

DESIGNER SPORTS

Team Lidberg

Online Coaching

DANCE VISION WORLD

IVO BRUNO POMORSKI

NEMAT NOORI

OLYMPIC REPRESENTANT IN KARATE IN PARIS

POLISH NATIONAL TEAM DANCE CAMP

ANTONI CZYZYK PIETRO BRAGA

EUROPEAN CHAMPIONSHIP WRESTLING WARSAW

ANDRZEJ SUPRON

NIKI HOMAND
AFROFUSION DANCE

SIF ANAR BATBAATAR

DR. MAGNUS NYLANDER HEALTH SPORT REASEARCH

SUPPORT UKRAINIAN DANCERS

GULSAH AKDAG KARATE

IWONA GOLCZAK
DANCE ENERGY

ALINA NOWAK
DANCE FORMATIONS



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SPORTS TECHNOLOGY DIGITAL SOLUTIONS APPLICATIONS

Digital Coaching by TeamLidberg in Lenus application. New fitness and diet program TeamLidberg led by Swedish wrestling brothers Jimmy and Martin Lidberg. Authors of Brottat Bröder Fight for Life book, soon presented in a documentary.



Martin and Jimmy Lidberg at Aten Wrestling Club in Stockholm

Martin Lidberg is a European Champion and World Champion in wrestling. He continuously participates in Swedish TV programs and also creates his own Team Lidberg in cooperation with his brother Jimmy Lidberg olympic medalist in wrestling.

They both are known experienced trainers within other sports like football and athletics. Sport was always a big part of their life since they were small. They grew up in a little area of Stockholm and sometimes in dangerous circumstances despite that achieved amazing results and are admired all over the World. They are also a big role models for their children in whom they instill the spirit of sport.

During pandemic Martin and Jimmy found a way to support their clients through a digital solution called TeamLidberg Online Coaching through Lenus application where you can contact them both, watch their short videos to you and measure your body, you can follow all your development there. The TeamLidberg program is a combination of individual adapted fitness and diet program. Martin provide a set of exercises and Jimmy receipts in this app with healthy food. They meet all challenges on the way. Their clients are in different ages, different backgrounds, active athletes who wish to focus on their professional sportsmen carrier and just a normal people who wish to get their energy back and feel healthy. This is a flexible solution for everyone who is not able to travel regularly to the gym. Some of TeamLidberg clients have built their own gyms at home. Currently there is a closed group Team Lidberg on Facebook which support each other and observe the appreciation. "We are here for almost all disciplines individual sportsmen like wrestlers, dancers, tennis, but also sports team like football, basket, handball"-says Martin.

We had opportunity to conduct a short interview with Martin.

You have written a book Brottat Bröder "Wrestling Brothers" Fight for life with your brother Jimmy Lindberg who is an Olympic champion in Greco Roman wrestling, about your both carrier and private life and challenges, can you tell us about that?

We have grown up in a family where the father was game addicted. So situations could change dramatically sometimes we had money and sometimes could we barely pay our bills. It became insecurity. Later when I was older so our father's addiction has been

escalated. It was threats and debts from several people which impacted our lives. We became involved in the process of addiction. We have written about our history which we hold secret about for all these years, but also how it impacted us. By this story, we want to inspire other people that everything is possible, and one can achieve goals despite different backgrounds and challenges.

Did you get any support from the sport as teenagers under these difficult situations?

The sport was very important for us. It was our sanctuary. There we felt strong, we had our other families, we could forget this hard time we experienced at home, we could live it behind. There were positive energy and joy. It was very important to keep the balance in our lives.

You plan to produce a movie based on your book which is now in Swedish, will you translate it into English both the book and the movie?

Yes, we are working on the movie Brottat Bröder, we have involved directors and actors. We plan to translate our book into English as we got many questions about that and to release the movie in English as well.

We know that besides the local trainers you had also developed your career with the international trainers, who helped you most?

Yes, I had many trainers in my career. I had one trainer from Hungary who means a lot to me and who laid the foundation for my technique, he trained me since I was fifteen. I had also Ryszard Świerad from Poland a fantastic trainer with eyes for details so one could achieve the world's best results which we did. He also means a lot to me.

You have used research in your career by implementing a new machine in your training created by Johnny Nilsson?

Yes, we had researchers like Johnny Nilsson, Alexander Ovendal there we integrated research in our training with different equipment. One machine to build press skill which is very important in wrestling, another machine was for lifting to become strong to build overcapacity skill which became one of my victory weapon which contributed to my success.

If you wish to know more about Martin, you can visit his page

<https://martinlidberg.com/>

<https://teamlidberg.com/>

<https://lenusehealth.com/>



BROTFTAR BRÖDER

EN FIGHT FÖR LIVET

MARTIN
& JIMMY
LIDBERG
MED THEODOR
LUNGGREN



SYNERGY CAMPS

BY AIRDANCE

AirDance application for dancers and teacher has been developed to make opportunity to connect online and still continues education. This has been a revolutionary solution during Covid 19 pandemic.

This situation has also connected online many international teams then called Synergy teams. So based on that we had Synergy camps which have been organized by AirDance top dance teachers like Joanna Leunis, Andre Ghigiarelli, Michael Malitowski, Maurizio Verscovo, Oxana Lebedew on a regular basis in AirDance Academy in Warsaw. Our trainer have been flying to us every month and this gave really positive effects for our development and keeping up our stamina and motivation still alive during these difficult times. We had dancers from different countries mainly from Europe.

Joanna Leunis, is a professional Latin ballroom dancer. With Michael Malitowski, she is a former professional World Latin Dance Champion and the current International Latin American Dance Champion. The couple represented Poland until 2011, choosing to represent England until their retirement in 2015.

Joanna Leunis teaches Latin style, she has recorded over 100 lessons on AirDance app and sharing her knowledge with us from different perspectives not only technical but also space and energy. Her solid knowledge is well known as multiply World Champion. Joanna Leunis has also led online lessons through Love2dance. This effort is extremely appreciated all over the world. This helped us to improve our quality of dancing.

AirDance team reached out to top dance teachers in the World to show the solidarity during Covid 19 and also the purpose to optimize all expenses like f.ex travel costs.

Thanks to their support we could also arrange workshops in our countries for example in Stockholm by Diana Kicia and Gothenburg by Vilhelmina and Alexander Lavrov where we could guest Andrea Ghigiarelli

The winner of a quantity of recorded online lessons on AirDance app is Maurizio Vescovo. He put a lot of attention not only for technique but also for overall of performance and mental preparation to competitions (below picture from Synergy camp 2020 Diana Kicia with Maurizio Vescovo)





Synergy Camps with Joanna Leunis (Latin) and Andrea Ghiarelli (Standard), AirDance Academy, Warsaw.



Report on karate competition on April 2, 2022, in Stockholm Duvbo coordinated by Yui Shin Kai with chairman Matts Andersson together with O'sensei Gansho Inouse and Hanshi Kisho Inouse.

Yui Shin Kai came to Sweden during the 80's and they have been training in Rissne since 2003. The style was founded in 1948 in Japan. They coordinated two major events each year Yui Shin Kai Open and Swedish Kobujutsu Open. The designer sport had the opportunity to be a guest and interview some coaches as well as athletes.

Today we can look at many interesting victories in karate coordinated by the Yui Shin Kain club under Matts Andersson's leadership. There were clubs from all over the country that participated.

Karate is interesting and fun training, bodily and mental development that increases well-being and increased self-confidence. It is recommended for everyone even just for self-defense.

We have met clubs from Solna Tullinge, Nacka, Akalla, Husby. There was strong competition and well-trained and prepared athletes of many ages'

categories. Great successes could be observed from the United Sportcenter club under the leadership of Jimmy and Alexandra Haag who have hundreds of members and over ten representatives in the Swedish national team. The club is expanding so interest grows.

