



## **“THIS IS SKYLAR PARK MEMBER OF TEAM CANADA.”**

When you see me on the world stage, I’m an Olympian and Pan Am Games gold medallist in Taekwondo. What you don’t see is that I’m carrying my family’s legacy on my shoulders. I’m a fourth-generation Taekwondo athlete, and one of 16 black belts in my family. My family is my foundation, my team, and my support system. I feel so lucky that I was introduced to Taekwondo at such a young age, growing up in my family’s Taekwondo school surrounded by all the people that I love. I know I have my whole family’s strength, knowledge, and support behind me. But with this also comes a lot of pressure to continue my family’s legacy in the sport. Because when I enter the arena, I’m not just fighting for myself. I’m fighting for my entire family.”



**BRAVE IS  UNBEATABLE**