

MARTIALSPORTS



**Dawna
Lee Heising**

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Our Mission is to Promote Self-Esteem and Recognition to All Talents with the Same Opportunity and without any Discrimination

OUR MISSION STATEMENT

All Talents, All Ages, All Levels and All Skills



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PROMOTING SELF-ESTEEM

& RECOGNITION



My name is Ariela Swafford. I am 11 years old and have been practicing Jiu-jitsu for four years. Working with my incredible coaches at Iowa Martial Arts and Wellness Center has provided me with an abundance of self-confidence and awareness.

My dream is to become a Jiu-jitsu coach and open my own gym one day. For now, my goals are to focus on learning as much as possible with every intention of sharing what I have learned with others and assisting my peers reach their jiu-jitsu potential. My jiu-jitsu family is very supportive, and I want to give back.

I am a beginner yellow belt, and with that comes new challenges. My coach always says, "The higher the belt, brings the larger target." This is true for me because as I step into this new bracket, I have changed my target to reach new goals. Now, shifting focus to become the best yellow belt I can be while continuing learning even more.

Each time I execute a new move or submission, brings so much joy and happiness. I smile and want to repeat it a few times while having everyone watch. I even want to demonstrate on my family and coaches just so I know I really have it down. When I can translate what I have been working on in the gym to the mats during any tournament, I consider that a great achievement. I love the BJJ lifestyle I live.

Photos Credits: Draya Swafford



Ariela Swafford



Ariela Swafford

Nous sommes deux frères de 12 et 7 ans, Vladimir et Dimitri. Les frères Lahovary. Nous avons comme idole mc Gregor et reverions de combattre à la UFC un jour. Nous avons commencé à nous entraîner il a peut....



