

Canadian Student Competes in Pan American Games

Editorial Staff

Canadian Stephen Goodwin, a sixth quarter student at Western States Chiropractic College (WSCC), traveled to Argentina where he recently captured third place honors in the Tae Kwon Do competition at the Pan American Games.

Competing since he was 12, Stephen has racked up an impressive list of victories: first place in the 1994 Canadian Tae Kwon Do championships, second in the 1991 Pan Am Games, and third in the 1994 World Cup. But his champion status has taken its toll on his body: he has broken bones in his feet and injured his back many times. After one injury he sustained while training in Korea, Stephen sought help from a number of health care providers, and finally found relief through chiropractic care. This inspired him to pursue a career in chiropractic.

Stephen's current regimen consists of practicing five nights a week for two months prior to a competitive event, and three nights a week in the off-season.

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