

## Alice Frayne

'To fight you have got to be strong, to win you have got to be smart'

Alice Frayne

I found this very relevant when i joined Irontiger.

I started Taekwondo with my sister Ellie and my dad when I was four. Ellie and I planned to become the next generation of Power Rangers!

I earned my 1st Dan Black Belt when I was 12 and second Dan at 15. I have a green belt in Kishindo (combination of kickboxing, street fighting and Muay Thai).

In 2006 I was national champion at continuous and point sparring on the ISKA circuit and was invited to represent Australia in the US Open. In the same year Ellie and I trained with the current and previous national Muay Thai champions in Thailand.

Since joining Irontiger I have competed in local, state and national tournaments and wish to fight internationally too. I have made great friends and with the help of our Master Instructor and Coach Dianne Carn I have flourished in my Taekwondo ability.

I also started coaching Taekwondo when I was 11 and have grown a passion for it.