We have also met coaches from Shiai karate club Farhad and Morre who tell us about their talented practitioners. Shiai karate klubbones are located in Akalla and Husby where the chairman is Sensei Reza Mohseni who has a long track record and medals from World, Europe, and national team competitions as well as many years of experience (40 years) as the national team coach and Coach of the Swedish Kumite national team (sparring). Sensei Reza is a highly regarded and caring coach with tremendous pedagogical ability that led many to international success.



United Center students during the fight



Sensei Reza Mohseni, Shiai Karate Club, Stockholm

One of them is the youngest contestant today, Venice. Venice is a very fast and skilled athlete. Today she had strong opponents one of them was Sara Godrati as a van, however, in the next match van Venice and in the effect, it became silver for her and the Shiai club.



Jimmy Haag coaching Sara Godrati and Proud Venice present her medal.



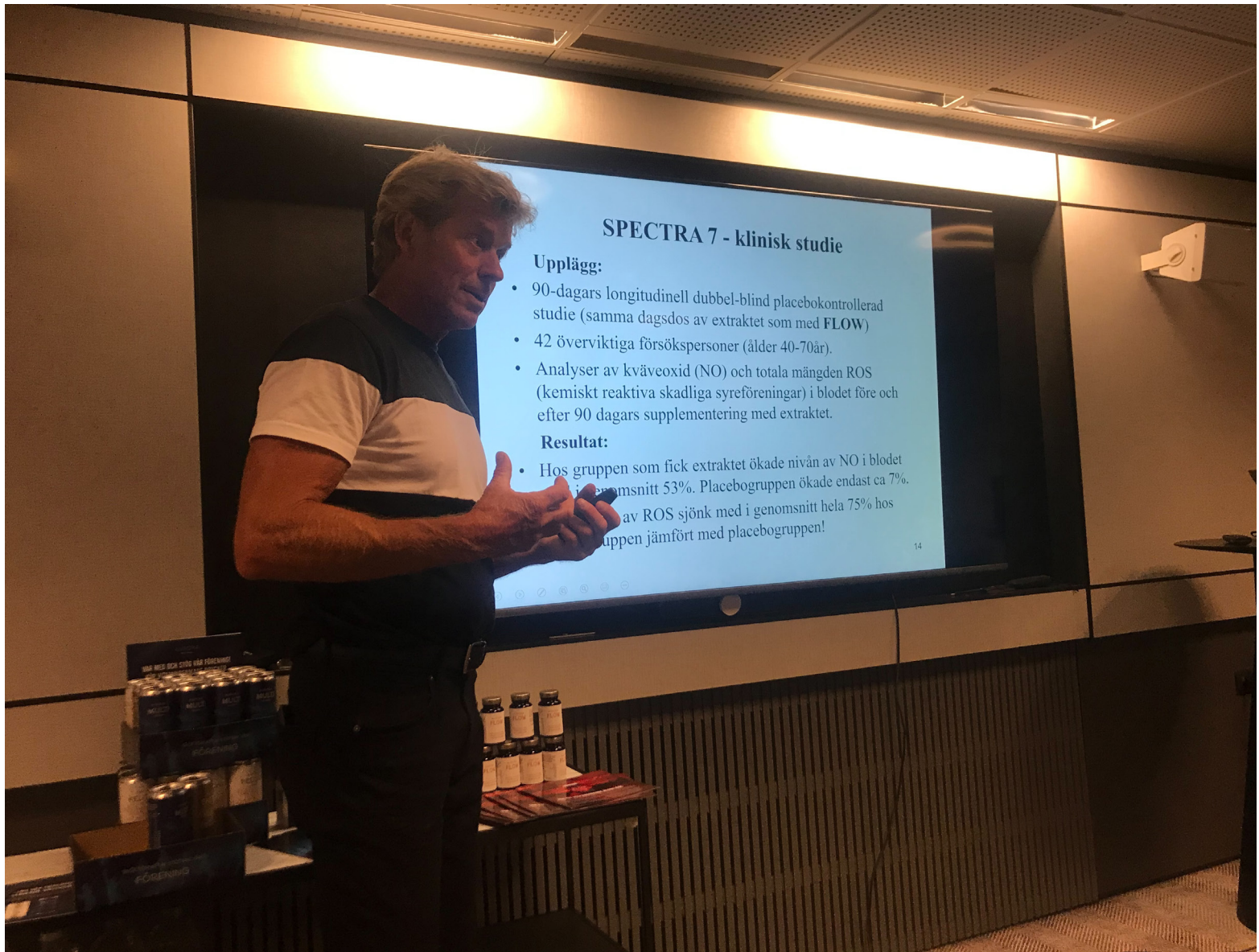
***NEW RESEARCH
IN SPORT***

***HEALTH OF
ATHLETES***

SCIENCE

“AIM HIGH AND BECOME YOUR BEST SELF”

The Optimal Health Education took place on May 8th at Radisson Blue Royal Viking Hotel in Stockholm conducted by dr. Magnus Nylander including the launch of new Aurora supplements.



Dr. Magnus Nylander during presentation of Aurora

Dr. Magnus Nylander is well-known researcher, educated in Karolinska university and BioMedical Research in Austin Texan university who led successfully Swedish wrestler Martin Lidberg to World Championships and other national teams around the World like f. ex Carl Lewis from America.

At the event, we could meet different stakeholders from very different branches and sports.

Dr. Nylander was talking about the importance of regular control of the body capacity and performance of athletes and how diet and supplements impact that. He owns innovative equipment for analysis and testing.

Aurora is produced in Sweden approved by the European Medical Agency and the American Food and Drug Administration and the main goal is optimal health "Aim high and become your best self". Supplements are gluten and lactose-free and 100% vegan, which works to the protection of sensitive genes. The product has been tested on over 200 athletes from different disciplines: judo, wrestling, ice hockey).

Aurora Optimal Drinks MultiBlend, Energy Drink and Reload Drink are vegan, sugar-free, caffeine-free, and enriched in vitamins, flavonoids, and branched-chain amino acids.

Aurora Adapt Performance and Recovery supplements include B vitamin and plant extracts like Schisandra, and Russian Root, this counteracts exhaustion, both during mental and physical stress. Effects and goals it to:

1. Increases physical and mental energy
2. Increases physical and mental endurance
3. Compensates for the effects of sleep deprivation
4. Protects the brain and nervous system, which, among other things, improves memory
5. Relieves anxiety and mild depression
6. Protects against certain types of free radicals

Aurora Flow can contribute to the formation of nitric oxide which has vasodilating effects in the blood vessels and is thus important for a normal blood flow. Better circulation in the cardiovascular system provides more energy and can help prevent accelerated aging. Includes Spectra 7/S7 extract of plants like green tea, green coffee, blueberry, L'Arginine, Citrulline, and beetroot.

The supplements are recommended from the age of 18 and should be met every third month to see the progress in well-being and performance.

If you wish to know more about Aurora visit <https://www.auroraoptimal.com/>

DANCE SPORT

POLISH NATIONAL TEAM CAMP

EUROPEAN MEETING CENTER ELBLAG

FTS FEDERACJA TANCA SPORTOWEGO
ANTONI CZYZYK

The Polish National Team Camp took place on the 13th of May in Światowid the Center of European Meetings in Elbląg and was organized by a Polish Dance Sport Federation FTS under the leading of Antoni Czyżyk the President of FTS. Designer Magazine had the opportunity to join this event and enjoyed knowledge sharing. We had approximately 200 dancers from different cities even countries and different levels.

The agenda of the camp for four days was divided into group and private lessons in Standard and Latin dancing. Every time there is a guest top teachers, this time it were Iwona Golczak, Lasse Odegaard, Emanuel Valeri, Sergej Milicija, Peter Stokkebroe and Pietro Braga.

Every teacher put a lot of attention to technical details of course but also musicality. According to us this time the most important subjects were “Energy, spiritual approach” by Iwona Golczak and “Musicality playing with timing” by Emanuel Valeri. Iwona talked about both physical and mental aspects, energy, and spiritual approach within dancing.

