

Krista Fleming

It started on Friday when February 13, 1976 8.29 hours to a little girl was born. It was close or had a birth mom had on the toilet as soon as I was! Even the midwife was not on time. I was happy to stay home, even though I was born prematurely.

Our Family

Our family was born two years after my three children. Marc, my older brother, I and my younger sister Martine. In appearance, we seem pretty similar, but there are also many differences. After several years my brother Florian was born.

My love for sports was clearly very young. Even with the diaper juggling with our dad in the living room. We pulled the craziest stunts and antics from. Mama was less enthusiastic because we hung sink to the regular swing. It is a miracle that never sink to the wall has come and we have no injuries sustained in that time. My dad is really a sportsman. I remember he was 45 years old as a transshipment handstand when we showed up the dog to the exhaust were. I was really surprised! Judo, soccer, gymnastics and motocross in his youth were his favorite sports. My mother has never really been a fan of sports. She loves gardening and reading.

It started with football

When I was about eight years wanted very happy football. At that time I really only for boys. In our neighborhood was much play football so I decided that I wanted to be as good as the boys from our street. My brother and I always fight over who had the best, strongest, fastest or smartest would be. I actually always lost at all points, but I took it hard for me to work.

In those days there were no girls my age who played soccer so I was in a boys team. I was the head of the team regularly and I was the leader of the team. After a few years had to go to the Ladies Team. I was a little too big and too old for the boys team. My mother absolutely did not want me in the adult women would play because I had always came home regularly sore. These girls were so big and so heavy, because I really do not fit between a blade of 13 years.

Soon came the riding

Besides football, I started riding around my 9th year. My first pony was called Proetje care. Proetje was a very naughty pony at the farm stood where both I and my sister Martine came daily. We could of Fie and Geert (the farmer and the farmer) as a reward for good day care for a ride. In the summer we stayed there with all girls and we did tag on the ponies. Every day we made them do something silly. Mama often regretted that we were never home, but now years later she is happy that we grew up as healthy on the farm. I am still Fie, Geert Miranda and grateful for everything I got to experience for years.

Around my 12th I got the opportunity to do matches with Brainy. After two years of intensive super Brainy, which we have the L-class in the dressage came, she had her recurrent disease spontaneously be finished. My heart broke

When and Aerobics Steps

I have a few years the horses of a different care. Meanwhile I have trained four times a week in gym Zweers Westervoort. I was there on Aerobics and Steps. I was fanatically every day and within a few years I was training more than 5 times a week. In the summer of '92 we were a group of athletes Zweers the Nijmegen Vierdaagse. I thought I was doing a while to. I have known! Untrained walk 40 km a day is still not recommended. I was immediately punished and one years was not long intensive training for a knee injury,. but I have prejudged the Marches !.....

And finally ... Kickboxing ...

I will never forget my first contact with the kickboxing. I had really never heard of, kickboxing, well that would be nice because I think generally all sports fun to do. A few girls on

the corn market told me that it was a sort of combination of karate and boxing. I was immediately interested and so I came by Sensei Fred Royer.

I unsuspectingly walked into the gym and hopped up the stairs for me to dress. Fred asked me very directly if I was sure I wanted to do this, and whether I dare because kickboxing is really no girls sports. I was very surprised and decided just to show him who I was! The first three quarters were still pretty good, until we were first ... I had no idea what that was. A kind of play with each other, turned out. Wow what is so hard to master in your stomach when you do not have strong abs! It took a while before I got my breath back. This was scared say! I was really mad at that girl, I can still get the feeling. She longed to show that she was better (very recognizable athletes of course) Well I knew what I wanted, that men and especially girls, very quickly show that I can ... kickboxing ...

Fortunately I got a few months after an intense workout neckblessure. When I decided on the advice of my doctor (when I listened) to stop kickboxing.

But blood is thicker than water

After a few years studying, going out, traveling, discovering myself, especially boyfriends and many work in the hospitality, I decided yet again to go kickboxing. I missed the feeling of training for some time, but dared not to move the car to go back to the gym. That is such a familiar phenomenon, it pushes you always with you every time a different excuse. Now I recognize that my students. "Yeah Kris, I'll train again very soon, but first here to improve my condition, and then I ..." Then you see that person appear months later at the gym or the mall with a new excuse.

In 2000 I dared to go back to training. I started with twice a week to train. I was at that moment in my last year of my studies and Organization (Saxion University) and could not train more often. I was training in Utrecht and then went straight to the gym on the days of training. Until April 2001 I stayed on average two times a week training. In April I left for a half years to Australia and Asia. A long journey (only) was still on my list of dreams. Now I finally had to chance to do that, so why not? I did my training so fast I had one year anyway on to use the study! During my trip I had a good time for all thinking.

What I really want?

That question remained largely unanswered. I did not know exactly what I wanted so I decided late in 2002 to continue studying (psychology) and also to keep training as much as possible. The combination itself went pretty well, but I also had to continue to earn my money to pay for everything. On the weekends I worked around the clock, so I was in school and during training is not as good performance. I had something else to think. Not long after I had the opportunity to the youth of Marjolein Hulshoff Kickboxing classes to take. I found it great to be with the kids. Slowly the pieces fell together.

In the meantime I kept hoping that Fred would ever ask me for a game fight. I dared not ask him, but I could not wait any longer. My competitive instincts were so strong that at one point I had the guts to ask him. "I knew it!" he said. "You see, I am always right". After two months especially many in the fight Contest Group (which has changed somewhat pfuf) I fought to May 13, 2004 my first match against in Katwijk Lisette Steinmetz from Ede. This game was really "my victory" in all respects. Now I knew I was on the right track

After the summer I started the Women in the kickboxing gym. Now 5 years later I run with my partner Fred Roijers our Power Center gym and Fight Kick Boxing Arnhem and I Martial arts teacher at the ROC. Besides this work I Ambassador of the Jane Goodall Institute Netherlands.

I finally got my sport / hobby my work, and I'm still every second of the day happy with my choice.