Celine
Olivieri

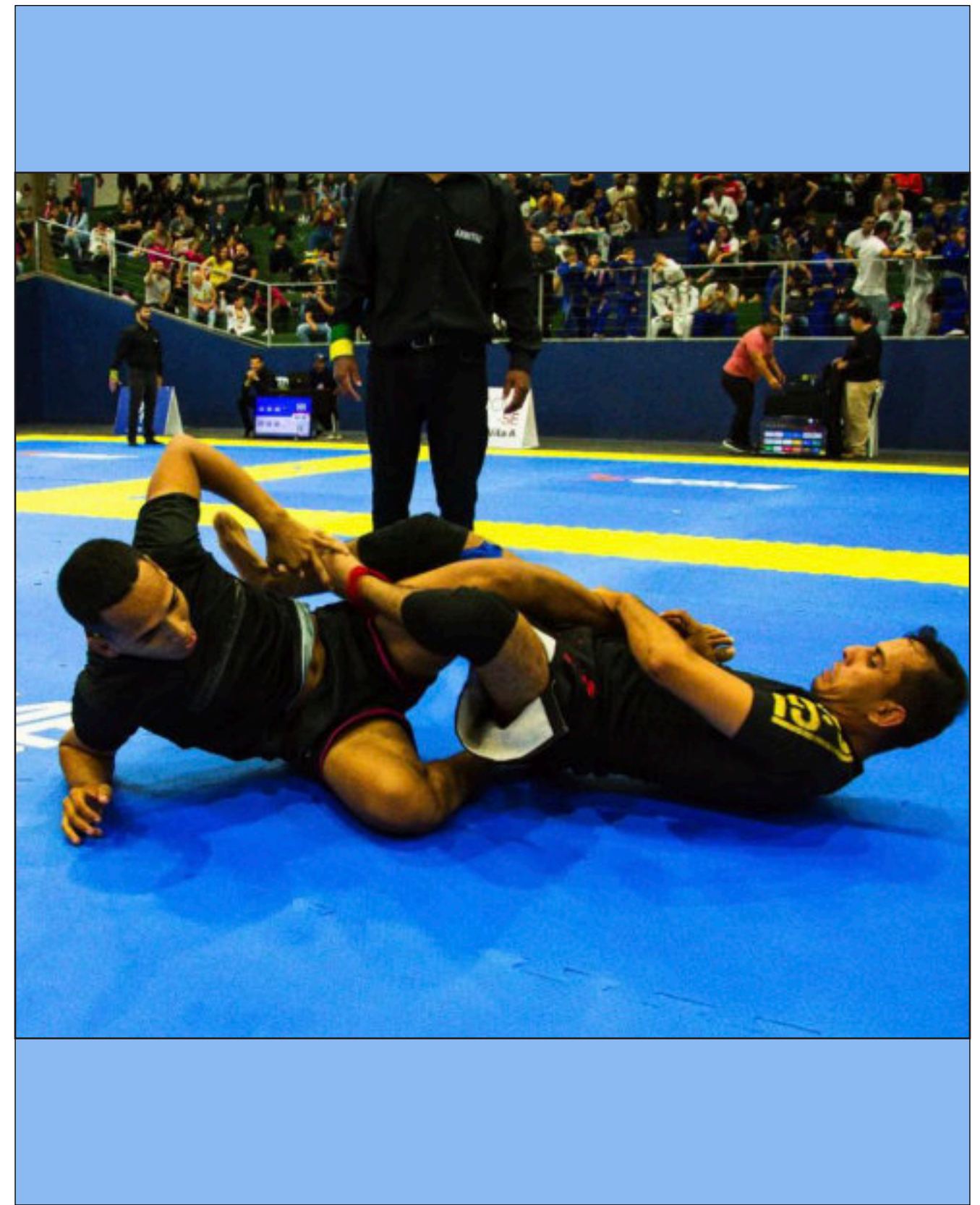
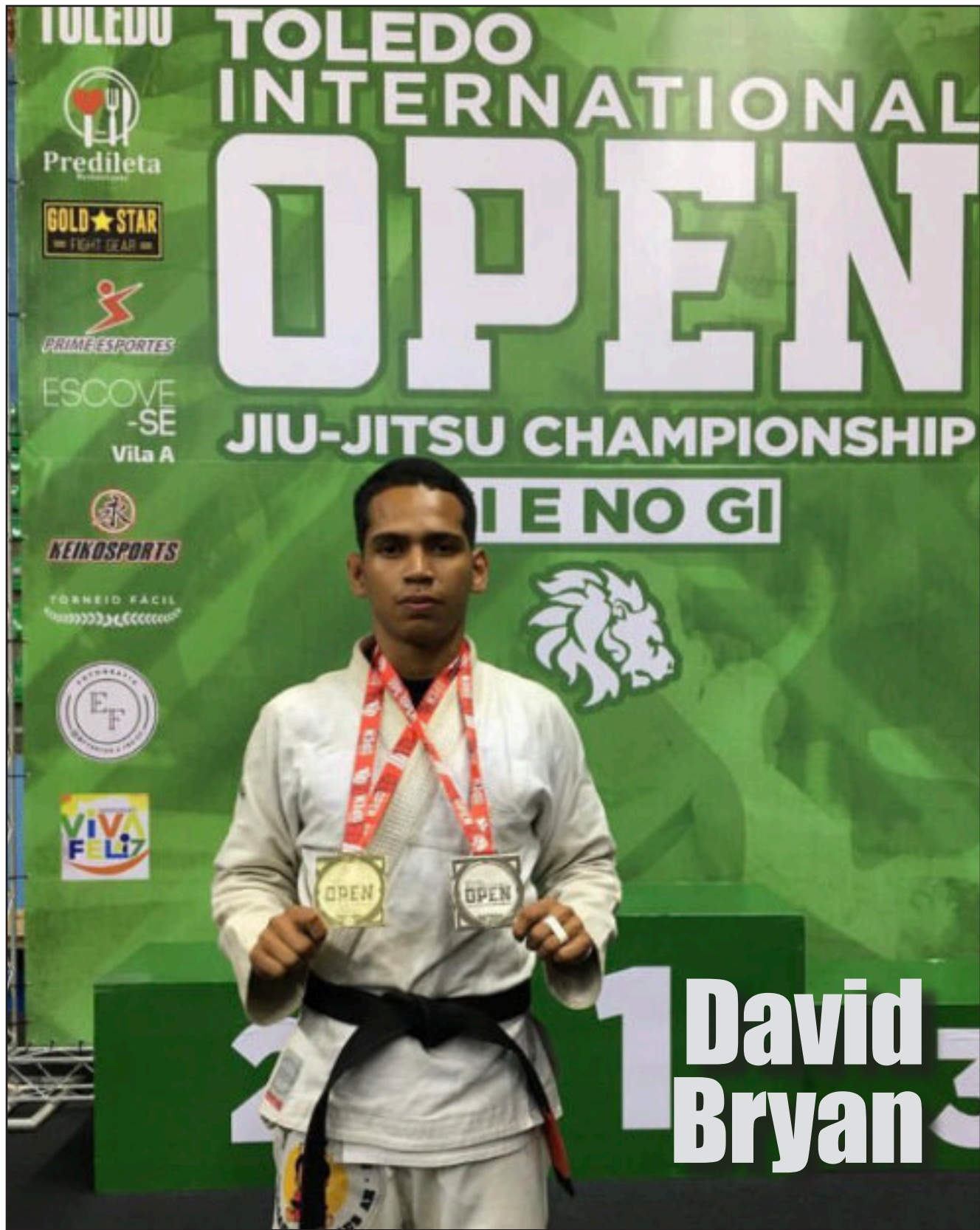