This subject touched our hearts, we believe it would be included often in our education and camps as it expects from us to be both technically correct and authentic. We are not aware of how our energy impacts each other. Iwona together with Peter mentioned also the aspect of partnering from the leader and follower perspective. Many times we can observe a lot of focus on the leader so it was much appreciated that both partner’s responsibilities were described and how different signals impact our movement and dancing.

Emanuel talked about playing with the time in different music, dance, rhythms, this was also interesting to watch how we can modify our interpretation of



Polish National Team with President Antoni Czyzyk and teachers Peter Stokkebroe and Sergej Milicija



Iwona Golcczak group lesson about energy in partnership





Pietro Braga teaching



Lasse Odegaard teaching private lesson



Emanuel Valeri teaching, group lesson

music and express it in our bodies.

The event was organized in a beautiful place with a big dancefloor and with high quality as usually based on the strong experience of Antoni Czyżyk who is also a trainer and international dance judge, organizer of The World DanceSport Federation (WDSF) championship tournaments in Poland and the WDSF ranking tournaments - Baltic Cup International Dance Festival. It was very appreciated by all dancers who missed live dancing under pandemic.

We were impressed by the quantity of well-trained, engaged dancers in both disciplines. We have seen the power, love, passion, good quality of technique, good energy, commitment to dance despite these difficult times.

In 2022 the same camp took place also in Swiatowid. We had lessons with Agnieszka Melnicka -Melia who talked about three fundamental roots in dancing: 1 Posture, 2. Mental approach 3 Physical skills.



Melia group lesson

Designer thank Studio PM Photography and Polish Dance Federation FTS for beautiful pictures.

Niki Homand uppträdde för svenska kungafamiljen på Victoriadagen 2019. Afrofusion.

Intervju med Niki Homand –Artist, Danslärare, Dansare, Ungdomscoach, Bilförsäljare. Niki redan 16 år gammal började sin karriär som dansare för Saeed Shayesteh. Hon har deltagit i många tv program, musikvideo och konserter. bl. a uppträdde med Kaliffa inför den svenska kungafamiljen på Victoriadagen 2019 by Diana Kicia.



Niki Homand på Gröna Lund i Stockholm

När och var började du din konstnärliga resa?

Mitt första professionella jobb som dansare var åt en persisk artist Saeed Shayesteh när jag var 16 år gammal. Han och hans team såg mig träna i en danslokal och frågade om jag var öppen för ett samarbete. Jag spelade in flera musikvideos med artisten och uppträdde även på Annexet när han hade konsert. Därefter gick det några år innan jag medverkade i Ken Rings musikvideo, som ledde till att jag fortsatte arbeta professionellt med dansen.

Vilka var och är dina största ikoner inom konst, musikal, dans och varför?

Min största inspiration i dansen är en fransk dansare som heter Cassie (@badgycassie), hon har en fantastisk utstrålning och energi, och hon har en extremt cool aura. I Sverige är min gode vän Jensa från Hoffmaestro en stor inspirationskälla, då han har ett grymt busnesstänk och ser helheten inom alla artistiska grenar. Jag blir väldigt inspirerad av att diskutera artistbranschen med honom.

Vad betyder konstnärligt skapande för dig, vilka är dina favoritkonst du sysslar med?

Med risk att låta klyschig så är dansen som en terapi för mig. Jag får chansen att röra hela kroppen, vara kreativ och inte tänka på något annat – när jag dansar. Det bästa jag gjort är de musikvideos jag medverkat i, med artisten Kaliffa. Den största anledningen är att jag fått chansen att skapa magi tillsammans med flera olika professionella kreatörer. När alla olika parter slår ihop sina talanger till ett, så blir det ren magi!

Min största support i allt jag gör är min familj. De pushar mig till att göra det som gör mig glad och ger mig perspektiv på saker och ting.

Kan du snälla berätta mer om en stor och viktigaste föreställning du deltagit, hur kände du för det?

Det första som kommer upp i mitt huvud när jag får denna fråga är när vi uppträdde med Kaliffa inför den svenska kungafamiljen på Victoriadagen 2019, det var en helt ny publik för mig och vi var de första som fick visa den typen av publik vad svensk Afrobeats är. Det kändes ballt och viktigt att få blanda de två världarna. Att få visa Sveriges kungafamilj vad urban musik/dans är.

Ett annat viktigt uppträdande var när vi uppträdde på Skansen för den årliga "Eldfesten" som är en persisk högtid. Jag uppträdde med två persiska kvinnliga artister Nikita & Shery och en danskollega Linda Enough. Det uppträdandet känns extra viktigt för mig, för att programmet visades i bl.a stora persiska kanaler för det persiska folket. I Iran är det förbjudet för kvinnor att dansa, så att få visa persiska unga kvinnor att det inte är ett brott att dansa är ovärderligt för mig, jag hoppas att många blev inspirerade av att se oss göra vår grej.

Mitt största fokus när jag dansar är att sprida bra energi och glädje, oavsett om jag undervisar eller uppträder. Jag har så länge jag kan minnas drivits av att göra folk glada.

Tävlar du?

Jag har aldrig tävlat i dans.

Vad driver dig?

Jag drivs av att sprida positiv energi, att underhålla och göra folk glada.

Som erfaren dansare, vad skulle du säga till yngre dansare som tappar motivationen?

Ta dansklasser, testa en ny dansstil! Få motivation från andra dansare så att du sätter igång din kreativa hjärna igen och skaffa ett team.

Vilken typ av dansstilar tillhandahåller du?

Förutom någon hiphop-klass här och där så började jag dansa på riktigt med en Jamaikansk dansstil, "Dancehall" när jag var runt 13 år gammal. Sedan började jag lära mig "Afrofusion" (en samling av olika afrikanska dansstilar) på egen hand strax efter gymnasiet, genom att stå framför musikvideos på YouTube. Jag har lyssnat på Afrobeats sedan jag var liten så det föll naturligt och sedan gymnasiet har jag inte kunnat sluta med dansstilen. Idag undervisar jag endast i Afrofusion men kan slänga in en touch av Dancehall i koreografierna.

Vilka är dina 3 största drömmar?

Mina 3 största drömmar är att tillsammans med min familj vara evigt lyckliga och friska, att göra oss ekonomiskt oberoende och att få samarbeta/dansa med internationella världsartister.



Niki bilförsäljare



Niki med Kalifa i Idol

The Dance Vision World

Ivo Bruno Pomorski



The Interview with Ivo Bruno Pomorski owner of The Dance Vi- sion World.

Hello Ivo, thank you for joining Designer. Please tell us more about yourself. When and where did you start your artistic journey?

Hello Diana, Thanks for having me here. It's a pleasure for me. My adventure with dance began relatively early because of my mother, who was a well-known and recognized dance choreographer in Lower Silesia, Poland. I remember those times very well, Poland was in the communist bloc and the most popular form of dancing activity was the state community centers. This is how I started my childhood career. I was 6 years old when my mother took me to my first ballet class in my hometown of Bolesławiec. I hated these classes but I had to lead by example as a choreographer's son so I attended these classes no matter if I liked them or not. From that moment on, my life path was probably already precisely defined. As it turned out later, I have never strayed from this path.

Who were and are your biggest icons within art, musical, dance and why?

In the beginning, my greatest fascination was, of course, my older friends attending the same classes, but later, as I grew up, I got into disco dancing, so my music idols were: Koll & The Gang, Electric Light Orchestra, etc. This music inspired me, we were the dance elite in my hometown. All the local discos were ours. I even went to the Polish Disco Dance Championship for the first time. Further on it was faster, I started to get interested in ballroom dancing. I started to dance in standard and Latin American style in my hometown AKT DEBUT Marek Czajkowski. Soon after, I moved to Wrocław, where I danced at the AK-TAN Dance Club with Professor Beata Lichtarska.

This is the most turbulent period in my life. I was the President of this club.

