



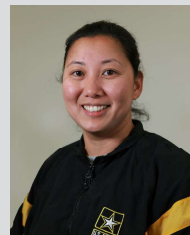
TEAM ARMY BIO

Retired Army Sgt 1st Class Hyoshin "Gabi" Cha dedicated seventeen years of service as a combat medic in the Army. In 2006, an IED explosion left her with injuries that required extensive recovery, marked by numerous surgeries. Despite the challenges, Gabi's resilience propelled her to compete for Team Army at the Warrior Games in 2018 and Invictus in 2022.

This year, Gabi will showcase her strength and determination across various disciplines including powerlifting, wheelchair basketball, wheelchair rugby, swimming, hand cycling, and field events. For her, adaptive sports represent a profound second chance at life, offering avenues for physical and mental rejuvenation.

Guided by the mantra "One weight at a time," Gabi embraces a philosophy of perseverance and incremental progress. Through her journey in adaptive sports, she exemplifies the resilience and fortitude that define the spirit of wounded warriors.

Gabi's participation not only reflects her personal triumph over adversity but also serves as an inspiration to fellow service members and the wider community. Her story highlights how adaptive sports empower individuals to surmount obstacles and confront life's trials with resolute determination.



Full Name

Hyoshin "Gabi" Cha

Preferred Name

Gabi

Rank/Abbreviation

Sergeant First Class/SFC

Service Branch

Veteran

Injury or Illness

Right Side Partial Paralysis

Hometown (City, State)

Houston, TX

Current Location/SRU

Houston, TX

MEDIA CONTACT

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