

**Gold
Sponsor logo**

Silver sponsors logos x 21

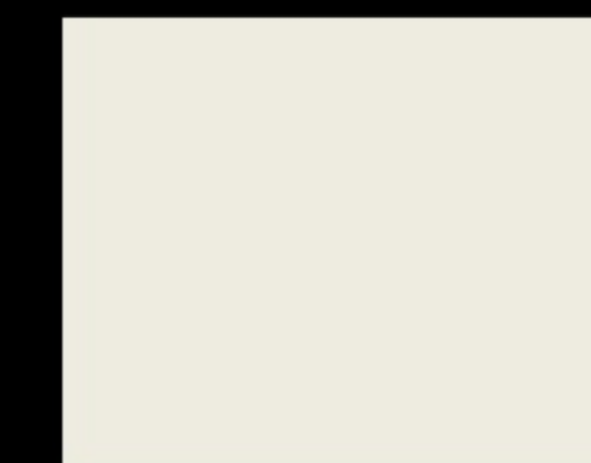
Bronze sponsors logos x 40

We use the proceeds from the sale of our album to plant forests that will grow forever. Each album is three square meters of new forest that you plant with us. Thank you!

SHINKYOKUSHIN KARATE EUROPEAN CHAMPIONSHIP



**The Open Weight Category
3.12.2022 WARSAW**



The Gold sponsor
of the album.