After 3 years I started dreaming about professional skills and knowledge in this field. English teachers were my idols. I dreamed about going abroad permanently and staying permanently in the United Kingdom. Walter Laird was my dance bible. Donnie Burns & Gainor Fairweather, Marcus & Karen Hilton were my idols, and of course, my teachers in Wrocław, Roman and & Malgotzata Chraczynscy. One of the leading Polish couples in 10 dances in this period.

What does artistic creation mean for you, what are your favorite artistic performances you have done?

Artistic creation defines my current life. Already at the beginning, I had a feeling that only an original and unique work can distinguish a man in the crowd.

I did a dance show that always had to be different, surprising, often controversial, but it made sure that it would be watched regardless of whether someone liked it or not. As it turned out later in the United Kingdom and America, my works were always very highly rated by critics. I was a producer of many projects:

I worked for BBC 1, dancing in the England National Team as the only Pole at that time.

I was a private student of Mrs. Peggy Spencer. Member of British Empire.

Then in America, I worked for John Galliano, a fashion designer, I worked for Arthur Murray international. The largest dance school network in the world.

I was also a professional couple in American smooth & American rhythm.

Ivo Bruno Pomorski & Megan Sistrunk, from Ohio.

As you can see always... I had to be original and one step ahead of everyone else.

After I passed my professional exams in Imperial Society of Teachers of Dancing in London, My First Dance Factory was in Warsaw called Art Imperium. Very successful and loved. My first Dance Vision school was also established in the USA, which gave me the direction of work, and then it also operated



Ivo Bruno Pomorski is judging competition

in Poland as Dance Vision Poland. It is such a large summary of what has happened over the years.

During your career, you were moving and mentioned earlier the problem of adaptation in different countries. What is the difference between acting in Europe or America? What are the biggest challenges? Could you please tell us more about acceptance and tolerance?

I think that the biggest problem and at the same time a trap for a young artist and dancer is what I call “young wolf syndrome”. This is what the so-called American way of being ... be the best!

I was like that too and unfortunately; I continue to laugh at myself that I am still like that.

The desire to be the best in the world makes a person have few feelings because they either see you as arrogant or chauvinistic or as a dangerous enemy because your knowledge and experience are so enormous that you threaten their business. Added to all this is the so-called empty space between countries.

Emigration sometimes causes many problems. In England, I was treated as a talented Pole, in America as a strange Englishman, in Poland as a Polish-American hybrid. Nowhere to the end does not feel like belonging to this day. I feel like a citizen of the world and it will probably remain so for the rest of my life.

Tolerance is very debatable and depends largely on who you are? If you are very professional in what you do, you are a force that must be respected. Only this approach gives you tolerances in every country in the world. The power of professionalism in the profession.

People accept you when you are the best because they have no way out. Who is your biggest support in development within your artistic career?

If you ask for a person, then I will tell you that, unlike my older colleagues, I am fascinated by young people. I believe that nowadays young, efficient human organisms are capable of much greater challenges than, for example, 20 years ago. The perception of



Ivo in Discovery channel

of dance and physical activity has changed dramatically. My source of energy and inspiration in dance is in young musicians and dancers from all over the world, who every quarter of the year reveal themselves with new ideas and a new point of view. I like to reach for new media, the physical movement has to develop and teaching methods as well. My help is to observe the world, analyze and wish to do better. Nothing has changed in this regard. My request to young dance teachers or just artists!

Don't try to be modest, don't try to be calm, don't try to be perfect and politically correct, distance yourself from yourself! Only rebels have a big career calm people do not get anywhere ... because they are too normal and do not stand out from the crowd. Think it over.

You have many talents from different styles of dance what is your biggest focus?

Yes, it is true. Working and contact with the best and most original individuals in the world have made me have knowledge in many areas of dance which is fundamental to understanding how a world champion is created. Each of us knows that concentration in only one dance style gives a limitation that will be deadly in confrontation with coaches who have knowledge in several dance styles. That is why I feel good where I can solve a technical problem in a clear and transparent way. I have to feel that my student understands me and is satisfied with the results in a short time. Everything costs money, so I try to do it as quickly and efficiently as a student or a group of students allows me.

However, if you ask. what do I like in private? Musical Dance, Hip Hop New Age, Ballroom Dance ... in the end, I was also a 3-times Great Britain Champion in Latin-American.

In hip hop, I have raised multiple Polish champions and 4-time world champions.

I did so many Musicals... like FROZEN also for my daughter Mia Pomorska. Like Captain America ... I can fight until the morning ... Oh no jokingly and seriously I love analyzing movement from a scientific point of view. The correct process of movement gives immediate results and gives you a chance to delight your heart in dance and feelings that have never been felt before.

How did you find your spirit in the dance competition challenge to share your emotions and charisma?

You know what? ... hmmm ... here the answer is very simple and fast. I have always danced at 120% of my ability in the practice room. I don't know what stage fright means. I am explaining the same to my students today. You are to go on the dance floor, kill them and come down with a smile on your face. You will only do this when you involve your feelings in the dance. Make sure the viewers are picking you up in HD.

How did you mentally manage hard training and intensive competition period, is there anyone who provided motivation consultancy for you?

Yes, of course, This person was always my Mom, then the English Mom Peggy Spencer and then I think, like everyone else ... this desire to prove to the world every day that you are the best gives you not a single day off. There is no retirement pension in our profession. You have to marry the dance, then you have 2 wives. They are both jealous of each other and you have no choice. You have to give advice whether you are tired or not. This is the essence of the choreographer's life.

As an experienced international judge, choreographer, and dancer what would you advise to younger dancers who lose their motivation during a pandemic?

What does motivation mean? I understand that sick organisms need the motivation to survive? Healthy organisms live and work normally and do not need motivation. We are ambassadors of a healthy lifestyle, mass meetings, and a happy life. If we stop dancing, training, and taking part in dance competitions, what's left for us? Lockdown at home 24/24?

We, the artists, give humanity a sense of happiness and worth. Let us not forget about it and let us cultivate it. The pandemic will not stop us.

You are an entrepreneur, could you please tell us more about your dance academies and what drives you?

Yes, It's almost the 30th anniversary. So far there were companies: Polish Dance Centre Art Imperium

Polish Dance Vision Factory, Dance Vision Poland Academy.

Now, this huge experience has turned into the final product: Dance Vision World Foundation

with headquarters in Warsaw and branches in Warsaw and London.

The development of everything depends, of course, on the epidemiological situation in the world, but it is the foundation that will be the guardian of the interests of the owners of dance schools and event organizers. Contact with businessmen from all over the world will enable the exchange of interests and product and commercial sales through events. Specialist training and funding for young talents is also a priority for the Foundation. We want the dancers and owners of dance schools to enjoy nothing but pleasure ... that is, creating the world of dance. Bills shouldn't be too much for them. And I can assure you that we will be good at it. Our experiences are huge.

On many boards all over the world, we still see the majority of male judges. Do you have any examples of women empowering in your cooperation within dance businesses and what is your point of view?

Well... I think I have a different point of view than yours. My experience shows that women are more useful for judging a dance, women are beauty, beauty can judge what is beautiful. Men also appreciate the beauty of dance. It all comes down to the beauty of a woman assisted by a man! Is it not so? We live because of it; we love because of it. Secondly, My Trainer and Mentor Mrs. Peggy Spencer was the head of the biggest dance federation in the world.

Can you observe any evaluation of dance in Ballroom dancing from different perspectives technical, behavioral, and political?

The behavioral, technical point of view of dance judges can be a major obstacle to the development of a modern dancer. We all understand that there must be some rules by which we develop and evaluate artists, but certain flexibility and openness to new trends should be a priority in the development of individuality in dance today. I am against locking everything in rigid clamps because an organization makes money from it. I am for development. I will always be behind young people looking for better

solutions.

What kind of dance styles will you provide in Dance Vision World?

As I mentioned before, Dance Vision World today is a Foundation. This means that it is a support for every dance community, mainly in Poland and the UK. We are to make dance school owners feel free from economic hassles. We want to build financial programs that will help them deal with common problems of costs and expenses. We want them to take care of creating ONLY the world of dance. At this point, it doesn't matter what dance style they dance school represents. I hope that we will be able to help everyone organizationally and financially. The first project will be carried out for the organizer of the WADF Dance Event. We will see how the situation develops.

