

Ellie Frayne

Ordinary people do ordinary things, extraordinary people do extraordinary things.

I first started Taekwondo in 1995 at age 6 after a short ballet stint with my sister Alice failed miserably. So we began Taekwondo with our dad, who till this day remains the longest ever serving yellow belt that I know of.

Since then Taekwondo has been a huge part of my life, I couldn't imagine not kicking and punching things - it just works for me!

I obtained my first black belt in 2003 and 2nd Dan in 2006 and have been teaching since I was 12 years old. I also trained in Kishindo - a mixture of kickboxing and street fighting for 2 years and have a green belt.

Before joining Irontiger, I was successful at local, state and national level on the multi-style ISKA, IBS and inter-school Taekwondo circuits in sparring, traditional weapons, patterns and self defence. In 2007 my sister and I were invited to compete in the ISKA US Open. In 2006 we also trained in Chang Mai, Thailand with the Lana School for Thai Boxing.

Since joining Irontiger in 2007 I have never loved the sport more! We have competed in local, state and national levels for both sparring and patterns; coached in tournaments and began teaching again in 2008.

The experience of learning, competing and teaching Taekwondo has been incredible, knowing that I am able to defend my self and more importantly how to stay out of trouble is a huge confidence booster. Being now able to pass that knowledge on is a privilege and something I enjoy very much. It is my dream to compete in the Olympics and/or World Championships.