**Celine
Olivieri**



**David
Bryan**

Ser Campeão mundial
Na faixa preta





Dawna Lee Heising has acted in over 220 feature films, including Param Gill's "Bad President", starring Eddie Griffin, and "Alien Storm", starring Tom Arnold. She has won over 650 film festival awards, including over 360 Best Actress awards. Dawna is trained in Tang Soo Do martial arts, ballet, and pole dancing. She is a former Miss Los Angeles Chinatown, Ms. US World, Ms. World, Ms. Universe, Miss San Francisco Universe, Miss

Orange County Universe, Miss California Hemisphere and Mrs. California United States, among many other titles. She was the Queen of the 2021 Kaiju Film Festival, the 2019 Hollywood Silver Screen Film Festival Queen, and the 2018 WIND International Film Festival Queen. She has a B.S. Degree in Business Management and MBA from Pepperdine University. Dawna is the VP of Aki Aleong's Mustard Seed Media Group. Her

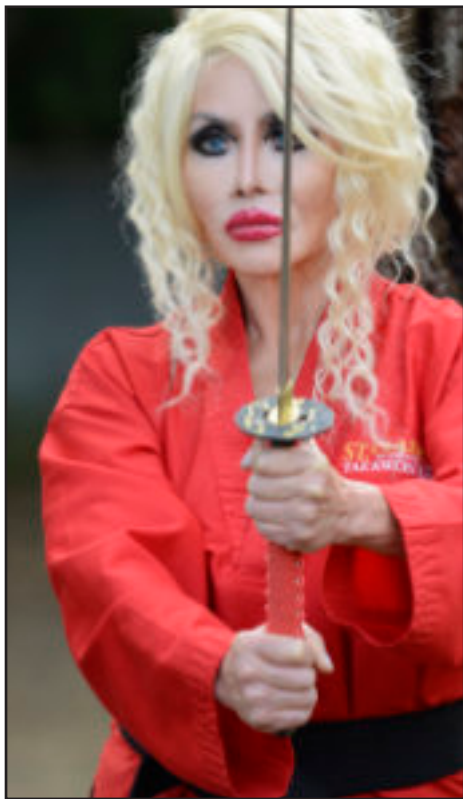


Dawna Lee Heising

uncle is legendary director of photography Tak Fujimoto ("Silence of the Lambs", Sixth

Sense") and her KwanJangNim is Grand Master Rick St. Clair.

Photos Credits: Oscar Benjamin, Kevin Boot Photography







**Ezra
Fruean**

My name is Ezra Fruean, i'm 5 years old turning 6 and currently have a grey/white belt in brazilian jiu jitsu and train at the combat centre in west auckland. My goals for my future is to be the youngest black belt and make the UFC.

I currently have a gold medal for New Zealand GI nationals, two silver medals and two bronze medals.

This year I will be traveling with some of team mates to Los Vegas America to compete and will be the youngest from my gym to gain this experience, I am super excited and grateful to have this opportunity.

