

TAEKWONDO ATHLETE

TAEKWONDO Data: <http://www.taekwondodata.com/kyriaki-kouttouki.aehi.html>

NAME : KYRIAKI KOUTTOUKI

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Nationality : Cypriot

Address : Philippou Papakyprianou, 176, Latsia, Nicosia, Cyprus (2224)



LANGUAGES KNOWN :

GREEK – Excellent ENGLISH – Excellent

FRENCH – Excellent RUSSIAN – Beginner

ITALIAN – Beginner

EDUCATION

University: Studying Business administration at University of Cyprus

High School : Graduated from Kykkos B' High School in 2014 with honors

Diplomas: English as a second language IGCSE
French exams until Delf B1
Royal school of music examined in Grade 5 piano and Grade 5 theory of music.
Greek piano diploma
ECDL (European Computer Driving License) Certificate for all 7 modules required.
Royal Academy of Dance graded examinations in Classical Ballet all levels until Advance level.
Imperial Society of Teachers of Dancing graded examinations in Modern Theatre all levels until Advance1 level

PARTICIPATIONS – HOBBIES :

- Participated at Nicosia Youth Ballet for 5 years
- Participated in many shows with Nicosia Youth Ballet
- Participated at Cyprus Ballet Competition 2011
- Taste of New York 10th annual dance workshop in the Advanced level 2010
- Many ballet shows with Vattis Art of Dance School
- Participated in many Piano concerts with “Astrinideio Odeio” of Cyprus
- Participated in Kangourou summer camp in mathematics
- Participated in 9th Cyprus technology competition 2006-2007

ACHIEVEMENTS :

2016

- ✚ **1st Place at the world ranking (-46kg)**
- ✚ **Participation at Olympic Games Qualification Europe Istanbul**
- ✚ **Gold Medal at President Cup G2 Germany**
- ✚ **Gold Medal at Fujairah Open Fujairah**
- ✚ **Top female athlete of the year 2015 awarded from the Cyprus Sports Association (January 2016)**

2015

- ✚ **1st Place at the world ranking (-46kg)**
- ✚ **Gold Medal European Championship U21 Bucharest**
- ✚ **5th Place at World Championship Chelyabinsk**
- ✚ **Silver medal at European University Games**
- ✚ **Bronze Medal at World University Games**
- ✚ **Gold Medal at Austrian Open Innsbruck**
- ✚ **Gold Medal at Greece Open Thessaloniki**

- 🇨🇵 Gold Medal at Bosnia Open Sarajevo
- 🇨🇵 Gold Medal at Fujairah Open Fujairah
- 🇨🇵 Gold Medal at Swiss Open Manteaux
- 🇨🇵 Gold Medal at Moldova Open Chisinau
- 🇨🇵 Gold Medal at Polish Open Wars chaw
- 🇨🇵 Gold Medal at Serbia Open Belgrade
- 🇨🇵 Silver Medal at Dutch Open Eindhoven
- 🇨🇵 Bronze Medal at Turkish Open Antalya
- 🇨🇵 Participation at Europe-Games Baku
- 🇨🇵 Participation at Grand Prix Moksha
- 🇨🇵 Participation at Grand Prix Manchester
- 🇨🇵 Top female athlete of the year 2014 awarded from the Cyprus Sports Association (January 2015)
- 🇨🇵 Top junior female athlete of the year 2014 from the Cyprus Olympic Committee
- 🇨🇵 Awarded as the top senior female athlete of the year 2014 from the Cyprus Olympic Committee
- 🇨🇵 Awarded as the top senior female athlete of the year 2015 from the Cyprus Olympic Committee
- 🇨🇵 Awarded as the Top Female Woman Athlete of the year 2014 from the magazine Madame Figaro (April 2015)

2014

- 🇨🇵 **Gold medal at European Championship U21**
- 🇨🇵 **Gold Medal at Commonwealth Championship Edinburgh**
- 🇨🇵 **5th Place at European Seniors Championship Baku**
- 🇨🇵 Gold Medal at Australia Open Sydney
- 🇨🇵 Gold Medal at Trelleborg Open Trelleborg
- 🇨🇵 Gold Medal at Dutch Open Eindhoven
- 🇨🇵 Gold Medal at Greece Open Kos

- 🏆 Gold Medal at Swiss Open Lausanne
- 🏆 Gold Medal at Israel Open Ramla
- 🏆 Gold Medal at Serbia Open Belgrade
- 🏆 Silver Medal at Austria Open Innsbruck
- 🏆 Bronze Medal at Paris Open Paris
- 🏆 Bronze Medal at German Open Hamburg
- 🏆 Bronze Medal at Spanish Open Castellon
- 🏆 Participation at Grand Prix Suzhou
- 🏆 Participation at Grand Prix Astana
- 🏆 Participation at Grand Prix Manchester
- 🏆 4th female athlete of the year 2013 awarded from the Cyprus Sports Association (January 2012)
- 🏆 Candidate for the Top Female Woman Athlete of the year 2013 from the magazine Madame Figaro (March 2014)

2013

- 🏆 **Gold Medal at Europeans youth Championship Porto**
- 🏆 **Bronze Medal at Europeans Championship U21**
- 🏆 **Bronze Medal at Mediterranean Games**
- 🏆 **9th Place at World seniors Championship Puebla**
- 🏆 Gold Medal at Trelleborg Open Trelleborg
- 🏆 Gold Medal at Serbia Open Belgrade

2012

- 🏆 **5th Place at World youth Championship Sharm el-Sheikh**
- 🏆 **5th Place at European Seniors Championship Manchester**
- 🏆 **5th Place at European Championship Athens U21**
- 🏆 Gold Medal at Serbia Open Trelleborg

2011

🏆 **5th Place at European youth Championship Pafos**

🏆 Gold Medal at Serbia Open Belgrade

🏆 Bronze Medal at Belgian Open Herentals

2009

🏆 **Silver Medal at European Cadets Championship Zagreb**

🏆 Gold Medal at Trelleborg Open Trelleborg

HOW MY TAEKWONDO CAREER BEGUN:

- I started practicing Taekwondo at the age of 10 years old. After couple of years I won my first European Medal (2009) and that's when it all begun. I focused more on my taekwondo career, without leaving my education behind, and my life dream to become one of the best Taekwondo Athletes is nearby.