

## Kaitlyn Bryan Qualifies for Team Ontario

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MISSISSAUGA — Viresh Mistry tells a funny story about how one of his rising students, Kaitlyn Bryan, got started in taekwondo.

The head instructor at Meadowvale's ACE Taekwondo Academy remembers how Bryan would cry when she came to class because she hated taekwondo. She was just 7 at the time.

Six years later, Bryan has a chance to qualify for Canada's national team. Originally enrolled in taekwondo to learn self-defence, the Mississauga girl has gone on to win several elite competitions.



**Winning form** - Kaitlyn Bryan finished third (cadet under-51 kilograms) at the Ontario Provincial Team trials in Clarkson. She's now eligible to represent Team Ontario at the national selection trials in 2014.

"A lot of parents put their kids into martial arts for that concept of self-defence," Mistry said.

"What turned around from there is she started feeling comfortable over time as she rose through the ranks and grew stronger. When that physical strength turned into mental strength, that's when she realized she could achieve anything."

Last weekend, Bryan finished third in her category (cadet under-51 kilograms) at the Ontario Provincial Team trials in Clarkson.

She's now eligible to represent Team Ontario at the national selection trials in 2014 and compete for a chance to represent Canada at international events.

"I wasn't expecting to medal and do that well," said Bryan, a St. Faustina Elementary School student. "I really wanted to qualify, but I was still surprised."

Bryan is a first-degree black belt student who normally places first or second at competitions.

She thanks Mistry for encouraging her to stick with her craft.

"I've noticed that I've been a lot more confident in whatever I do," she said. "My self-esteem has really gone up since I started."