him in the most unexpected moment.



The day concluded with a sound applause without forgetting to mention that it was still the Sunday appointment for which recommended a good feeding and rest, to surrender at an even bigger level that in the previous sessions.



The Sunday once again afforded more work, where it is necessary to highlight the presence of the children, wanting to take out the maximum profit to the session. Again Mr. Tomaz Barada enlarged its work to offer the best of himself.

The session lapsed inside an atmosphere loaded with energy where all cheered up mutually for not decaying to the fatigue of last hour.

To conclude the session the Mayor of the city Mr. Enrique Bolin, together with the sports responsible Mr. Manolo Crespo; didn't want to allow to pass the opportunity to thank Mr. Barada for the seminar, and to congratulate all the F.I.T.E and the Sport Club TKD Benalmádena members for their presence. After a brief speech the mayor made delivery of the most valuable reward of the city, "La





niña de Benalmádena", reserved for very special visitors. The award-winning ones were Mr. Tomaz Barada like responsible for the seminar and Mr. Carlos Martin F.I.T.E President in gratefulness for their presence, and continuous collaboration for the Taekwon-Do development in Andalusia.

After a long photographic shift and signature of autographs, Mr. Tomaz Barada concluded the seminar, thanking the presence of all. After this words, many applauses to the participants, to the instructors, and especially to the parents that encouraged in all moment to the kids with their presence.

Those responsible for the organizing committee, Mr. Maximiliano Montiel and Mr. Carlos Martin, didn't want to close the event without mentioning the invaluable collaboration of the following sponsors:

IES Arroyo de la Miel (Instituto); Patronato Municipal de Benalmádena; Ayuntamiento de Benalmadena; Gráficas Campo; Kiosko Madrigal; Papelería Pepi España; La Casa de la Pizza; Bar La Sirena; Maracas Beach; Maraca Mex; Maracas Copas; restaurante Raffles; Actuaciones Naturales S.L; Bar Central.