We also have in mind great dance schools run by enthusiasts of this profession, hard-working people who deserve to be helped. These include, for example, Szkoła Tanca DiscoFox Poznan with whom we maintain good relations. It is also the Head Office of the Polish Dance Society. (PDS) (OTT) I think that others will follow, regardless of the federation and internal politics.

What are your 3 biggest dreams?

I would like people to remember me as a nice guy, full of love and humanity. Money is nothing to me. I prefer to help others.

Is there anything you would like to add?

I would like to extend my heartfelt thanks to the Swedish quarterly magazine Designer Stockholm, thanks to you, the world speaks to people and this is what we need today in a pandemic world.

Kind regards
Ivo Bruno Pomorski
The President of Dance Vision World

**“BE STRONG AND BE HEALTHY “ - GULSAH AKDAG
EUROPEAN BRONZE MEDALIST I KARATE SHOTOKAN**



Photo Jeff Tran, Golden for Gulsah

Interview with Gulsah Akdag Tararbit European Medalist in Karate. A trainer of National Team in Swedish Karate Federation in Shotokan style. Teacher of Karate Program at Fredrik Bremer school in Stockholm. Recently built a new female karate team.

HOW DID YOUR JOURNEY WITH KARATE START?

I started karate when I was 8 years old, it was my cousin who started first who came to our home and talked about that, so my mother decided to send me there too. In the beginning, we did this for fun than after a while, I started to train more and more. So when I was 15 I started to train professionally in elite investment.

WHAT CHALLENGES DID YOU HAVE IN YOUR SPORTS CAREER IN SWEDEN?

The biggest challenge was that I still needed to work full-time and train. We as elite sportsmen do not get any economical support in karate in Sweden. So we need to pay for everything by ourselves. So this was stressful that there is not enough time.

The second challenge was a different weight category I used to fight for f. ex to keep bodyweight around 50 kg during a longer period was difficult especially for a woman with menstruation. When I was older I started to understand those challenges and my trainers explained also that to me.

WHO HELPED YOU, WHO IS YOUR BIGGEST SUPPORT?

My biggest support is my family, they helped me in this whole journey for example when I could not work full-time. I had three also amazing and professional trainers who shared the most knowledge with me about karate.

CURRENTLY YOU ARE A TRAINER OF NATIONAL TEAM IN KARATE IN SWEDISH KARATE FEDERATION AND TEACHER IN KARATE PROGRAM WHAT MOST IMPORTANT VALUES DO YOU SHARE WITH YOUR STUDENTS?

The most important is that they need to have patience. I tell them about all steps in the process. They need to have an understanding that one cannot become a Champion over one night. So this will take time and they need to have a specific and realistic

goal. So f. ex if you are not a Swedish Champion today you need to think to achieve this before you wish to become a World Champion. One needs to take the right step at the right time. Another important aspect is to have an opportunity to talk openly about things. One step you can manage within a specific period and next in another period. So both trainer and student are clear in the plan.

HOW OFTEN DO YOU TRAIN, YOU ARE IN SUCH A GREAT SHAPE AS A TRAINER HAVING TWO LITTLE DAUGHTERS?

Thank you so much, I train 4-5 times a week 2. My goal is to become an elite exerciser if I am not allowed to be an elite student. I feel well about it, I know that training and mental health go hand in hand so therefore it is important to me to be in a good physical condition.

DID YOU EVER FEEL UNFAIR TREATED IN YOUR CAREER BECAUSE YOU ARE A WOMAN AND HOW DID YOU HANDLE IT?

I was thinking about this question if I did but no, I didn't. I had amazing coaches in the National Team and I have been always a fair selection because I believe in this basic philosophy that I need to do a job to become selected and I was ready to do this job. So if it was about training 10 000 hours then I did it.

WHO IS YOUR BIGGEST IDOL?

Rafael Aghayev is very good at karate. Serena Williams the tennis player very skilled as an elite woman and she is also a mother. These two icons I have had as my idols for a long time.

WHAT ARE YOUR BIGGEST ACHIEVEMENTS, WHAT SPECIFIC GOALS YOU WANT TO GAIN THROUGH KARATE AS A TRAINER?

My biggest goal was to win a European Medal in Karate and this I achieved. The next goal was to transfer knowledge. I wanted to work with other

other people and to have the opportunity to share my knowledge therefore I have studied 4,5 years at university and then 2 years, distance studies as an Elite trainer. Currently, my goals are to get more girls and young women in the karate world. So they can build their self-confidence. I think that knowledge is something more while we can share this, it gives more positive effects.

WHAT DOES SPORT MEAN FOR YOU? IS KARATE A GOOD SPORT FOR GIRLS? RECENTLY YOU CREATED A FEMALE GROUP OF WOMEN IN KARATE COULD YOU PLEASE TELL US MORE ABOUT THAT?

Sport is my lifestyle. I believe in the philosophy that health: head and body go hand in hand. I tell them to do not to give up. You need to have both your head and body in a good shape. One needs also to consider an important aspect of a healthy diet. So no over train the body and do not eat properly, there needs to be a balance all the time.

Karate is very good for both women and men. Karate is not only a camp sport, there is a lot of discipline, strategic thinking, problem-solving, better self-confidence, self-awareness in karate. It also helps to

believe in ourselves in case we might get into a problematic situation outside karate.

YOU ARE AN INSPIRATION FOR MANY KARATE SPORTSWOMEN AND MAN. HOW DO YOU MOTIVATE YOUR STUDENTS TO DO NOT GIVE UP?

I explain to them that one needs to go through different phases. If life was perfect so there is no challenge. To become better makes things harder, if you are better more expectations there are on you. This is good if someone can explain this to them early in their career. I use to tell them that this is a long journey and we do this journey together, they are not going to be alone in this, I as a trainer will be always there for them as far as they do their work, I cannot do this job for them.

YOU HAVE TWO BEAUTIFUL DAUGHTERS DO YOU WISH THEM TO TRAIN KARATE IN THE FUTURE?

I get this question quite often. I wish them to train, then if they want to become elite practitioners in karate or another sport it is up to them. But I wish



Photo: Anna Zek. Gulsah with black Karate belt.



National team camp with the Swedish team and our world-class guests from Holland, Greece, Brazil and Iran, Gulsah Private Gallery

them to learn karate only to know self-defense and self-confidence. This is extremely important. Martial art is sports where you can best build self-confidence in case you might be in a difficult situation.

IS THERE ANYTHING YOU WOULD LIKE TO ADD? BESIDE GROUP LESSONS YOU PROVIDE ALSO PERSONAL LESSON?

I think if we people will get better to take care better of ourselves so it makes easier for us to take care of other people as well. Everything starts in ourselves with positive thinking, believing in ourselves, that we dare to develop.

Yes, I started a company be strong and be healthy where besides group lessons I provide also personal training. The goal is to build people's bodies so they become strong, everyone has different levels and different goals. There is also a lot of discussions and work on self-confidence so everyone feels well with the body she/he has. You should not feel like 80 years old when you are 40.

EUROPEAN CHAMPIONSHIP WRESTLING POLAND

ANDRZEJ SUPRON

THE PRESIDENT OF POLISH WRESTLING FEDERATION



Roman Pacurskowski during the fight

The report from European Championships in Wrestling Seniors took place on 18-25 of April in the big hall of Torwar in Warsaw where our international correspondent Diana Kicia received a VIP invitation from Andrzej Supron the President of the Polish Wrestling Federation. It was a well-organized sport event with control regarding covid restrictions, amazing atmosphere and high quality of technical support. We had athletes from both Free and Classic styles from 30 countries.

Poland collected a total of 9 medals: 5 bronze and 4 silver. The winner was Russia who collected 22 medals. Sweden did not collect medals this time.

