

Christopher Iredale

Instructor

Train Hard – Achieve Results and that is why I am where I am today. I started Taekwondo 7 years ago. As a white belt under the guidance of Dianne, where I have worked my way through the ranks to achieve my 1st Dan Black Belt. Presently I am training for my 2nd Dan Black Belt and will sit for the grading in December this year.

I choose Taekwondo as it would improve my concentration, enhance my fitness and to meet new people, the further I progressed doing Taekwondo the more I became motivated and dedicated to Taekwondo and life. These skills have been applied to my studies at University and Tafe studying languages.

Over the years I have competed in various tournaments. In the past 2 years I have taken the opportunity to assist Dianne in instructing students and assisting with gradings.

Taekwondo has helped me to achieve my potential though the training and guidance of Taekwondo. I know that if I train hard I will achieve results.

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