

JANINE WATSON ATHLETE PROFILE

Name: Janine Watson

DOB: 06/04/1981

Club: Tan's Currumbin

Career Highlight: Winning 2 world championships (2015, 2017) for para-poomsae

Weight Division: K44 +58kg, Poomsae P34

ABOUT YOURSELF

I am a para-athlete for both poomsae and kyorugi. At the age of 25 I was diagnosed with MS (multiple sclerosis), a progressive neurological disease. MS is where the body's own immune system attacks the brain, spinal cord and nerves. Unfortunately, at this point in time, there is no cure for MS. This however, has not stopped me from taking up taekwondo and achieving great things within the sport.

WHEN DID YOU START TAEKWONDO AND WHY:

I started taekwondo in 2007 after I was diagnosed with MS at the age of 25.

OTHER SPORTS PLAYED:

As well as training and competing in para-taekwondo, I also train and compete in the sport of Wheelchair tennis and am the number one ranked female wheelchair tennis player in Australia.

AMBITION

To be part of the first Australian team to compete in para-taekwondo at the Tokyo 2020 Paralympics.

WHAT IS GREAT ABOUT TAEKWONDO:

Taekwondo is a martial art and sport for everyone. Everyone has their own journey and own challenges to face in life, but Taekwondo teaches you the determination and resilience to overcome those challenges.

SOMETHING YOU DIDN'T KNOW ABOUT ME:

I relax by gardening or baking cakes.

SOCIAL MEDIA LINKS

Instagram: j9_watson

TOP 5 CAREER RESULTS –

2014 Commonwealth Championship Scotland: gold P34 para-poomsae
2015 World Para-taekwondo Championships Turkey: gold P34 para-poomsae
2016 Oceania Championships Fiji: gold P34 para-poomsae
2017 Oceania Championships New Zealand: gold P34 para-poomsae
2017 World Para-taekwondo Championships England: gold P34 para-poomsae