

## **ATHLETE PROFILE**

**Name:** Emily Stellino

**DOB:** 09/23/1999

**Club:** Global Martial Arts

### **Career Highlight:**

Qualifying for Junior and Senior World Championships within the first year of receiving my black belt.

**Weight Division:** -73kg

### **ABOUT YOURSELF:**

I started taekwondo later than most athletes. My taekwondo journey began when I was 13 when my parents enrolled me into a local taekwondo club against my will. However, after the first lesson I loved the sport and have never looked back. After 1 1/2 years I made the decision to move to Global martial arts as I wanted to take the sport more seriously and improve as an athlete. I received my black belt 3 1/2 years after starting taekwondo and within the first year I had made both Junior and Senior Worlds team and this is where my fighting career began. My first ever international competition was Junior Worlds and what an eye opener that was, this is where I realised how hard I would have to work and dedicated I would have to be to get to that level. I am currently training full time while balancing work and completing my university degree "Bachelor of health: Sports and exercise science" at the University of Western Sydney.

### **WHEN DID YOU START TAEKWONDO AND WHY:**

I started taekwondo when I was 13 with my brother when my parents decided against my will, that I needed to learn how to defend myself as I was shy kid who lacked confidence and was always getting bullied. I fell in love with taekwondo from my very first lesson but it wasn't just the sport it was the instant acceptance and encouragement from my team mates.

### **OTHER SPORTS PLAYED:**

Dancing, squad swimming and tennis.

### **AMBITION:**

To Represent Australia at the Olympic games

### **WHAT IS GREAT ABOUT TAEKWONDO:**

I especially love the fighting however it has helped increase my confidence and build my self-esteem. Taekwondo has also provided me with the opportunity to travel and to make lifelong friends with people all over the world.

### **SOMETHING YOU DIDN'T KNOW ABOUT ME:**

- I took singing lessons for 1 1/2 years in high school

- I did tap, jazz and ballet from the age of 2-12

### **SOCIAL MEDIA LINKS**

**Instagram:** emily\_stellino

### **TOP 5 CAREER RESULTS –**

- - Gold Presidents Cup 2016 (Junior)
- - Silver New Zealand Open 2017
- - Silver Oceania Championships 2018
- - Participated at Junior Worlds 2016 and Senior Worlds 2017 (Within first year of getting blackbelt)
- - National champion x5