

Amy Fortescue

RISING Taekwondo star Amy Fortescue is a member of the South West Academy of Sport and is training for the National Taekwondo Championships held at the end of October.

Fortescue said she began the sport eight years ago and improved at a fast pace.

"I got hooked," she said.

"Now I want to take my Taekwondo career as far as possible."

Fortescue enjoys the continued learning experiences, especially when she gets to fight athletes from other countries.

"At last year's Club's



Amy Fortescue.

Competition in Perth I fought Malaysian and Indonesian athletes," she said.

"The experience is really good and it helps with my training."

She said her goal at the moment was to win nationals.

"If I won nationals it would almost guarantee me a place in the Australian squad who travel the world."

Fortescue said that young athletes who want to make it to the Olympic level need to just love what they do.

"Follow your dreams," she said.

"It's an amazing opportunity and can take you places you've never been before."