

## **Visit of Mr. Robert Skagseth 3<sup>o</sup> Degree, from Nacional TaeKwon-Do Norway, to Tenerife (Canary Islands).**

The 12th and 14th of April, some members of the C.D. BUA of Tradicional TaeKwon-Do, had the pleasure to practice with Mr. Robert Skagseth, member of the National TaeKwon-Do Norway, who came on holiday to Canary Island.

The fact that TaeKwon-Do has no borders was again proven during the training sessions.

The sessions consisted of:

Sparring Robert fought with Ricardo Rodriguez, Sergio Cabrera, Adrian Ramirez, Alfredo de Bonis (Jr) and Perfecto Camacho in an all-six round shift.



Patterns. Several patterns were performed by the black belts that turned up. Robert taught Ricardo a disappeared pattern, for our federation, Ko-Dan, which was replaced by Juche. After that, Robert asked to Diego Bua to perform Poe-Eun pattern, since particular movements are performed at different speed rates depending on the federation. The synchronization achieved this way was awfully enjoyable for the audience.



Sambo e Ibo Matsogui. Different exercises from the FITE step sparring manual and the NTN was set up.

The sessions ended with a short photo and video show.



Robert and Diego



Robert and Marcos



Robert and Bua brothers

On behalf of Canary Island's TaeKwon-Do Association we wish to thank very dearly Robert's participation in the event.

A.T.I.C. Press Dept.