My goal this year is to become stronger, as I am always versing people bigger than me as I am small.

My biggest challenge is when I don't place in a competition I become very hard on myself, it is during these times I need to remind myself that i'm learning and not losing which will help me in the future to become a better fighter.

I would love to thank my coaches at Combat centre for always believing me, my family and friends that have helped me so far on this journey.





Jenie Elie



My name is Jenie Elie. I am 9 years old and practice BJJ and boxing almost every day. I dream of becoming a star in the future. Jenie is known for being humble, kind, and a very strong girl with a lot of empathy.

Photos Credits: Yes





Jenie
Elie



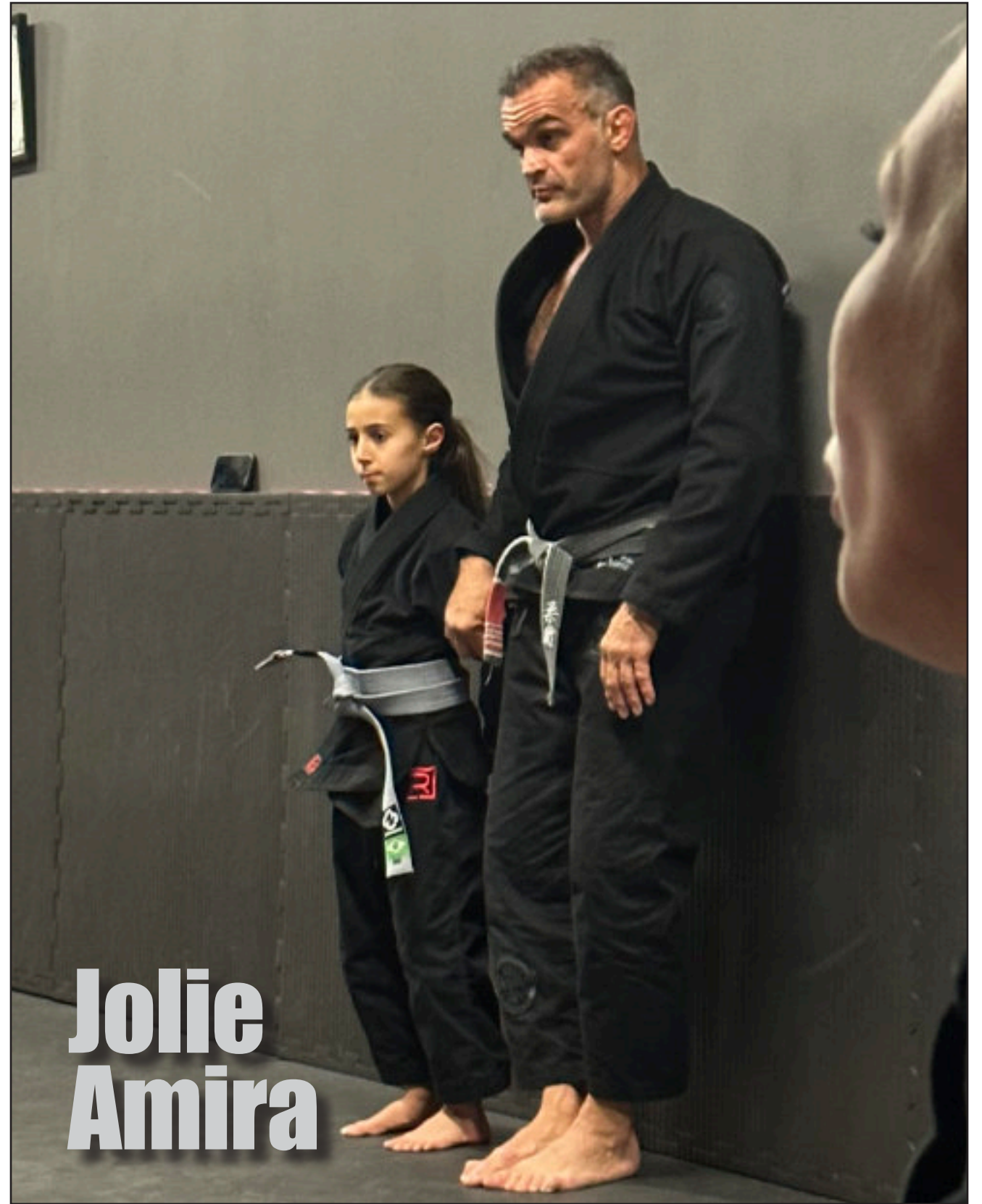
My name is Jolie I am 10 years old and I practice BJJ and boxing almost every day. for me,

