

Dasha Peregoudova

Dasha Peregoudova is originally from Moscow, Russia but has lived in Toronto since she was 8. She began practicing taekwondo in Toronto and continued on to a successful career. She was a junior national team member between 2002 and 2006, and a national team member between 2003 and 2011, when she retired from competing. Some of her best results include two-time Pan Am Championship gold in 2006 and 2008, a Pan Am Championship silver in 2010, a 5th place finish at the 2007 World Championship, a 2010 German Open gold, and a 2007 US Open gold.

From 2007-2015, Dasha gave back to the taekwondo community by being a member of the board of directors of Taekwondo Canada. In 2010, Dasha started the Taekwondo Athlete Council Canada as the inaugural president. She has also served as director of AthletesCAN since 2013, and currently holds the Vice President position. As part of a working group of AthletesCAN, she has completed an extensive review and research paper on the state of Athlete Agreements in Canadian amateur sport.

Dasha recently completed her law degree at Western University. She has worked as a legal intern for the National Basketball Association in New York, and will commence her articles at Gardiner Roberts LLP in August 2016. She is an avid supporter of the arts, and has a passion for theatre in particular. Some unique achievements include climbing Mount Kilimanjaro in 2008, and Machu Picchu in 2012.

In recent years, Dasha has volunteered extensively with the Olive Branch for Children, fundraising in Canada, but also travelling to Tanzania in December 2014 to lead an artistic development and empowerment camp. Her work in Tanzania earned her Humanitarian Honourable Recognition Award at Western University.