



Media Release

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Royal Perth Hospital Nurse wins World title

Theresa Carter is one nurse you wouldn't want to mess with after recently winning the World Kickboxing Championship in Thailand.

While her bedside manner in the adult burns unit may be mild, in the arena it's a different story, with knees and elbows striking a fierce blow to her opponents.

While Theresa started kickboxing eight years ago, she started to pursue the competitive side only four years ago.

"I originally started Muay Thai for fun and to increase my fitness, then I reached a level where I felt confident with my technique and took up the challenge to fight in the ring," Theresa said.

And the Forrestfield resident has never looked back.

Theresa and her partner / coach Lee Blackman started their own gym, Cannington Kickboxing, where they teach Muay Thai.

Before the world championships Theresa took two weeks off from nursing to do some intensive training in Bangkok before taking part in the event held at Kings Gardens on the Kings birthday, December 4, in front of thousands of spectators.

Theresa won the world title for the World Professional Muay Thai Federation (W.P.M.F) at 59kg's, against a French competitor who had been living and training at a gym in Bangkok for three months prior to the event.

Theresa was ecstatic to win the title, saying she was treated like a superstar.

"Everyone wanted to congratulate me on winning such a tough fight," Theresa said.

"But even though I was in there fighting solo, an immense amount of work goes on behind the scenes to prepare for a fight like that, so I was very happy to have won the belt for my coach, and everyone at the gym that supported me," she said.

Theresa said the same qualities that are important in nursing have stood her in good stead for her kickboxing.

"Its all about time management and ensuring you have a great support network for the times when it all gets too much."

Theresa plans continue her training and return to Bangkok next year to defend her world championship title.

Photo available upon request.

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