

Fight like a girl

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In the first semester of her freshman year, Lydia Hand, an economics major from Washington, D.C., went to the Reily Student Recreation Center looking for a class to keep active. She wound up taking kickboxing. Less than three years later she won the International Chinese Martial Arts World Championship. This summer she will compete in two amateur events, but she has her sights set on becoming a professional fighter. Watch the video.