

# First TKFGB National Squad training – 14.3.2015

**First National Squad TKFGB training** was held in Boston on 14th March.

The event was split into two parts: general training and specialised sessions for the Seniors (methodology for kumite preparation and kumite basics) and the Juniors (foot work and dynamics in kata training).

The instructors in charge were *Lukasz Radwanski* 3rd Dan and *Zbigniew Godzisz* 3rd Dan.

The next National Squad training is planned for 12th Apr 2015, along with the special seminar training with *sensei Włodzimierz Kwiecinski*, 7th dan, President of WTKF (World Traditional Karate-Do Federation)

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