Podglad

2022 Adults Women Open Weight:

1. Ivanka Popova - Bulgaria
2. Mirjam Björklund - Sweden
3. Marta Lubos - Poland
3. Brigita Svinkūnaite - Lithuania



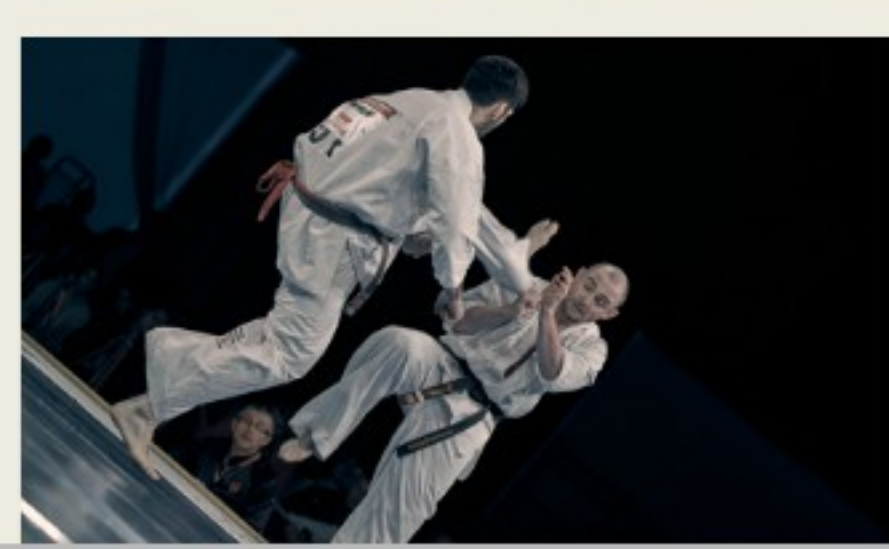
