

## **Central Taekwondo at the Belgian Open**

*A report from Central Taekwondo on their recent experience at the Belgian Open.....*

Central Academy attended the fourth A-class tournament in a hectic six-week period, with four young players at the 33<sup>rd</sup> Belgian Open in Ghent.

Amongst the 400 poomse competitors Central Taekwondo was represented by Joe Evans, Lauren McKinlay and Ellie Muir. In what was their first international event, they approached the daunting task of performing in front of international referees from almost 20 different countries, with professionalism and maturity. They all made it through to the final of their respective individual class categories, unfortunately the judging was somewhat erratic and this time they did not come back with the silverware in the individual events. However, in their pairs, teams and freestyle categories it was a different story.

In the cadet pairs, Joe and Lauren took gold and Lauren and Ellie teamed up with Chloe McIntosh from Dynamic Taekwondo (Lhanbryde) to take gold in the cadet female team category. Finally Ellie and Lauren were awarded gold for their outstanding and very entertaining musical freestyle patterns.

All in all it was a fantastic experience and a great set of results from Central Taekwondo's top, young, poomse competitors! Well done Joe, Lauren and Ellie! Their results together with the tremendous performances delivered by the Dynamic Taekwondo poomse team goes to prove that Scotland has great potential in this Taekwondo discipline!

The Kyorugi event was attended by 1100 players from 48 countries and it was left to Jordyn Smith to fly the flag for Central Taekwondo and the Scottish National Team. Jordyn is already an experienced international competitor with a string of success behind her, despite being only 10 years old. Competing in her first A-class tournament in the lightest cadet (11-13 years) female, -29kg division, she weighed in at 26kg!

Inevitably her opponents were bigger and older than her, but this didn't stop our little powerhouse who had three tremendous matches. In the quarter final Jordyn overcame a fighter from Germany, picking up a small injury but that was not to phase her! She then moved on to fight a tall Belgian producing an excellent match littered with high kicks and back kicks, to win with ease. She then moved on to the final to face England. Fighting an excellent game, Jordyn led for most of the match. Conceding a head shot she then had to chase the game. She ran out of time but fought with intelligence and determination. After three hard fought matches Jordyn won a well earned silver medal. She will undoubtedly grow stronger and learn from her experiences and will win many more A-class medals in the future! Well done Jordyn – an incredible achievement!