

Team Plymouth

Making a Sporting Difference

Name: Luke Holman

Sport: Taekwondo

Club: Taekwondo Plymouth

Date of Birth: 07/07/1993

Status: Luke has been training hard in Taekwondo for approximately ten years; his fight weight is 68kg. Mr Holman has been selected to represent Great Britain on the Junior National Team, and has already attended the Olympic training camp in Egypt twice, with the Egyptian Olympic and National Taekwondo. Amongst much other silver wear, Holman has won gold at the British National Championships for the last two years, in addition to winning eight gold medals in a row at the Ultimate Open. In 2002 Luke won gold in the Korea Open, and has taken gold in the 2009 British Masters.



Ambitions: In 2009, Holman wants to win the second British International Open for the second time, and to win the last 4 major home tournaments this year, and to do well in the German Open in December. Next year, Luke wants to keep training hard for the World Junior Championships in Mexico in February 2010 representing the Junior National Team. Holman's long term goals and focuses are for all of his training and competition is to attempt to break into the senior British Team and to compete at the 2012 Olympic Games in London.

