

TAEKWONDO

# Taking on the world

## INSTRUCTOR GETS TOP JOB

Sean Thompson

NURTURING young talent has taken Ki Martial Arts Academy instructor Alfio Viscuso to the top of his field.

The Ashfield resident was recently named Australia's coach ahead of the Unified International taekwondo Federation World Championships in June next year. Along with the coaching duties, he was also named the

national tournament and technical director.

Viscuso's appointment comes after two of his students made the Australian team on the back of wins at state and national competitions this year.

Viscuso said his academy, based at both Ashfield and Concord West, had come on in leaps and bounds in the past few years.

"We started small and grown gradually to where



Alfio Viscuso with his students Dylan Delicana, left, and Paul Generakis from Ki Martial Arts Academy.

Picture: DAMIAN SHAW

we are now," he said. "It's nice to know my work is being recognised, and with the national job I'll be able to create training plans for juniors, seniors and veterans."

Viscuso said his focus was

on the international tournament in Italy next year.

"I'm proud of being our national coach, because not every 34-year-old gets appointed to a role of this capacity," he said.

"There are a couple of boys from my academy in the national team, but all of them have won consistently ... We're hoping for a good campaign heading into the tournament."

### FIGHTING FIT

**WHO:** Alfio Viscuso  
**WHAT:** Instructor at Ki Martial Arts Academy and recently named Australian coach

FENCING

# With sword oar blades

## TEEN SHINES IN TWO SPORTS

Sean Thompson

FENCING and rowing take a certain level of skill and patience, and thankfully Emily Principe has both of those traits in spades.

The Balmain resident's dual abilities have earned her this week's Junior Sports Star nomination.

Emily, 15, started fencing six years ago and recently competed in the World Cadet Championships in Bulgaria, finishing 94th in her age group.

Earlier this year at the Asian Cadet Championships she ranked an impressive 22nd.

And when she's without



sabre in hand, Emily has featured on the podium of various rowing competitions over the years.

Recent successes include a first place in the under-16 single scull at the Drumoyne JB Sharp Regatta.

Despite her natural ability in both sports, Emily has set her sights on rowing for Australia.



Emily Principe has shown flair at both fencing and rowing.

Picture: DANIEL AARONS

WRESTLING

# Legend set to take to the ring

FORMER WWE superstar Shelton Benjamin will square off against Orlando Jordan at Concord RSL Club on Friday, September 19.

Despite being veterans of the squared circle, this is the first time the two will meet in combat.

Details: 9743 1308.

RUGBY LEAGUE

# Presentation dinner for Jets

NEWTOWN Jets will host their 2014 presentation dinner at Petersham RSL Club on September 26.

The night starts at 7pm and costs \$65 per person. The presentation is a chance for officials to congratulate the club for the 2014 season.

Details: 0447 046 516.