

# **ATHLETE PROFILE**

**Name:** Reba Stewart

**DOB:** 20/05/2001

**Club:** Halls Taekwondo

**Career Highlight:**

**Weight Division:** Heavy Weight

## **ABOUT YOURSELF**

Secondary school student Reba Stewart has trained Taekwondo for 6 years. As a 12 year old yellow belt she found any excuse to be able to duck into the sparring hall to watch the fighters training.

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

Started in 2013, when I had to tag along to watch my brothers do an Intro class. It looked far more fun than the brochure – walked out with a dobok.

### **OTHER SPORTS PLAYED:**

Tennis, currently learning to Surf (well trying to)

### **AMBITION (e.g. Olympic gold):**

To represent Australia at the highest level aiming at winning Gold medals at both Worlds and Olympics. To be the best athlete I can be.

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

It builds an inner strength that allows you to push yourself outside of your comfort zone. There is no bigger buzz than stepping on the mat and applying all that you have learnt. It's about control, adrenaline, mindset and it's just fun.

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

My summer holiday job is roustabouting on a central Victorian sheep farm – (great cross training!)

## **SOCIAL MEDIA LINKS**

<https://www.facebook.com/TaekwondoReba/>

Instagram: rebaa.s

## **TOP 5 CAREER RESULTS -**

2018 Belgium Open – Junior Heavy Weight - Silver

2018 Dutch Open – Junior Heavy Weight - Silver

2018 Sofia Open – Junior Heavy Weight – Gold

2018 Oceania Presidents Cup – Senior Heavy Weight – Silver

2018 Oceania Championship – Senior Heavy Weight - Gold