

# WORLD CUP SUCCESS!!

Hi, my name is Tracy. I was a patient at SA Hand Therapy last year and earlier this year with a damaged finger, which I injured quite badly in a Karate competition in the USA last year.

Both Adam (my husband) and myself, have just returned home from competing in the ISKF (International Shotokan Karate Federation) World Karate Championships held in Cape Town, South Africa. The Australian National Team was selected almost 2 years ago at the National Championships with both Adam and I being named Captains of the male and female team respectively. Our long, hard and arduous preparations took place soon afterwards. For a little over 18 months, we were training almost 5 times a week, which was extremely taxing when we also had our family to look after and also work. There were 22 countries that attended the competition. Team Australia took a strong team of 6 men and 4 women, in addition to a strong contingent of self funded competitors and around 10 junior competitors who also took part.

Previously, In June of 2015 , I attended the ISKF Summer Camp and International Goodwill Cup in Philadelphia, USA in my preparations for this World Championship. I received a kick, and in blocking it, completely ruptured the volar plate in my left little finger. I could not bend the finger at all. It was soon after this, that I had surgery and begun my rehab with Jordan at SA Hand Therapy in the hope to get my finger bending!

The competition ran over 2 days. Adam and myself were extremely pleased with our results, and our many hours (and months) of long hard training, commitment and determination, was worth it all.

Adam placed Silver in his individual event, defeated by defending world champion from the 2012 ISKF World Cup in the Philippines. I won the Womens Kumite (sparring) event defeating a strong Canadian opponent and placed both Gold and Bronze in my other team events, defending our teams title from 2012. Overall, Team Australia competed with honour, courage, respect and outstanding sportsmanship. We finished at the top of the medal tally, bringing home a total of 30 medals - 15 of them being gold, with USA following with a total of 19 Medals then Argentina with 14. An outstanding effort from Australia!!

Suzanne Caragianis and her team at SA Hand Therapy gave tremendous support and understanding. I was able to compete at my best - and after all, I was able to get that little finger bent and make a fist!

Thanks!

Tracy and Adam Pearce.