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## Taekwondo: Singapore exponents aim to go one better at 2015 SEA Games

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**Local fighters are ramping up their training as they prepare to take on the best from the region at the 2015 SEA Games this June.**



Local Taekwondo exponents practise their kicks during a training session. (Photo: Nur Afifah Bte Ariffin)

SINGAPORE: The Republic's Taekwondo exponents are training hard in the lead-up to the 2015 SEA Games held here, and Chelsea Ann Sim and Jason Tan are two of them.

Chelsea, the 19-year-old Singapore Management University (SMU) student who stands at 1.50 metres, does not look like your typical Taekwondo black-belt holder.

She said: "When people first see me, they always think: 'Are you a dancer, or are you a gymnast?' But once I tell them I represent Singapore in Taekwondo, they'll say: 'Oh wow, you're like a chilli padi.'"

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Chelsea has represented Singapore in numerous competitions and was the Republic's only Taekwondo medallist at the 2013 SEA Games in Myanmar, winning a silver in the Poomsae event. Despite a near-flawless performance, Sim lost out on the gold to her Myanmar rival Yamin Khine.

The loss, however, has spurred her on to do better. She said: "I decided to not cry over spilt milk, but take it as a stepping stone towards greater heights. My goal is to get a gold at this SEA Games. But I feel that no matter the outcome, it is the experience gained that is more important."

Team-mate Jason Tan, who has been training twice a day, six times a week, to build up his physique, will take part in the Kyorugi event. He said: "During the afternoon, we'll be doing conditioning training in the stadium - running. In the evening, we will be training our sparring as well as the technical side."

This will be Tan's third appearance at the SEA Games. He bagged a bronze in 2011, but missed out on a podium finish in Myanmar two years later. He is optimistic of a better performance this time round, but is wary of the competition from the Philippines and Thailand.

"They are the powerhouses. Hopefully, I can keep up to their standards, and have a good match and hopefully, win some medals," he said.

The Taekwondo competition will take place at the Singapore Expo from Jun 12 to 14.