



**PRESS RELEASE #12**

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**Second gold medal in self-defense routine for Russian team**

The winner and the golden medalist of the XVI ITF Taekwon-Do World Championship in **male self-defense routine** also went to the representative of team **Russia-1 Timur Gabdullin**. The theatrical costumed performance with Gabdullin as the hero started the competition in this category and set tone for the whole event. And the final performance of Gabdullin impressed the judges more than the performances of the strongest representatives of Tajikistan, DPR Korea TB Czech Republic.

**Timur Gabdullin:** I have been doing taekwon-do since I was seven years old and this is my second gold medal today since I acted as an attacking man in Anna Savinskaya's programme. This is a fantastic result, of course, especially at a home world championship where we all feel the support of the fans. In future I am going to improve in other taekwon-do categories – special technique and pattern.

*Self-defense routine, men:*

1. **Timur Gabdullin (Russia-1)**
2. **Bekshod Normutadov (Tajikistan)**
3. **Pak Chung Song (DPR Korea)**