exercise is what gives me life. Jolie is known for being disciplined, deep, and technical

girl with high self-respect . Photos Credits: Ok



Jolie Amira



Jolie
Amira



**Justin
Gatcomb**



My Name is Justin Gatcomb, and I want to achieve all I am capable of in martial arts and film. I want to compete under every ruleset available to me and aspire to be a champion. At the time of writing I've attained my black belts in Taekwondo and Karate, as well as blue belts in Tang Soo Do and Brazilian Jiu-Jitsu. I've become a coach for the youth program at Nostos MMA and it is the

highlight of my week to get to work with the kids and help them grow. I've had a few opportunities to act and do some stunt work as well, and I hope to create films of my own! I have had to overcome some setbacks in the form of a car accident, and unexpected medical issues, but I continue to pursue my passions with every opportunity I get.





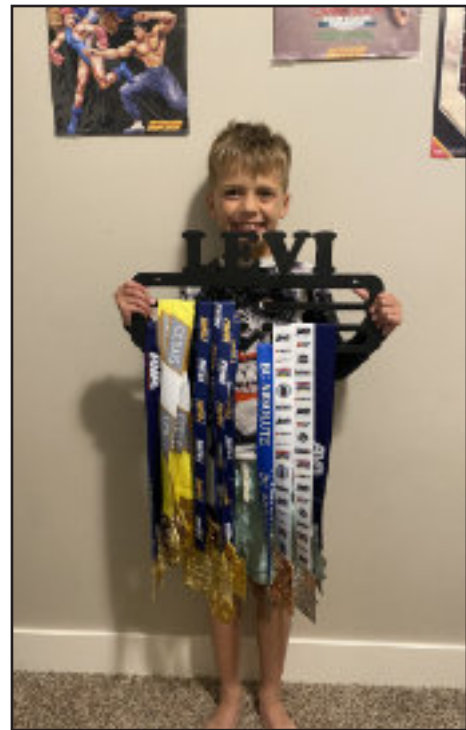
My name is Levi. I have been training since I was 4 years old. One day I hope to be recognized as a top tier Jiu-Jitsu athlete and earn respect from some of the best Jiu-Jitsu athletes around the world. While training in my gym, I try to be a role model for the lower belts by bringing in a positive and respectful attitude.

I want to continue challenging my Jiu-Jitsu skills by competing at higher levels and pushing myself to my limits. I hope to continue to improve by showing personal commitment, hard work, and spending lots of hours on the mats. My goal is to continue being a role model and encourage others to be their best, no matter what level they are at.

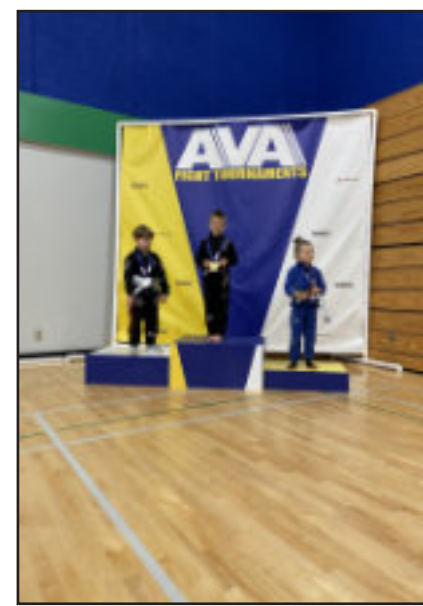
It will be challenging to push myself to compete at higher levels but with daily commitments to training and exercise I will be able to compete with the best Jiu-Jitsu competitors out there.

