



ASM Technologies Limited

RAHUL DRAVID  
ATHLETE MENTORSHIPS

WITH GoSports

## 5. Latika Bhandari

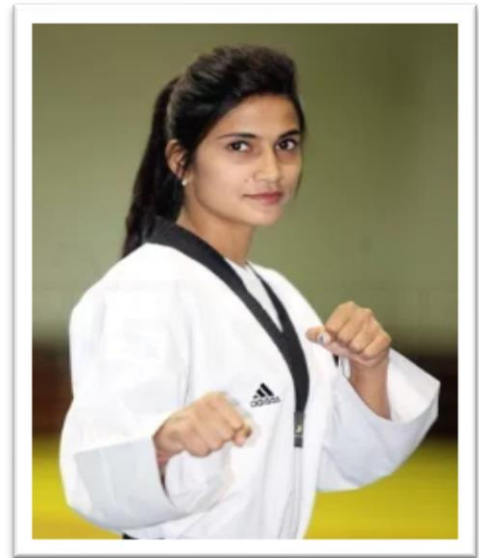
**Date of Birth:** 8<sup>th</sup> March 1994

**Sport:** Taekwondo

**Hometown:** Nainital, Uttarakhand

**Training Base:** T.T Nagar Stadium, Bhopal

Latika witnessed the sport at a very young age when her father enrolled her in the Taekwondo class for general fitness. Latika's father works in the Indian Army - Assam Rifles and her mother is a house wife. She also has an elder brother who is an MTech graduate.



Latika started playing the sport competitively in 2004, being only 10 years old, and won her first medal when she was in Class 10. This inspired her to pursue professional sports as her career. She has currently taken a break from studies post Class 12.

### Athlete Performances

- Silver medal in Commonwealth Taekwondo Championship, Canada in 2017
- Silver medal in 1<sup>st</sup> WTF President's Cup Asian Region in 2017
- Reached round of 16 in WTF World Taekwondo Championship, Korea in 2017
- Finished 5<sup>th</sup> in 17<sup>th</sup> Asian Games, Incheon in 2014
- Bronze medal in 21<sup>st</sup> Asian Taekwondo Championship in 2014