



World TKD Championships South Korea

Carlos Martin: Today 16th we get up early in the morning to begin a grateful day.

Once we had the breakfast we went to train, as every morning, team and individual patterns. Once we had finish with the morning session, our physiotherapist recommended us the use of the SPA to relax the body; of course it was not necessary a voting for this question.....

I have to manifest that during two and a half hours we enjoy some excellent facilities, where we alternate the use of Turkish bathrooms, sauna, jacuzzis to different temperatures, pools of cold water, showers of water freeze and rest rooms with oxygen. An experience that we will repeat after each long days.

In the afternoon we were in the stadium enjoying the event that continuous for good road.

Tomorrow 17th our tournament will begins

I am sure that the Spanish Team will impress the audience.....

TaeKwon

Carlos Martin
Coach