

XXXII Traditional Karate European Championship

XXXII Traditional Karate European Championship 17 – 18 October 2015

IV Traditional Karate European Children's Cup

During XXXII WTKF European Championship in Traditional Karate, which ended in Vilnius on Sunday 18 October, the representative of Traditional Karate-Do Federation of Great Britain, **Anna Machtylska**, won the bronze medal in the senior category, in competition Fuku-go.

In the Championships in the Siemens Arena there were several hundred athletes from 15 countries competing. At the same time the IV European Traditional Karate Children's Cup was held, where also the representatives of the TKFGB's youngest gave the account of high performance. In individual kata competitions **Casper Wielgosz and Jayson Lopez** finished on the podium, winning silver medals.

In addition to the junior finalists, our team, in the number of 9 seniors and 15 juniors, can boast a considerable number of quarter-finalists which was in itself a remarkable achievement, taking into account the general, very high technical level of the tournament and a huge number of athletes. The following TKFGB members had a chance to fight to enter the final four: **Kirils Snikeris, Adriana Peiseniece Philip Majchrzak and Matveis Pekuskins** in junior kata. **Pawel Kutermankiewicz** reached the quarter-finals in senior individual kumite.

*"Looking at the results of our team in Vilnius, I can state that consistent work during our training and the training system which we implement, brought about the desired results. Especially enjoying is the first ever medal for TKFGB, captured in an event of international rank by Anna Machtylska. Having secured the bronze in fuku-go, or double-discipline competition requiring excellent preparation in both kata and kumite, Anna demonstrated that she belongs to the best female fighters of Traditional Karate in Europe. Noteworthy is also a great form of Paweł Kutermankiewicz, who, just as in last year's World Championships in Geneva, could only be defeated in individual kumite in the fight for the bronze medal" – summed up TKFGB president, sensei **Zbigniew Godzisz – 3 Dan.***

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TKFGB Summer Camp : 25-27.07.2015

25-27th July was the first time **TKFGB** introduced a new initiative of active summer idea. A **karate training camp**, which lasted for three days, gathered over forty participants, both juniors and seniors. They arrived from all over the country to take the opportunity and challenge of going through massive karate training and learning about healthy life style and proper nutrition.

Each day contained at least three training sessions:
– morning – 60-90 minutes of cardio and endurance

- midday – 150 min general karate and fitness session
- evening 120-150 min specialisation classes where juniors and seniors developed their most required skills in kata and kumite.

Being a hard task in terms of physical and mental engagement the camp was also designed to select the team to represent the UK in the forthcoming **European championships in Vilnius, Lithuania** in October this year.

It was also a great chance for all the parents and friends to learn about how to improve our health and wellbeing by, introducing proper diet and nutrition habits into our daily life.

As TKFGB strives to build a friendly environment for our growing community, it was inevitable to include a social event in the camp's agenda. Sunday barbecue was a good moment to chill out after an exhausting day, exchange opinions and reflect on the training.

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Interclub Kumite Competition in Norwich – 05.07.2015

On 5th July 2015 an **Interclub Kumite Competition** was held in Norwich, Norfolk. The event gathered around 150 competitors in three categories: junior, cadet and senior.

The results were very pleasing for **TKFGB**. Our athletes won a total number of 12 medals including 6 gold, 4 silver and 2 bronze.

Gold medals:

- *Richard Tayton* – Seniors Male, individual kumite, 10-4 kyu
- *Anna Machtylska* – Seniors Female, adult individual kumite, 3 kyu – dan
- *Filip Majchrzak* – Juniors Male, individual kumite, 6-4 kyu
- *Kornelia Malczewska* – Juniors Female, individual kumite, 10-4 kyu
- *Alex Podolsky* – Cadets Male, individual kumite, 6-4 kyu
- *Kacper Leszczyński* – Juniors Male, individual kumite, 10-7 kyu

Silver medals:

- *Klara Haluzova* – Seniors Female, individual kumite, 10-4 kyu
- *David Swiech* – Junior Male, individual kumite, 6-4 kyu
- *Tadeusz Lejman, Paweł Kutermankiewicz, Rafał Labuda* – Seniors Male, team kumite, all grades
- *Kornelia Malczewska, Joanna Minnis, Batchelor* – Juniors Female, team kumite

Bronze medals:

- *Marek Wozniak* – Seniors Male individual kumite, 10-4 kyu
- *Richard Tayton, Marek Wozniak, Maciej Kowalik* – Seniors Team Kumite, all grades

The hall was loaded with emotions as for all of our juniors it was the first opportunity to check their strengths at real traditional karate kumite tournament. Supported by their parents, they all showed extremely high level of determination and their skills proved effective, judging by the number of wins.

In sum it was yet another good training on the way of preparation to the **Autumn European Championships in Lithuania**.

Now we are all looking forward to the **summer karate camp planned for 25 – 27th July in Boston.**

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Laxton Children's Festival – 21.06.15

Having accepted an invitation from the **Polish Catholic Mission in England** and Wales, by recommendation from Polska Macierz Szkolna, **TKFGB** were honoured to be a part of an **All-National Kids' Day** annual event in Laxton n/Corby, Northamptonshire.

The team presented **Traditional Karate** techniques, fitness and self-defence systems in front of an audience well exceeding 4,000 spectators.

In the breath taking scenery we were met by numerous VIPs, e.g. Polish Catholic Mission Representatives, *Mr Witold Sobkow*, the Polish Ambassador in the UK and *Ms Joanna Kluzik-Rostkowska*, the *National Education Minister for the Republic of Poland*. They showed great interest in the activities of the Federation and enquired about prospects for future expansion.

However, it was not them who benefitted the most from watching our demonstration. It was the kids and their families. After the show the willingly joined in the open training and sport-for-fun activities, so it was a great opportunity to have a lot of great time together.

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