

## **Fight Profile- Theresa Carter '06**

I began training in Muay Thai in 2001. Originally my motivation for training was fitness and I began pushing through the grading's to level Black in the BJC system.

Grading to level 4-Black was demanding, the training was hard and involved physical and mental stamina. This was a challenge I enjoyed and at the end of the year in 2004 I accepted my first fight. Fight training involved pushing myself harder than I had been and dieting to reach my prime weight category. I lost ten kilo's for my first fight and have stayed around that weight since.

In 2005 I graded to level five Black red which is the most physical grading involving 20 three minute rounds, made up of skipping, pad work and full contact sparring. In the same year my partner Lee Blackman and I opened a new club in Cannington called Cannington Kickboxing and Martial Arts Centre. This is where I currently train and teach Muay Thai. Since then Lee has dedicated his time to training myself and his students at Cannington.

My current fight record stands at 9 fights 6 wins and 3 losses. I have dominated fights against girls from Scotland, Check Republic, Germany and Thailand. I have beaten the best in WA at 58kg's to win the WA WKA state title in Nov 2005.

In March this year 2006, I attended the World Ammeters in Thailand-Bangkok and bought home a Silver medal for one of my greatest achievements yet. I fought three different countries in one week, just missing out on the gold medal in a split point decision against my Russian competitor.

Now I have the opportunity to prove that I am WA's best kept secret stepping up to take on the best 54-57kg female opponent Australia has to offer, to battle it out for the WKA Australian Title. This fight will be on November 18<sup>th</sup> 2006 at the Kalamunda Kickboxing fight night at Ray Owen sports centre.

## Most recent Bout

My last fight was on August 26<sup>th</sup> at the Italian Club in Perth. The show was promoted by Phon Martdee and was a huge success. I trained hard for six weeks in preparation to fight Pornsanan who fights out of Saengmorakot camp in Bangkok, under trainer Jar Tui.

Pornsanan's record was 15 fights and only three losses. I was posted a photo of my Thai opponent and then it sunk in how hard I would have to push my self if I wanted victory in this bout. She was shorter than me with a solid frame and very muscly. The postings on the internet said she kicks harder than most young males.

Before I knew it, it was August 26<sup>th</sup> I was in the ring about to touch gloves with my Thai opponent and feel the wrath of her kick for the first time. The adrenaline had kicked in. I could see her hands were down and I had a clean shot at her head 1-2... ouch!!! Then I realized she'd been kicking my leg four times without me checking it.

My favorite weapon to use is the grapple. This is when you lock your opponent up and you can point knee to the stomach. She was not only experienced but smart in the grapple and had several ways of stopping me to knee her.

I worked around her and dominated every round with hard punches to the head followed up by kicks to the body and head. The fight went five rounds and she was a very tough opponent. Everyone I spoke to after the fight said she had a head like concrete and took a lot of good shots.

After the fight Pornsanan (who only spoke Thai) came up and asked if she could swap shorts with me. This was a great gesture and a token of an honorable fighter. It felt good to compete against a Thai who lives and trains in a country where this sport originated.

## Thank you

I would like to thank Super Crane for sponsoring and supporting my recent trip to Thailand to compete in the world Ammeters, and continuing their sponsorship over my last few bouts.

Thank you again I could not have achieved so much in Muay Thai with out your continuing support.

Theresa Carter