

San Francisco Chronicle Magazine



HEALTHY OBSESSION

Amber Haskell

Age: 15

Town: Oakland

Occupation: Student

Sport: Poekoelan Tjimindie Tulen, a martial art from Indonesia.

Why: I started because my mom wanted me to know about my culture, but I kept training because I get physical fitness, self-defense and self-respect.

Latest accomplishment: Being put up for my second-degree black-belt test. I am proud of myself because I proved to my teachers that I am responsible and committed to my art.

Gear you can't live without:

Shield Charger strapless mouth guard in red. It makes it look like your mouth is bleeding.

Where you train: Studio Naga in Oakland.

Best time to train: 9 a.m. Saturday — it's a great way to start your day and weekend.

Most annoying thing people assume about athletes in your sport: I don't tell people that I have my black belt because they assume that I'm a violent person. Once I tell someone, they ask me, "Can I beat them up?" and, "What's the coolest move I know?"

Advice you'd give a rookie: Be ready for kicks, hand strikes, self-defense holds and intense conditioning.

*Know someone hooked on a sport?
E-mail healthyobsession@sfchronicle.com.*

