

TAYLA CHIDRAWI

Strength & Conditioning Specialist

I am a sport scientist by trade, having completed a bachelor's degree in Human Kinetics and Ergonomics & Economics at Rhodes University. During my time at Rhodes I also tutored 1st year students in human kinetics and ergonomics. I then went on to study an honours degree in sport science at the University of Pretoria.

I found my passion for golf strength and conditioning during my honours year, where I worked closely with Gavin Groves – to further understand the mechanics of the golf swing and the importance of golf fitness. This led me to complete my level 1 and 2 certifications in golf fitness through TPI. My next goal is to have my level 3 certification by the end of 2019.

My role at TuksGolf is the strength and conditioning specialist. My fitness journey started at 6 years old and I have been involved in the world of karate for 15 years, achieving a number of accolades – namely 4 gold medals and a silver medal at the World Russia Games in 2012. I have been a beginners karate coach from 2010 and continue to enjoy sharing the art of karate.

My fitness journey continues to get more exciting every year! My goal is help others find their fitness goal and start the journey! I love learning new skills and being able to play a number of sports, from karate to rowing, and golf.