

XIV WORLD TAEKWON-DO I.T.F CHAMPIONSHIPS, Birmingham, England.



FIRST OFFICIAL TRAINING

Zaragoza was the elected city to carry out the first concentration of the team that will represent Spain in the next World Championship of Taekwon-do ITF that will take place from August 1st to 5th in Birmingham, England.

This first concentration took place during July 20th , 21st , July 22nd , and the official F.I.T.E team in the trial was Mr. Antonio Blanco national coach (Galicia), and the competitors Mr. Christian Oriolani (Aragon), Mr. Mariano Molina (Catalunia), Mr. Francisco Espeche (Madrid), Mr. Nicolás Fernández (Madrid), Mr. Gabriel Leske (Balearic Islands) and Mr. Adrián Ramírez (Canaries Islands).

In this opportunity, the trainings were made in double session. In the morning in the Almazara Sports Hall, and in the afternoon in the Kim Kum Kai Gym. The trainer focused the job mainly in the team pattern , the unification of technical approaches, choreographies, formations, and presentation for each pattern.

It is necessary to highlight the good atmosphere during the training session. After the three days all the details was ready for the next official concentration in Galicia. In words of the national coach, Mr. Antonio Blanco, the team have made a great job and he wait the same atmosphere for the next concentration.



SECOND OFFICIAL TRAINING

During the last weekend of July, the F.I.T.E Spanish Team carried out in Noia, Galicia, the second preparatory concentration for the XIV Championship of the World to be carried out in the city of Birmingham, England. To the appointment, the members of the national team with Mr. Maximiliano Montiel as new incorporation.

During the three concentration days the trainer reviewed all the details worked in Zaragoza. Also, the team worked the special breaking techniques, highlighting to Mr. Nicolás Fernández like one of the big jumpers of the team. For the power breaking the team members tried those techniques assigned by the coach Mr. Antonio Blanco.

In the sparring session, the trainer underlined some very important aspects looking to the team sparring.

Once the training session finished the national coach expressed his satisfaction for the job of all members of the team, and he wait the best result of the Spanish team in the next world championship.

