

ATHLETE PROFILE

Name: Bridie Keogh

DOB: 24th June 2001

Club: Notorious Martial Arts

Career Highlight: Making Aus Cadet Team

Weight Division: -49Kg

ABOUT YOURSELF: I am 17 years old and have been doing taekwondo for 9 years and am 2nd dan black belt.

I made my first National Australian team at 12 where I went to Azerbaijan, I have since competed internationally 6 times and last year as my first year as a Senior won Bronze at both Oceania's and Presidents Cup in Tahiti.

Taekwondo instils qualities that help you in all aspects of life, it also gives you the chance to travel the world where you can learn about different cultures and challenge yourself against the best athletes in the world.

WHEN DID YOU START TAEKWONDO AND WHY: At 9 years of age after attending a taekwondo party I loved it so started and within 6 months training 5 days a week.

OTHER SPORTS PLAYED: Swimming, Netball

AMBITION: To make Senior Worlds and one day to compete at the Olympics

WHAT IS GREAT ABOUT TAEKWONDO: Competing, travelling, meeting people from other countries, fitness

SOMETHING YOU DIDN'T KNOW ABOUT ME: Doing VCE, learning to drive

SOCIAL MEDIA LINKS (e.g. your Instagram/facebook etc):

Instagram: bridiej4

Facebook: Bridie Keogh

Snapchat: bridiej4

TOP 5 CAREER RESULTS –

- **World Cadet National Team 2014**
- **Australian Open Champion 2014**
- **Silver Oceania Team Fiji 2016**
- **2 x Bronze – Senior Oceania's & Presidents Cup Tahiti 2018**
- **A weeks intensive training with the Thailand National Team 2017**
- **Selected to be part of High Performance Hub 2018**