

PETRA DYDISZKO – NATIONAL TEAM SWEDEN

EUROPEAN AND WORLD CHAMPIONSHIP MEDALS 1998-2013

- 1 EC 1998 Silver in Individual Pattern 1st Degree
- 2 EC 1998 Bronze in Team Sparring
- 3 EC 1999 Bronze in Individual Pattern 1st Degree
- 4 EC 1999 Bronze in Team Pattern
- 5 EC 1999 Silver in Team Sparring
- 6 EC 2000 Bronze in Individual Pattern 1st Degree
- 7 EC 2000 Bronze in Individual Sparring +70 kg
- 8 EC 2000 Silver in Team Sparring
- 9 EC 2000 Bronze in Team Power Breaking
- 10 EC 2001 Silver in Individual Pattern 1st Degree
- 11 EC 2001 Silver in Team Sparring
- 12 EC 2002 Bronze in Team Pattern
- 13 EC 2002 Bronze in Team Sparring
- 14 EC 2003 Bronze in Individual Power Breaking
- 15 EC 2003 Bronze in Team Power Breaking
- 16 WC 2003 Bronze in Team Sparring
- 17 WC 2003 Bronze in Team Special Technique
- 18 EC 2004 Silver in Individual Pattern 3rd Degree
- 19 EC 2004 Silver in Individual Sparring +70 kg
- 20 EC 2004 Silver in Team Sparring
- 21 EC 2004 Bronze in Team Special Technique
- 22 EC 2005 Bronze in Individual Pattern 3rd Degree
- 23 EC 2005 Bronze in Individual Sparring +70 kg
- 24 EC 2005 Bronze in Team Pattern
- 25 EC 2005 Silver in Team Sparring
- 26 WC 2005 Bronze in Individual Sparring +70 kg
- 27 WC 2005 Bronze in Team Pattern
- 28 WC 2005 Silver in Team Power Breaking
- 29 EC 2006 Silver in Individual Pattern 3rd Degree
- 30 EC 2006 Silver in Team Sparring
- 31 EC 2007 Bronze in Individual Pattern 3rd Degree
- 32 EC 2007 Bronze in Team Sparring
- 33 EC 2008 Silver in Team Sparring
- 34 EC 2009 Bronze in Individual Power Breaking
- 35 EC 2010 Bronze in Individual Pattern 4-6th Degree
- 36 EC 2010 Gold in Team Pattern
- 37 EC 2010 Gold in Team Sparring
- 38 WC 2011 Silver in Individual Sparring -70 kg
- 39 WC 2011 Bronze in Team Power Breaking
- 40 EC 2011 Bronze in Individual Pattern 4-6th Degree
- 41 EC 2011 Bronze in Individual Sparring +70 kg
- 42 EC 2011 Silver in Team Sparring
- 43 EC 2011 Bronze in Team Power Breaking
- 44 EC 2012 Silver in Individual Pattern 4-6th Degree
- 45 EC 2012 Bronze in Team Sparring
- 46 EC 2013 Bronze in Individual Pattern 4-6th Degree
- 47 EC 2013 Bronze in Team Sparring
- 48 EC 2013 Silver in Team Power Breaking
- 49 WC 2013 Bronze in Team Power Breaking



Silver Medal in Sparring -70 kg
World Championships 2011, New Zealand

Petra Dydiszko started Taekwon-Do at the age of 15, in 1993. She quickly fell in love with the sport and took every opportunity to learn and train.

In 1997 she successfully graded to 1st degree black belt and was selected to the national team. Her first international championship was the World Championships in Russia 1997.

She won her first international championship medal in 1998. During her long career she has competed for Sweden at 10 World Championships and 17 European Championships winning a total of 49 medals:

- 21 medals in sparring**
- 17 medals in pattern**
- 9 medals in power breaking**
- 2 medals in special technique**