

Chen Zhong aims for third gold

China's Chen Zhong, winner of both previous women's taekwondo heavyweight events at the Olympics, could become only the fifth female athlete to win an individual event three times



WINNING INDIVIDUAL OLYMPIC EVENT THREE TIMES

Name	Nation	Sport	Event	Years
Dawn Fraser	AUS	Swimming	100m Freestyle	1956, 60, 64
Larissa Latynina	URS	Gymnastics	Floor Exercise	1956, 60, 64
Krisztina Egerszegi	HUN	Swimming	200m Backstroke	1988, 92, 96
Birgit Fischer	GER	Canoe/Kayak	K4 500m	1996, 00, 04

Roundhouse:
90% of points are scored with this flying kick

Axe kick:
Heel drops onto head or collarbone

Skip kick:
Kicking leg swapped while in air

"Lottery" kick: Difficult spinning hook used to intimidate

Beijing Science and Technology University Gymnasium

1	Medal events	AUG	20	21	22	23
1			2	2	2	2

Pictures: AP, Getty Images
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