

MASTER CLASS IN BOLOGNA WITH MASTER WILLEM JACOB BOS .

January 21st were carried out a stage of 4 hours with Master Willem Jacob Bos in the Italian city of Bologna, working technical sparring and patterns. Eighty affiliated members from FITAE organization, coming from Bologna, Venezia, Pádova and Ferrara, and among them the Spanish Francisco Espeche III Degree from FITE (Spain).



The course began with a physical introduction of half hour, and then the Master started with sparring basic techniques. Between the participants were different grades and degrees from 8th Gup up to 5th Degree. During the explanations of the sparring techniques the participants could enjoy the experience of the Master. After this work the patterns were executed finishing in Won Hyo, highlighting the importance of the basical techniques. To concluded the stage some personal self defense, jumping techniques and, ten minutes of games for relax.

FITE Italy press dep.