Results from freestyle ladies: Roksana Zasina (55kg), Angelina Lysak (57kg) won silver and Katarzyna Madrowska (62kg), Aleksandra Wolczynska (65kg) Anna Lukasiak (50kg) won bronze.

Results from freestyle men: Krzysztof Bienkowski (67kg) won silver and Eduard Griegoriev (61kg), Radoslaw Baran (97kg) won bronze.

Results from classic style men: Mateusz Bernatek (67kg) won silver.



Incredible emotions during fights presented Angelina Lysak and Anna Lukasiak showing a lot of engagement and appreciation, tears, and happiness.

From male wrestlers, we enjoyed fights by Roman Pacurkowski who placed in 5th place. This young participant comes from Ukraine and represents the AWF Warsaw club.

This time our experienced wrestler Olympic Tadeusz Michalik (97kg) unfortunately could not achieve his goal as of fast preparation to fights in the different weight category and his body did not manage the condition needed to fight when he lost with Finnish wrestler Arvi Savolainen, but we keep fingers crossed to the next competition for his normal weight category.



Mateusz Bernatek has presented a beautiful technique, fight, result, and the most of all real sportsman approach winning silver. This is proof that he grows tremendously and is a great candidate for higher achievements for Poland we hope he will get an opportunity for.

It was an honor to meet many known trainers and

olympics like Kisinski, Andrzej Wronski, Roman Wolny, Jacek Fafinski, Marek Garmulewicz, Jozef Niemec, Antoni Zolna, Hubert Roszkiewicz, Monika Michalik, Jacek Wieczorek, Damian Janikowski who strongly supported wrestlers.

From Swedish representation with Alex Kesidis, Bogdan Kourinnoi, Daniel Soini, Oskar Johansson results, unfortunately, were not what we hoped for because of some injury and sickness as later explained by Dawid Swierad the trainer of the National Team from AIK Wrestling Stockholm. One of these representatives Alex Kesidis is already qualified and preparing for Olympic Games in Tokyo. We wish you good luck, Alex.

It was a beautiful event with good stamina and energy. Thank you for inviting me and showing your sport spirit. We could see you left a part of your hearts on this mats! Mashalla!



Mateusz Bernatek presenting his silver medal



Diana Kicia, Dawid Swierad trainer of Swedish team and Marek Garmulewicz the Olympic and trainer of Polish Team

**GIVE A HAND
TO UKRAINE**

March 19, 2022 was a magical day in many ways. We joined in the intention of love, respect, gratitude, friendship, peace and help for Ukraine. Charity Folk Fashion Show “Give your hand to Ukraine” Stockholm.

The Charity Folk Fashion Show / Give your Hand to Ukraine event was started by the exceptionally titled and talented dancer of 10 ballroom dances, Diana Kicia, in a beautiful dress from the Kozacka & Rosa collection, representing Poland and Sweden in Stockholm in ten dances currently in Swedish National Team member of World Dance Sport Federation. owner of Nordic Dance Sport Center. She wrote the autobiographical book “White Eagle Among Vikings”



484A1723

by MIESZKO2006

Photo: Mieszko Tyszkiewicz. Artists from ProformArt and Interview with one Ukrianian family, and Diana Kicia presenting Nordic Dance Sport Center.

When the emotions had not yet subsided after Diana's great performance, the model in the newest collection of Halina Rosa Art Blue Roses for Ukraine entered the stage.





Photo: Meiszko Tyszkiewicz, Halina Rosa with her models and design



Photo: TVP, Taraka band in Halina Rosa design in Opole Festival 2022

Gdy emocje jeszcze nie opadły po wspaniałym występie Diany, na scenę weszły modelki w najnowszej kolekcji Halina Rosa Art Niebieskie Róże dla Ukrainy. Cudowna muzyka Karola Kusa rozbrzmiewała wśród przybyłych gości.

Gościem specjalnym wydarzenia był Karol Kus i zespół TARAKA!, który dołączył do nas online!

<https://fb.watch/bSIIFDFPMk/> Koncert charytatywny zespołu TARAKA

Taraka - a Polish music group that performs music from the borderline of pop, folk and rock, founded by Karol Kus in 2012. Due to the roots of some of the band's line-up, the group draws inspiration from Ukrainian and Belarusian culture.

In 2013, a wedding-style music video for the band's first single, "Biała vodka", was released, promoting the group's debut album of the same title. The long-playing release was recorded in four recording studios in Poland and Ukraine.

On February 1, 2014, on the main stage of the Maidan in Kiev, the group performed the song "Give your hand to Ukraine", for which they received thanks from the Committee for Culture and Cultural and Historical Heritage of the Lviv Regional Council. The popularity of the piece resulted in its recording in three language versions (Polish, Ukrainian and English).

For the first time, I felt something incredible. I experienced a beautiful fulfillment of my role in music. When the 150,000 crowd in Maidan sang a song with us, I was touched, full of humility and I knew that all the words I say from the stage are extremely important, they hit the heart - said Karol Kus
Give a hand to Ukraine

Hot hearts, though there is a harsh winter around,

Frozen lips, the cry of freedom begins

What was created today, may it live forever and will not perish,

Do not stand by and give your hand to Ukraine.....

*WRESTLING
IMPLEMENTED IN A BEAUTIFUL ART*

Alexander Skiöldsparr- Irving



Alexander Skiöldsparr- Irving is a Swedish designer living outside of Stockholm with his husband Antony and two dogs. He started to paint at the age of six because his grandmother was an artist who was teaching him about pencils and basic techniques in oils. They were painting together in the lake or in the kitchen. She died when Alexander was 9 years old. However, she managed to teach him a lot about painting at the same time living her beautiful passion over to the next generation which today brings joy and harmony into Alexander's life.

We had the honor to meet Alexander and talk about his art. It is exciting and fascinating to read a message in his creations. One of them which intrigued us was "Wrestling" which some people say it presents two big bulls that are wrestling together, the other two mountains, some people find it masculine and other soft. He expresses that "this has two bulls fighting each other but at the same time it is a sensitive picture". Alexander has a real artistic soul, full of empathy, there is no direct message in his creations. He shares his art and gives freedom to the reader to interpret it in their way.

What does artistic creation mean for you?

Artistic creation for me is a way of escaping the world as it is today, but also much more. During long nights of artistic creation, I heal myself in a way that no therapist or drug can. A lot of my artistic work is about relieving myself of anxiety and pain. It might sound weird, but in a strange way when I empty a tube of color on the canvas it is very relieving. Sometimes when I do it I cry, sometimes I laugh. Regardless of any emotions, I feel at a particular time, my creativity gives me the possibility to harness them to communicate in different forms my reaction to my feelings.

For whom you relate and why you create?

My creations are purely selfish to start with, they are for my own pleasure or disappointment as each piece I create is an extension of myself. The observer of my work, they have the freedom to feel and react accordingly and chose how they relate to my pieces.

I relate to people who are curious and like to question things in life- no matter if it is art or literature. I have a wide range of followers and buyers of my art.

Top politicians buy my art, waiters and farmers buy it.

What shopping themes drives your customer?

Most people that enjoy my artwork are for the most part searching for a release of their own emotions, but with a harmony of an esthetic value that does not overload them.

How many challenges do you take in the age of contemporary art?

I just recently started to work more with my camera. Creating combinations of photography and paintings. I do not feel secure yet that this might be a good combination, but I feel an urge to try.

I have never really seen my creativity limited by one form of expression or by being connected to a specific style of art like that for me is limiting and I want the freedom to create with everything I see.

What do you want to achieve, what specific goals do you want to gain through your artistic creation?

I don't really see my artwork as a career with goals and specific targets for achievement. Each piece, each second I use is an extension of my life and it happens when it happens.

It is not something I control or manipulate.

I want people to start asking themselves what can art do for you? People, in general, are quite good at judging public artwork, many times in a negative way I think. I think they should start to ask themselves:

Do you treat your passion in an entrepreneurial way?

I have never treated my passion as a business as for me it has been a personal and intimate experience. However, my husband convinced me to start my own gallery to present my artwork to other people, and since I did that there has been quite an interest in my pieces.

