

Mr. Shane Fitzgibbon closes a successful course in Madrid



More than fifty TaeKwon-Do lovers of all ages and various Spanish regions were able to enjoy a very complete course dictated by the international instructor Shane Fitzgibbon, celebrated in Madrid the weekend of May 31 and June 1. The workshop was organized by the Madrilenian Traditional TaeKwon-Do

Association (AMTT) and took place in the facilities of the Malvar School and was attended by fourteen black belts, including four international instructors, the national coach, several components of the Spanish National Team, representatives of Andalusia, Canary Islands and Alicante, as well as the instructors and teachers of the major clubs in Madrid.

In the first training session, Mr. Shane Fitzgibbon, who was assisted by Ms. Lisa Connolly and all the instructors, shows his large experience like international competitor explaining different sparring techniques which define his personal fighting style. At all times, Mr. Fitzgibbon has made it clear that his techniques are not intended to change the fighting style of the practitioners, but these techniques are able to be new ideas that can be add to each fighter's repertoire, according to his own style.

At the final of first training session, all the workshop participants will be delight with a set of self-defence techniques, with a specific work of neck chokes and ground techniques.

The Sunday training session starts with the application of the fighting techniques showed on Saturday in the competition sparring situation, and also a very carefully work of basic principles of TaeKwon-Do technique. In this way, Mr. Fitzgibbon emphasized the fundamental principles that must be realised in each TaeKwon-Do movement and technique, as the proper execution of wave movement, the action and reaction principle, rotation, balance control, concentration, backward motion, and all those aspect that determine the power and effectiveness of the attacking and defensive techniques.

Before the session ends an exclusively technical work for the black belts took place. After that, the workshop was closed, the organization thanks to all the participants, instructors and authorities through the delivery of participation certificate. Also, the AMTT gave Mr. Shane Fitzgibbon and Ms. Lisa Connolly several presents to remember their visit to Madrid and to recognize their work in TaeKwon-Do spreading, based on build friendship between the instructors and students from Madrid with the Irish TaeKwon-Do representatives.