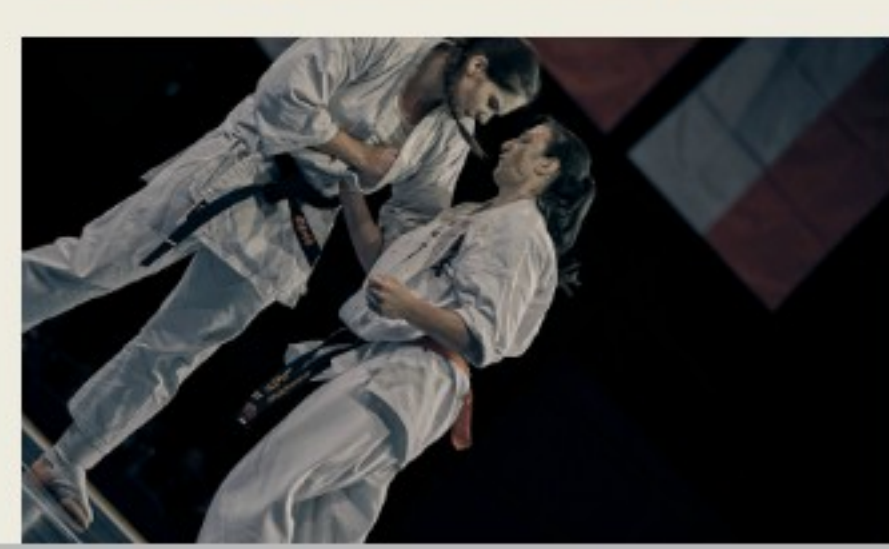
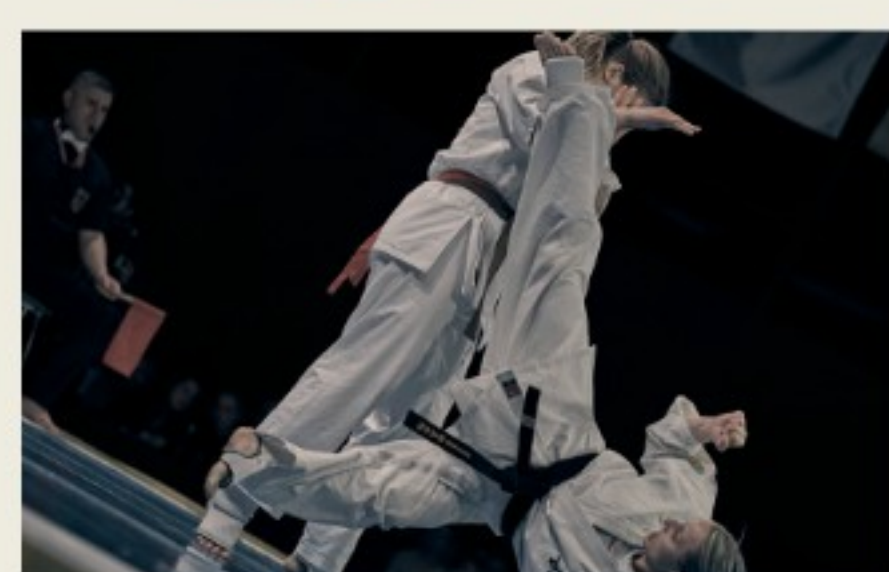
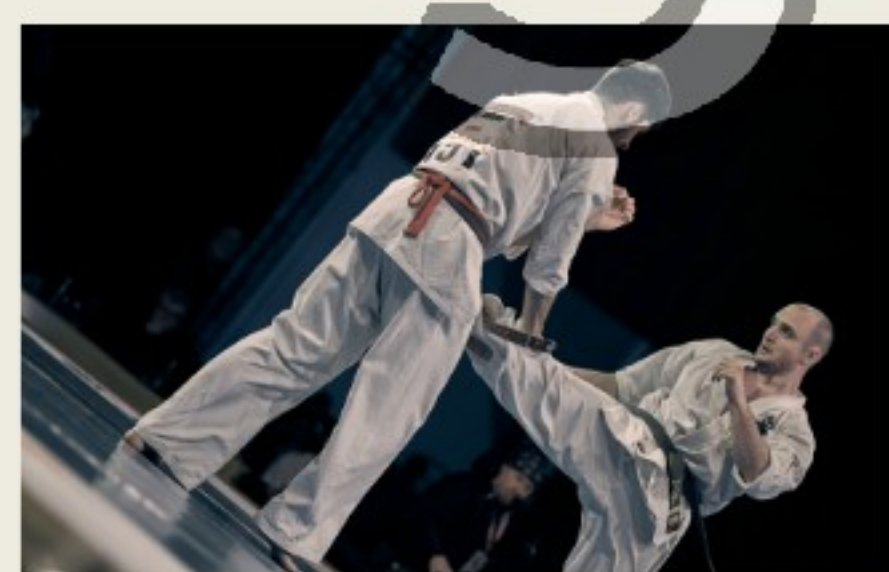
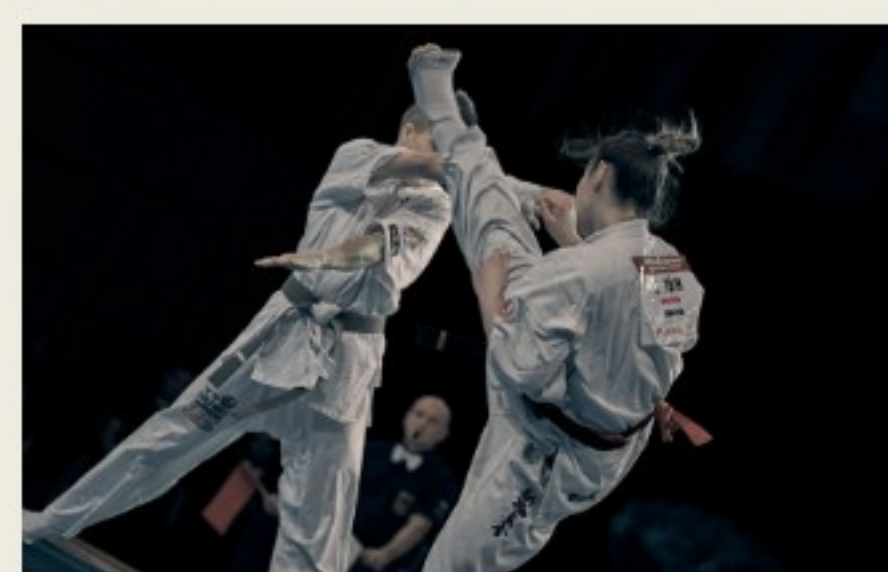












