

Robyn's story

Robyn's love of Martial Arts first began when she started a course as part of her Duke of Edinburgh's Award programme. Her passion for the sport developed and evolved, turning into a career.

Robyn, like many others, started her DofE Award aged 14. She decided to take up new challenges for her programme and started sign language and kick boxing. She experienced many highs and lows throughout, most notably on her qualifying expedition where a combination of factors had driven the team to the point of giving up. However after refocusing they succeeded by working together and persevering when things got tough.

The skills and experiences Robyn learnt from her DofE Award helped to shape her career. Her new found passion of kick boxing developed into a passion for Taekwondo, which in turn opened up many doors for her. Robyn is now a 2nd Dan Black Belt and won a World Silver Medal representing Great Britain aged just twenty years. She now works as an actress and has used her Taekwondo skills in several jobs, including with the National Theatre, as a lead for the BBC and currently, on a two women theatre piece opening this month (July 2011) as part of the London Fringe Theatre Festival.

You never know where your DofE programme could take you!



"My favourite thing about the Duke of Edinburgh's Award is the focus on and respect for young people. My experience of it is crystallized by this quote from my mentor Daisaku Ikeda; "Nothing is irredeemable in youth. Rather, the worst mistake you can make when you're young is to give up on yourself and not to challenge yourself for fear of failure.""

