



PRESS RELEASE №8

15 October 2009

Anna Savinskaya - World Champion in self-defense routine

The first gold medal of the second competition day at the ITF World Championships held in Saint Petersburg was taken by the representative of team Russia-1 **Anna Savinskaya** who turned out the best in **self-defense routine**.

At the previous World Championships in Slovenia Anna Savinskaya took a bronze medal in this category. This time her **Matrix** programme performed to the soundtrack of the same-name movie conquered both the spectators and the judges. Artistry, precise work in team (a significant role in this discipline belongs to the "heroine's" partners acting as the attacking) and fine technique are three main components of the victory of Anna trained by her Saint Petersburg coach Alexander Shirobokov.

Anna Savinskaya: «I felt a great responsibility since I performed at a home Championship. Many people came here yesterday to support me. They had been waiting all day but our competitions were rescheduled for today. But today I also felt their support and I am very thankful to them».

Alexander Shirobokov: «It is not enough to make the right choice of costumes and music to win at the World Championships, the athlete must have his or her own image! And Ann's performance has that image».

The silver medal in self-defense routine was taken by the 2009 World Champion in individual pattern (III dan), 2007 World Champion in self-defence routine Jegal Un (DPR Korea). The bronze medal went to Sarah Fitzgerald-Holmes (Australia).