2022 Adults Men Open Weight:

1. Marek Wolny - Poland
2. David Mskhaladze - Georgia
3. Patrik Lajtos - Hungary
3. Orestas Abazorius - Lithuania

Podglaąd

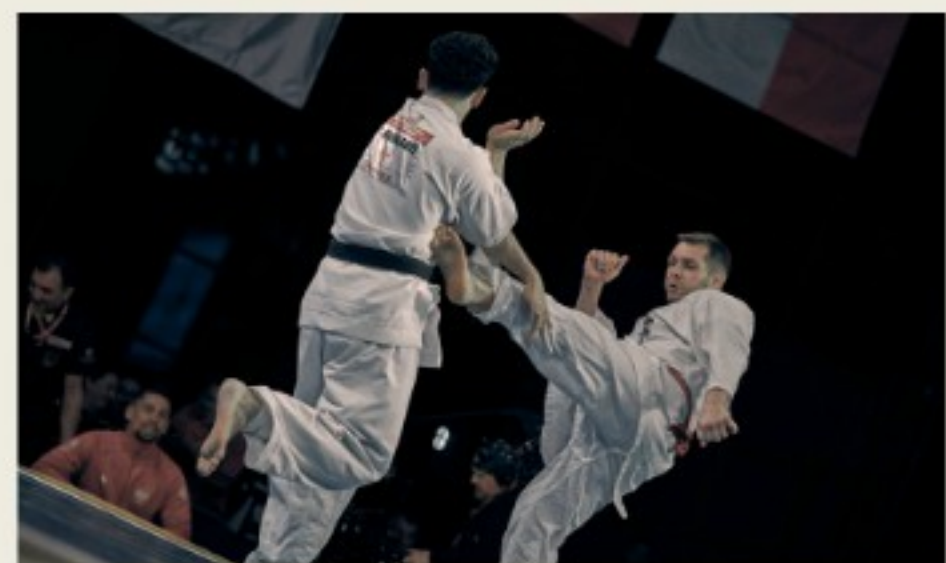


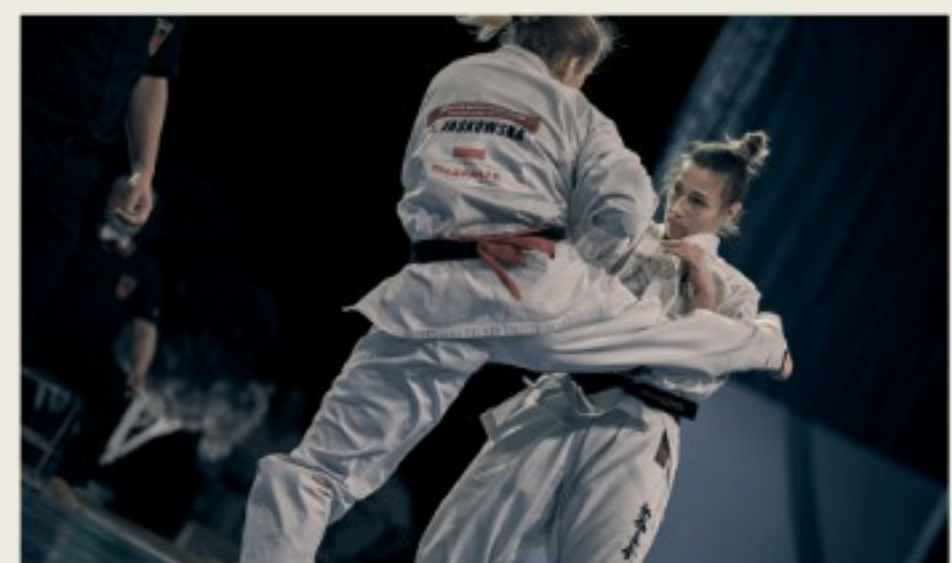
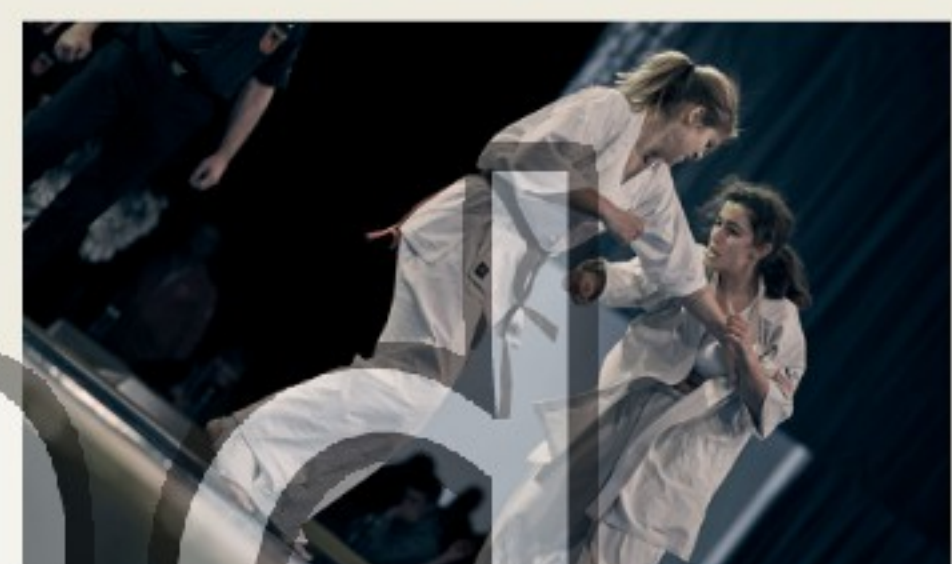


