

Kumite coach overview – BUDAPEST 48TH European Championships

The athletes chosen to represent the EKF at 48th European Championships were in good spirits after a positive and productive pre-training at the IKON Martial Arts Centre in Wolverhampton. The coaching strategy for focused around process goals and the four corner model of coaching, promoting a well-disciplined approach to preparation and performance aimed at producing best performance.

Name	Cat	Bouts	Won	Lost	Drawn	Points For	Points Against	Aggr.	Finishing position
S Hayes	-55kg	2	1	1	0	1	0	+1	16 th place
N Williams	-61kg	4	3	1	0	12	5	+7	3 rd place
K Gunn	-68Kg	3	1	2	0	7	12	-5	7 th place
R Mathieu	-60Kg	1	0	1	0	2	4	-2	1 st round
J Thomas	-67Kg	6	3	2	1	17	11	+6	7 th place
T Hickman	-75kg	3	1	2	0	2	3	-1	16 th place
S Heath	-84Kg	1	0	1	0	0	7	-7	1 st round
G Dunkerley	+84kg	2	1	1	0	3	5	-2	16 th place
M Burke	Team	1	0	1	0	0	8	-8	
R Jay	Team	1	0	1	0	0	4	-4	
L Heath	Team	DNS	NA	NA	NA	NA	NA	NA	
A Forsythe	Team	DNS	NA	NA	NA	NA	NA	NA	

All athletes entered the tournament fit and well with high spirits and expectations. On this occasion I chose not to inform the athletes of the predicted success to avoid any limitations the athletes may place on themselves but rather left it to them to create their own targets and take ownership of their goal setting.

The results from this year's senior European championships are encouraging to say the least and have demonstrated a marked improvement from recent years in this competition. The statistics show a number of the athletes getting passed the first round with three them only losing to an eventual finalist then go on to progress through the repo-charge stages to gain a credible placing.

The men's team put in a valiant effort against the defending European Champions and eventual bronze medallists losing 3-0 with notably Ryan Jay holding off the WKF No1 ranked heavy weight 'Horne' to a one point deficit but eventually caught with a late kick and a very credible draw from Jordan Thomas who incidentally had a great performance overall at the championships.

The performance of the championships belongs to that of Natalie Williams who dug deep after her first round defeat against the double finalist and eventual winner (UKR) to come back through the repo-charge to win the bronze medal beating competitors from Spain and Bosnia along the way. Congratulations on winning the first senior Kumite medal at a European Championships for four years.

The communication between the coaches, medical staff and the head of delegation was enhanced by the welcome addition of 'Walkie Talikies', of which the benefits were made apparent almost immediately on entering the stadium.

Special thanks to all the staff that contributed to the success of the squad overall;

Assistant coach	Paul Newby
Medical staff	Mo Surdhar
Chaperone	Jo Patel
HOD	Mark Symonds

Regards

Willie Thomas 6th Dan

2 x World Champion
EKF National Kumite Coach