

22nd ITKF World Championships and 4th Open Childrens Cup, 2024



The 22nd ITKF World Championship and 4th Open Cup, Portugal 2024 were very successful for our athletes, who earned in total of 17 medals!

Big congratulations to them, and a big thank you to the rest of the TKFGB Team for preparing and supporting our athletes – their engagement and commitment brought great results.

Zbigniew Godzisz – coach

Kristine Rubina – coach

Tadeusz Lejman – judge

Daniel Sularz – judge

Filip Debowski – judge

Angelika Peiseniece – PR/Press

International Traditional Karate-Do Gasshuku, Stara Wieś, 15-18 August 2024



This year's Gasshuku in Dojo Stara Wies was filled with intensive practice of the basics and the development of explosive start techniques.

Kata study and application were based on Jitte, which offered diverse opportunities for bunkai development.

Brilliant lead from the world's most experienced karate coaches: Sensei Justo Gomez (ITKF) and sensei Witold Kwiecinski (WTKF), supported by sensei Pawel Janusz (PUKT), multiple kata World Champion and sensei Rytis Bublevicius (Fudokan, Koryu Karate), Active Close Protection senior instructor.

Stara Wies features a unique, natural environment, the calm of nature, and an undisturbed source of energy. Three and a half days filled with 3-4 training sessions a day, passed in a proverbial blink of an eye. We are already looking forward to Gasshuku 2025.

TKFGB National Squad training and 4th Peterborough Traditional Karate-Do Cup



TKFGB National Squad training and 4th Peterborough TK Cup – this year the June event was highlighted by the arrival of the legendary Shotokan Karate master and coach, Sensei Justo Gomez, 7th Dan, of Argentina. Sensei Gomez, a multiple World Champion, accepted the invitation and delivered two days of in-depth study of kumite (fighting) and bunkai (application of kata). Over 150 athletes, local and international gathered to make the most of the meaningful explanations. What is equally important, everyone drew from Sensei's spirit and the energy was almost tangible across the dojo.

Sensei Gomez also honoured the competition that followed later

on Sunday and passed on his valuable feedback.

The 4th Peterborough TK Cup ended up as a tough competition, with the athletes showing both the skills and will to fight. Overall, the event exceeded the initial expectations and left everyone with tonnes of food for thought and inspiration for future training.

IV World Children's Karate Cup and 1st Witold Kwiecinski International Individual Open Cup



TKFGB team came back from Natal, Brazil, bringing home a total of 17 medals from the IV World Children's Karate Cup and 1st Witold Kwiecinski International Individual Open Cup

IV World Children's Karate Cup:

- * Timofej Kabak & Patryk Godzisz – gold in enbu
- * David Swiech – gold individual kumite
- * David Swiech – gold individual kata
- * Eric Munteanu – silver individual kata
- * Timofej Kabak – silver individual kumite
- * Timofej Kabak – silver individual kata
- * Timofej Kabak, Patryk Godzisz, David Swiech – silver in team kata
- * Olivia Borek – bronze individual kata
- * Patryk Godzisz – bronze individual kumite
- * Patryk Godzisz – bronze individual kata

1st Witold Kwiecinski International Individual Open Cup:

- * Filip Debowski – gold individual kumite
- * Eric Munteanu – gold individual kata
- * David Swiech – silver individual kumite
- * Olivia Borek – bronze individual kata
- * Timofej Kabak – bronze individual kata
- * David Swiech – bronze individual kata
- * Erick Munteanu – bronze individual kumite

It was a very busy time also for our instructors, sensei Zbigniew Godzisz and sensei Filip Debowski, who participated in **WTKF Coaches and Judges refresher courses**, and then were selected to referee all three international events, including the World Karate Championships.

Many thanks to our National Squad instructors, Sensei Zbigniew Godzisz and Sensei Andrzej Czyrka, as well as club instructors Sensei Kristine Rubina and Sensei Anna Machtylska for preparing our team – you did a fantastic job!

Congratulations to all the medallists, well done!