Podglad







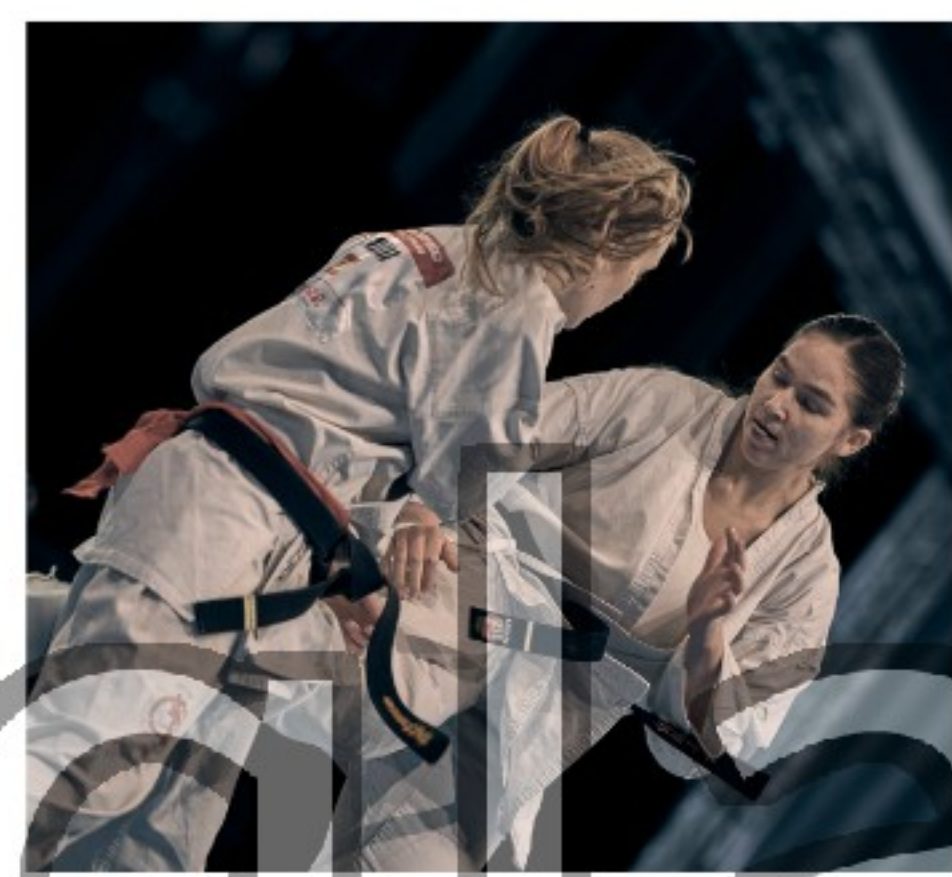






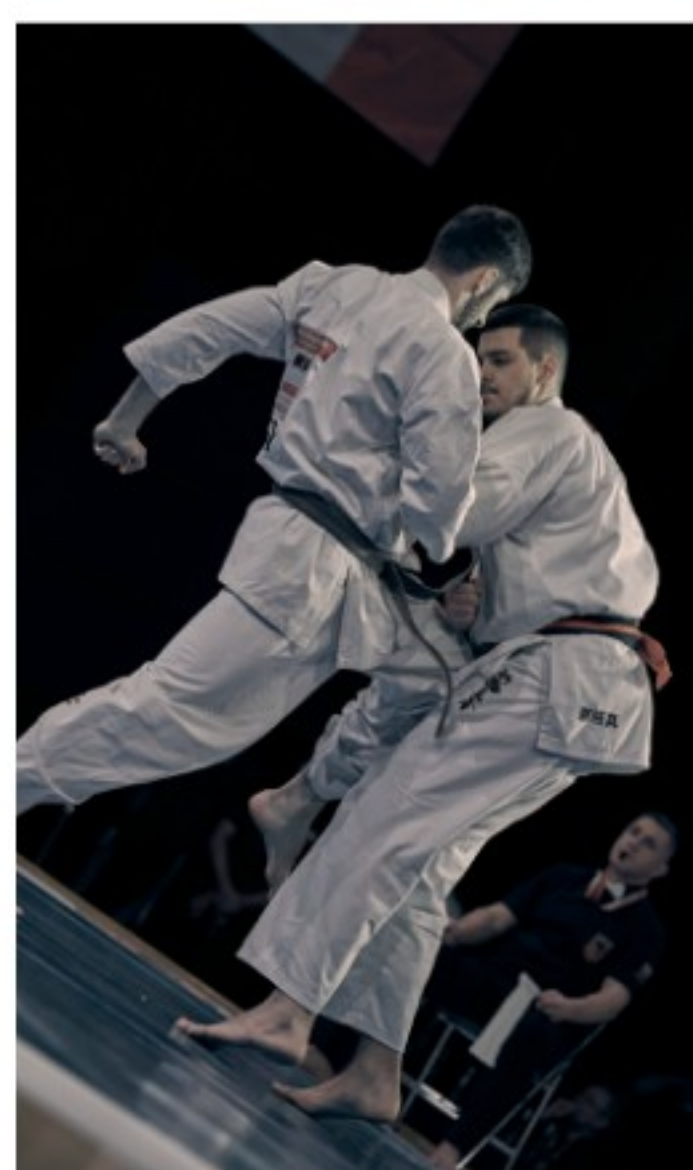


Podgląd











Coach Magnus Hanssen
We didn't have any expectations, when we went for for EC Open weight. We participated for experience and was hoping for a good draw and maybe the possibillity for a ticket to Japan. The result, a silvermedal for Mirjam, was way over our expectations. After the tournament several persons told me that Mirjam has technically developed a lot lately, but actually not. It is true that she improving and developing, but her capabillity has been in place for a longer time. She just had no faith in her own capability on the tatami. As young and only green belt, it is not easy to believe that it is possible to defeat more skilled and experienced fighters. My mission was to make her get rid of the limitations and believe in her own capacity.



Fighter Mirjam Björklund

After World Cup 2022 in September, i was watching my fights with my coach. I felt a great frustration that, I once again gave up on the mat - in a mental way. The fight itself didn't look as bad as it felt. But giving up, is something that has unfortunately been consistent in my career so far - mainly because I don't believe in my own ability. At that time my coach asked me to write down my reflections and feelings from World Cup, in the form of a letter and save it. At EC 2022 in December, My coach asked me to bring the letter from World Cup. I had my letter with me - and I read it over and over again on the day of the competition. The words became my mantra- and for the first time in my life, I made it all the way to the finals- only because I chose not to listen to my demons, who were telling me I didn't belong on the tatami. It resulted in a silver medal and a ticket to World Championship in Japan 2023; which of course can be considered an achievement, but a petiteness in comparison with the mental profit I made.





*space for
gold sponsor
self presentation*

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