What themes are your favourite themes in art?

The majority of my themes are created through black and white where the balance finds its own natural flow. Should I use a color it's often connected with an emotion and a feeling that intertwines with the flow, harmonizing with the balance or disrupting it.

Whom you support the most, who you want to reach by creating your art?

I have no particular group or segment of the art world I wish to impress as my artwork is my truth and my creativity. And I challenge myself instead of living up to external expectations.

Men have great strength.

As a man, I never limited myself to the predated expectations of masculinity. I have a myriad of feelings, emotions, and experiences that make me the human being that I am. And I do not let the restrictions of manhood limit me.

Can your work find a commercial place in many fields?

I have been surprised by the interest in my pieces as for myself they are pure enjoyment, however, there are certain companies that are now starting using my artwork in commercial products such as bed linens.

What your art gives the customer, what will it properly communicate to him?

I don't expect my artwork to give the observer anything more than an initial reaction of curiosity. Everything after that is a bonus.

What makes you different on the market?

I have never been sure what makes my artwork or

the pieces I create different or unique in relation to others as I am what I am and I do not compare myself to others. Its for others to decide what is unique. For me it is what it is.



Where we can see your artwork?

Several pieces of my artwork are now on exhibition in different lobbies for office buildings, hotels, and restaurants. At the same time, several of my prints have been purchased by private individuals.

What is more important to you; artistic creation or job?

I do not live for my artwork. Nor do I try to live off my artwork. My creativity is something I do. It is a part of me, it is not a product I deliver for an income. It is what it is as I said before, It is mine and I invite you to share it with me.

Did you ever consider to do creations of paintings of dancers ?

I discussed this with my husband who is a dance teacher and started to do some paintings of dancers four weeks ago. I am thinking of doing a series of paintings with only dancers. The purpose is to bring life, the human body, and the beauty of artistic expression in dance into some of my creations.

To find more about Alexander's creations please visit createdbyalexander.se



DANCE FORMATIONS

ALINA NOWAK

WORLD DANCE SPORT FEDERATION



Alina Nowak and Edgar Borjas multiply Polish Champions in Latin dancing (photo Alina's private gallery)

Alina Nowak and Edgar Borjas are representing Poland in Latin Dancing, they are multiply Polish Champions and ranked on place 5 within World Dance Sport Federation. They are active athletes for many years and appreciated dance teachers around the World.

During Christmas break in December 2021 Designer sport got in touch with Alina Nowak who is representing Poland together with her dance partner Edgar Borjas. They are third in the World in World DanceSport Federation ranking. They are also 5 times Polish Champions.

Alina was also on her way to the family but in Warsaw, she had a camp for Costa Latino dance formation. It was exciting to meet her again (earlier in July 2020). What surprised me was that our camp took place under a church so I went first to pray and then to dance. Isn't it a wonderful combination?! I felt blessed. Alina taught us the samba technique which was about dynamics and accents in different rhythms. I admire her, she is well trained, a fast dancer, great motivator with a warm personality.





This was very interesting to meet a dance formation for the first time and observe what kind of details they focus on. How it differs from couple dancing, it is important to keep a synchronization in the group during performance not so much focus on technique like in a couple dancing. However, Lucas Prochacki, the choreographer and trainer for Costa Latino had the ambition to improve formation's performance technique. We noticed that even dynamics should be agreed and synchronized within the group. We had a successful camp together and I am very thankful for Alina's knowledge sharing and that I could meet such a nice team.



OLYMPIC SWEDISH REPRESENTANT IN KARATE IN PARIS - NEMAT NOORI



Nemat Noori Gold at Benzei International Cup Berlin Germany 2021



Swedish Championship



Shiai Karate Club Sweden with Sensei Reza Mohseni

Interview with Nemat Noori 18 years old member of National Team in Swedish Karate Federation in Shotokan style. Student of Karate Program at Fredrik Bremer school in Stockholm.

DID YOU TRAIN OTHER SPORTS BEFORE KARATE, WHAT WAS THAT?

I used to play football with my two brothers in Pakistan, otherwise no I didn't do any specific sports before karate.

WHEN DID YOU MOVE TO SWEDEN AND WHAT WAS THE REASON, WE KNOW YOU HAD A DIFFICULT JOURNEY?

I moved to Sweden in 2015 under this big wave of migration. It was very difficult situation in my country. We were under bombs so every day was a nightmare. People were arrested. My family decided to send me to Sweden. It was hard to leave my whole family behind me but I wanted piece and continue my dreams. There were no national games in Pakistan. So when I came to Sweden I decided that I will get to National Team.

HOW MIGRATION IMPACTED ON YOUR LIFE, WHAT CHALLENGES DID YOU HAVE?

The whole procedure from Migration Agency which impacts everybody takes quite long time. This waiting without knowing about the future was hardest. The worry if you can stay. But we have to be positive, despite pressure to do not give up, that's not an option for me.

WHO HELPED YOU, WHO IS YOUR BIGGEST SUPPORT?

My biggest support in Sweden is our Sensei Reza Mohseni and friends I met. When I started to work in his Shiai karate club. He believed in me and motivated me. Training helped me also to keep on going. The power of sport.

CURRENTLY YOU ARE A MEMBER OF NATIONAL TEAM IN KARATE IN SWEDISH KARATE FEDERATION; HOW OFTEN DO YOU COMPETE?

I got my residence in 2017 and won Swedish National

Championships in 2018 which decided about my membership to get to Swedish National. But needed first to get for 2 more years to get Swedish Citizenship.

HOW OFTEN DO YOU TRAIN?

I train to 10-11 times a week, 2 times a day during a week, rest during the weekends in case no competition. We have a strong trainer at Academy Gulsah Akdag Tararbit who is European Medalist in karate recently building a new female karate team.

WHAT ARE YOUR STRENGTHS AND WEAKNESSES?

I have to be positive and give up is not my option. If something goes wrong or happens to my family that would be a weakness. If I identify a weakness I would give this as a goal to achieve that.

WHO IS YOUR BIGGEST IDOL?

When I saw Stanislav Horuna I directly become inspired and dreamed one day other could watch me in the same way. Currently I admire to Rafael Nadal who is World Champion who is not afraid of losing and never give up, he is joining all competition. He strongly inspires me I am going to be like he or better.

WHAT ARE YOUR BIGGEST ACHIEVEMENTS, WHAT MORE YOU WANT TO ACHIEVE, WHAT SPECIFIC GOALS YOU WANT TO GAIN THROUGH KARATE?

For the first time I traveled in 2019 in Austria where I won silver medal for the club. Luxemburg, Hungary and Croatia without medals but a lot of experiences. After that I was in Finland where I won silver and then Denmark gold. So these are my achievements outside of Sweden.

WHAT DOES SPORT MEAN FOR YOU AND WHAT WOULD YOU RECOMMEND YOUNGER GIRLS AND BOYS IN STRUGGLING FOR THEIR DREAMS?

Basically for me sport is everything. I cannot live without sport. When I get sick and cannot train I am more sick, this is very important I think for society, to make friends and hold you healthy.

HOW ABOUT YOUR CURRENT KARATE TEAM DO YOU SUPPORT EACH OTHER AND MOTIVATE EACH OTHER, HOW DOES IT WORK?

We have a team in school, our own club. Everybody

Everybody inspires each other, we are like a family. The most important thing is that we help each other, push to achieve goals. If I see my team member not doing good job, I use to lift him/her mentally so they believe in themselves. Sending them positive energy.
12.

IS THERE ANYTHING YOU WOULD LIKE TO ADD?

“When your dreams don’t scare you they aren’t big enough” important quote by Mohammad Ali. So my dreams scare me it’s a good feeling. So dream big and do not give up.

Östermalm Dance Club Stockholm by Emese FarsangBengtsberg and Per Almberg



Interview with Emese Farsang Bengtsberg, a Hungarian artist who moved to Sweden a few years ago. She currently lives in Stockholm with her Swedish husband, Robert. She has a degree in theatre and film acting and TV Show producing from Hungary. She is a graduate of Kulturama as a musical artist and has a degree as Ballroom and Latin dance teacher.

