



## **WORLD TAEKWON-DO CHAMPIONSHIPS SOUTH COREA**

Once again, the Spa Wellness Mirasierra, into the Mirasierra Suites Hotel, was the place where the National F.I.T.E Team had been training for participate in the World Taekwon-Do Championships who will be held in South Korea from October 14<sup>th</sup> to 19<sup>th</sup>.

The trainings was organized, by the coach Mr. Carlos Martin, in double session last September 25<sup>th</sup> and 26<sup>th</sup>, after which FITE marketing department carry out a small interview to the trainer.

Fite marketing (FM). How do you see the team preparation for the World cup?

Carlos Martin (C.M). I have seen that the team had carried out an important progression, physically and mentally. They are ready for have a very good results.

F.M: How was the preparation during the holydays?

C.M: They have made a great physical work during the holidays looking to the final training where we will work in specific sessions before the trip.

F.M: They have commented us that for you the psychological aspect is very important?

C.M: Yes I always say to my students that 80% of a victory is the competitor's way of thinking. To be able to surrender to the maximum it is necessary to be concentrated and in a good fit, physically and technically to 100%.

F.M: What aspects have you tried in the third training session?

C.M: We have worked in the team pattern coordination and different choreographies where I hope we are among the best in the World cup. We have also revised the individual patterns, where Spain will be represented in all the categories 1st, 2nd, 3rd and 4th Degree. And finally we have worked intensely in sparring reaction movements.

F.M: What expectations can we have for the World cup?

C.M: Sincerely I believe that the team aspires to the maximum. We have a compact and very well understood team, with experienced people to international level, and people that participate for the first time in a World cup where they will surely learn very much.

F.M: What quantity of countries have confirmed their attendance?

C.M: About 50 countries according to the organizing committee, don't forget that it is the first time that the ITF organizes a world championship in South Korea, and the repercussion will be big.

F.M: Will be able to see in television?

C.M: It will be possible locally and nationally level TV live; and international level contacts have settled down with the FOX and ESPN. Then we wait that eurosport will show a couple of days after the tournament.

F.M: When will be the last trainings?

C.M: The last concentration will be October 8<sup>th</sup> to 10<sup>th</sup> because we will travel 11th. Once in Korea, we will continue training until the beginning of the competition on 17th.

F.M: Thank you for your attention and good luck.

C.M: Thank you.

FITE Press Dep.

[Click here to watch the training.](#)