

Troy Conner Transcript

My names Troy Conner, I'm a Blesma member. I joined Blesma in 2016, ex Parachute Regiment and I'm very excited to be involved in the Graeae project for This Is Not For You.

I've never done anything like this before. I suppose the challenges were finding out that it's not so easy to climb into basic things, you know to hold your own body weight, the core strength that's needed and flexibility as well. After being wounded in conflict, you get certain limitations and it becomes pretty apparent when you're trying to do these little tricks and learn the new techniques.

I think this is going to help me on so many different levels. Being able to stand up and talk in front of an audience that will be great for me and for my confidence, something I never thought I'd be doing this time 6 months ago, this time 6 years ago. Being able to get up and display and perform in front of people will be so exciting and thrilling for me. I personally want to be the best I can be, whether I'm on the hoop or the trapeze or the silks, I want to be doing it for the greater good and to raise the awareness to.