She sings, she acts and she is a professional dancer. Emese actively represents Sweden at international competitions in Ballroom dancing, together with her dance partner Per Almberg. They are top-ranked in Latin American dances in Sweden, winner of Bronze medal of the Swedish 10 Dance Championship and finalists of national and international latin competitions. After many achievements, this summer they opened their own dancesport club, Östermalms Dansk-lubb that they manage in the heart of Stockholm.

When and where did you start your artistic journey?

I believe the journey started with being born into a music loving family. None of our parents were professional musicians, they just loved music and they took me to classical music concerts when I was only 3. I have an older sister, she plays the piano and the violin and is also a soprano opera singer. I have always been between two worlds. I play the piano and studied classical music and musical singing. When I was 7, I started with Ballroom dancing. I have been surrounded by music and dancing since a very early age.

Who were and are your biggest icons within art, musical, dance and why?

I never really had one big icon. I can say in dancesport I have some favorite dancers that I really like to watch, like Daniella Karagach, Nino Dzeladze, and Anastasia Dobrovskaya. I like how they catch the attention of the audience, they dare to be different and that is interesting. In musical I would rather say I have favorite musicals and roles. For sure my favorite musical is Sylvester Levay's and Michael Kunze's: Elisabeth.

What does artistic creation mean to you, what are your favorite arts you did?

It would be easiest to define what I am. Nowadays if people ask me I tell them I am a professional Ballroom and Latin dancer.. I dance, practice, and teach 4-10 hours per day, I travel the World and compete and I absolutely adore every moment of it. But there was a time when I took a quite long break from

Ballroom dancing and I studied to be an actress in Hungary. I played in several theaters in dramas and musicals, worked in TV, did some filming, and even choreographed a play. But during that time I kept dancing and focusing more on dance styles that don't require a permanent dance partner such as contemporary dance, ballet, jazz and contact dance. Back to your question, „what does artistic creation mean to me”. For me, there is something about performing live. To dance, to sing a song, to perform a scene in front of a live audience that is involved and gets touched by that performance and maybe take home a little part of it.

Do you see any difference in acting in Hungary and Sweden?

Well, they are two different nations with different backgrounds and culture, and do not forget the fact that Swedish is my third language. I will never sound completely Swedish. We also learn different acting methods, all of them are great to use. At the end of the day, the actor chooses what the best for his/her performance is to develop the character.

Who is your biggest support in development within your theatrical career?

Every director I worked with could give me something new. Every new character and rehearsal gives me something that I will put in my “backpack” as an artist and use in the future.

In 2019 you played in a musical “Made in Dagenham” at Kulturama in Stockholm, the subject with a very strong message, how did



Photo-Operettszinhaz.

did you feel about it?

Made in Dagenham is a musical by David Arnold, Richard Thomas, and Richard Bean and it is based on the Ford sewing machinists strike in 1968 for equal pay for men and women. It was the Scandinavian premiere and directed by Johan Schildt. This musical has a very strong message that can be relevant even in 2021. The music is sensational and I have never laughed and cried at the same time as much as during this rehearsal time.

You have many talents from dance: ballet, ballroom, zumba, design of clothes, singing and acting. What is your biggest focus?

It is weird, I never understood why people use the expression “talent” in my case. Talent is something I would be naturally good at without being taught. I learned everything. I love to study and analyze things. The technique for singing, for dancing and for acting. Behind every note I sing and every step I take on the dance floor, there is an amazing mentor for each. So I would rather use the term, hard work, and

and dedication. I love to work with music, I learned to play two instruments, I learned classical and musical singing, I learned to dance Ballroom and latin, ballet, contemporary and jazz. I design latin costumes, but that is only a huge hobby of mine, almost every dance dress I wear at competitions are my own creations called MSE design. I am also a Zumba Latin Fitness instructor. It is great training for me too, and I love to choreograph my own programs for my students. The only “true talent” I have is having a good musical ear which runs in the family.

How do you find your spirit in dance competition challenge to share your emotions?

I am actually usually very nervous before I go on the floor. I feel I put a lot of pressure on myself to nail everything that day and I hope my body will not fail me. But that nervousness really just means I care so much, that makes me a better competitor. The second they turn on the music I feel alive and somehow I just let myself use the music as my best friend and enjoy dancing to it. But it also helps that I share those moments with my real-time best friend,

my dance partner. We are never alone and work as a team, both of us fighting for our success together and create something that can be magical on the floor.

How do you mentally manage hard training and intensive competition period, is there anyone who provide motivation training for you?

I have attended some motivation classes before with psychologists. They helped a lot on how to have the right mindset during competitions and during preparation period. But we as a couple are surrounded by an amazing team of teachers, coaches, physiotherapists and someone to help with our diet. All of these things help us to stay mentally and physically strong. And as a couple, we always find motivation to develop.

What drives you?

Every single person in my family and all my friends support me which I am extremely grateful for and that is enough to believe in myself, even if there are harder days for everyone.

As an experienced dancer what would you tell younger dancers who lose their motivation?

Right now it is a very hard time to stay motivated for everyone. Now it is the time to work hard and come back on the floor even stronger. I would tell them to cherish the years they have in front of them, the strength their body has, and the possibilities they can get in the future. I took a break because of my studies when I should have competed the most, I am extremely happy to be back on the floor a bit older but wiser also. So if you lose motivation, maybe you will get it back. That is my experience. I just hope as a teacher I can get you back or keep you on the floor.

As you just mentioned, you are also a dance teacher and you recently opened your dancesport club with your dance partner, Per. What drives you in teaching and what is your main goal with it?

My very first dance teaching lesson was when I was around 16-17. My dance partner was the young teacher at the club I danced in Hungary, and I occasionally became a substitute and an assistant for him, I learned a lot during that period. When I came back to the Ballroom dancing world in Sweden I almost

immediately started to help out with classes while few of us in the club got the opportunity to educate ourselves through the Swedish Dancesport Federation. One day when I leave the amateur league and turn professional I hope to become a judge, I am currently teaching at Alemana Dansklubb and Balettakademien and I manage Östermalms Dansklubb. I have several private students, couples and solo dancers.

This year my dance partner Per Almqvist and I opened our own dancesport club, called Östermalms Dansklubb. We started with a few classes during the autumn that are all adapted to the current covid circumstances. We have limited participants so everyone gets enough space and we have great emphasis on hygiene and a no partner change policy. Luckily we have been growing since last season and have more classes. We also provide private lessons for competitors and beginners and workshops for all the levels, we are booked up for the summer with wedding couples. I feel very comfortable leading a class, I am quite musical, I love to introduce a new dance by first showing my students the music we dance to and talk about the historical background. Per and I always tell anecdotes on dances while we teach technique and this keeps the students motivated and inspired. We bring them knowledge from top teachers of the world. Our main goal is to grow Ballroom dancing and to introduce this beautiful sport and art to everyone.

What kind of dance styles do you provide?

We have a dance mix for children with different levels. This is a special class where we introduce music and rhythm, they will take their first dance steps on the floor. This age group is around 5-12 and they get a little taste of many dance styles like jazz, ballet, and even street but the main focus is on ballroom and latin. We also follow the trends and have been educating ourselves on some cool dances from TikTok. We have ballroom and latin classes for grownups and Zumba Dance Fitness for those who loves to mix fitness with latin rhythms. We have private lessons for ballroom and latin dances and wedding couples. We have workshops for competitors and you can even book us for an event to come and hold a class in Ballroom or latin, Zumba fitness or Heels dance.

What are your 3 biggest dreams?

If you are asking 3 biggest dreams that are connected

to my career, I would like to keep having the most exciting job, being an artist, stand on stage and create with other artists. Growing as a dancer and a dance teacher.



Photo: Johan-Schildt



Model: Agnieszka Pomorska RP Atelier
Photo: Dominika Leszczynska