

MRS Patricia (Trish) ROUNTHWAITE

Professional Instructor with 39 years of Taekwon-Do Experience
School Teacher (retired) with 30 years of School Teaching Experience

- International Instructor/Examiner/Umpire
- GM Sutherland Exceptional Inspiration Award (2024)
- 6 years Joint Residential Head, American Pacific International School, Thailand
- Member of the International Taekwon-Do Foundation, New Zealand



<http://www.itkd.co.nz>

Partners



TAEKWONDO HISTORY

International Instructor Courses

International 'DO' Course (2023)
New Zealand (2020/2017/2013/2006/2004/1993/1990)
Australia (2023/2022/2015/2004/1999/1996) USA (1997/1990)
Vietnam (2009) Philippines (2005)

International Umpire Experience

Umpires Online Update Course (2025)	Int Umpires Course, New Zealand (2019)
Int Umpires Course, New Zealand (2016)	Int Umpires Course, New Zealand (2013)
Asian Championships, Vietnam (2010)	Oceanic Champs, New Zealand (2010)
World Championships, Germany (2005)	Junior World Championships, Italy (2004)
Oceanic Championships, Canberra (2002)	Epsom Championships, NZ (2001, 2002)

International (TKD) Teaching Experience

New Zealand- (2011 – 2025)
Thailand (2005-2010)
Australia (1995-2005)
Papua New Guinea (1991–1995)
New Zealand (1982–1991– teaching consultant to instructors)

International Tours

Tul Tour, South Korea (2018)
World Camp, USA (2002/2000/1993/1990/1986)
World Camp, Australia (1998)
Goodwill Tour - Ireland (2006)
Rarotonga (1985)

International Administrative Experience

President ITF Thailand (July 2005 - 2010)	Congress Rep. Vietnam (July 2010)
Secretary Australian ITF (2000-2005)	Australian Delegate to World Congress,
Germany (July 2005)	
Australian AITF Team Manager/Assist Women's coach, World Champs, Poland (2003)	
PNG Delegate to World Congress, World Championships (1994)	
Commendation by General Choi Hong Hi (Taekwon-Do Founder), 1995	

General

Professional Instructor New Zealand (2011-2025)
GM Sutherland Exceptional Inspiration Award (2024)
ITF NZ 25-year plaque (2022)
Promotion (5th Degree) ITF Certificate T-5-1 (2006)
Professional Instructor Australia (1995-2005)
International Instructor / Int Examiner / Int Umpire (2000)
Commonwealth Games Opening team member, Auckland (1990)

EDUCATION

Sunshine Coast University, Australia (U3A)
Sports and Events Marketing (1999) Anatomy & Physiology, Marketing (1998)
Registered School Teacher (NZ-1966); Qld, Australia (1995-2005); Thailand (2006-2011);
New Zealand (2011-2017)

First Aid

Red Cross 'Save a Life' (2024)
Red Cross 'Save a Life' (2022)
Red Cross 'Save a Life' (2020)
Red Cross 'Save a Life' (2017)
Red Cross 'Save a Life' (2015)
Red Cross 'Save a Life' (2013)
Red Cross 'Save a Life' (2010)
Thailand First Aid Course & CPR update (2006)
Australian Red Cross Senior First Aid course (2004) CPR updated 2004

Educational Courses

Cultural Education, Thailand
Thai Language Culture and Prof Ethics for Non-Thai Teachers (2009)
Traditional Thai massage (Basic/Advanced) (2008)
"Cultural Differences and Similarities" (2009)
"Third Culture Kids at International Schools"
"Importance of International Mindedness for 21st Century Students"

Employment

2011 – 2025 Professional Taekwon-Do Instructor, New Zealand
2005 – 2010 Teacher/Residential Head, American Pacific International School, Thailand
1998 – 2004 English as a 2nd Language, Short Term Courses Administrator at Sunshine
Coast University, Language Centre, Queensland, Australia
1995 – 2004 Relief teacher – primary schools, Sunshine Coast, Australia
1995 – 2005 Professional Taekwon-Do Instructor, Qld, Australia
1991 – 1995 Classroom teacher, Mt. Hagen International School, Papua New Guinea
1968 – 1991 Classroom Teacher and Senior teacher (Hutt Valley, Auckland schools) NZ
1965 – 1967 Teachers' College, Wellington, New Zealand (specialisation in Physical Education)

Personal Details

Mrs Trish Rounthwaite (5th degree) ITF Certificate No: T-5-1
Hastings, New Zealand.
Mobile: 0210323233
Email: rtrtkd.trish@gmail.com

Birthplace – Salford, England,
Occupation – Professional Taekwon-Do Instructor

Recreational Interests

Taekwon-Do Travel Floral Art Reading Thai Massage Cooking
Aqua aerobics

Countries travelled

Asia

Japan, China, Vietnam*, Laos, Cambodia, Thailand*, Myanmar (Burma), Taiwan, Hong Kong*, Dubai*, Singapore, Malaysia*, Brunei, Philippines*, Indonesia*

South Pacific

New Zealand*, Australia*, Tonga, Samoa, Fiji*, Cook Islands*, Vanuatu, Papua New Guinea*,

Europe

Great Britain*, Belgium, Italy*, Germany*, France, Poland*, Holland, Romania, Canada, USA*, Guam, Hawaiian Islands* Spain

*** Denotes countries TKD practised in**

Resided in

England, New Zealand, Papua New Guinea, Australia and Thailand.

Married – Master Rocky Rounthwaite (9th Degree) International Instructor/Examiner/Umpire (ITF)

Family - Sheryl (3rd degree)

- Mark (5th degree) Professional Stunt Coordinator, Technical Producer, Fight

Choreographer/2ND Unit Director. Movies include Lord of the Rings, Alexander, King Kong, Casino Royale, The Bourne Ultimatum, Indiana Jones and the Kingdom of the Crystal Skull, Green Zone, The Last Airbender, Ghost Rider 2, Iron Man 3 – more.....

<http://www.imdb.com/name/nm0745775/>

(23/06/2025)