

TKFGB National Squad training, Peterborough, 10.06.2017



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The last TKFGB National Squad training at Gladstone Park Dojo was a tough experience: 5,5 hours of pure training and testing. Both juniors and seniors were working hard to prove worthy of being selected for the European Championships and Children's Cup this year (22-23rd Oct – European Children's Cup, Poland; 4-6th Nov – European Championships for seniors, Romania).

This time we covered interval and endurance training, staged kumite (timing, distance in fighting and foot work) and the best kata selection for the competition.

We also ran a short self-defence session, working on applying locks in close distance combat, led by Tomasz Nisciur.

Our next National Squad training will be held on 16th July at Gladstone Park Dojo, Peterborough.