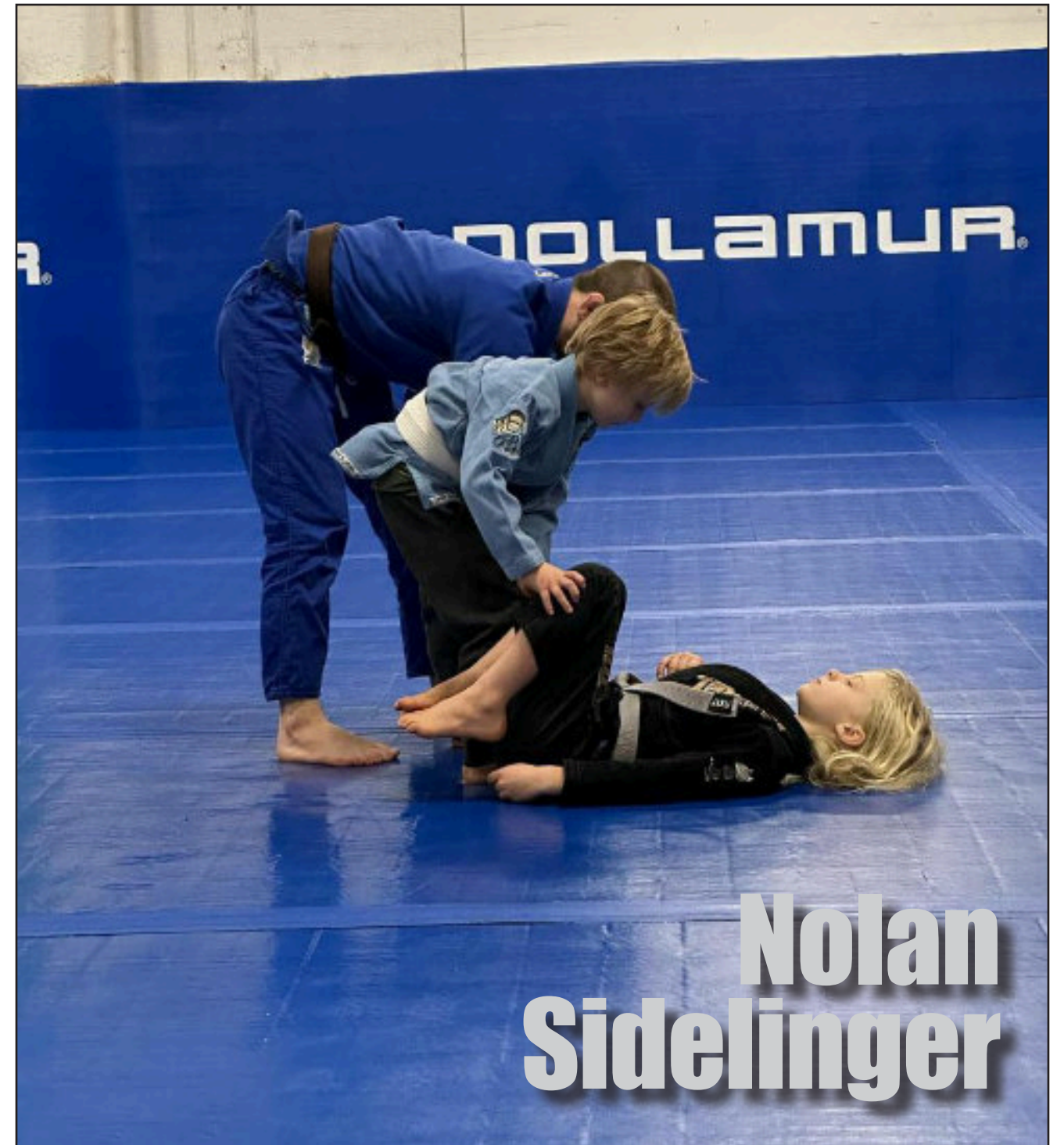
My personal achievement is that I am one of the youngest and smallest kids to be promoted to grey belt in our gym. I achieved this by being an active competitor who competes at local tournaments and places in multiple divisions. I am looking forward to competing in larger world-renowned competitions.

Photos Credits: Benjamin Wiebe



Levi Wiebe

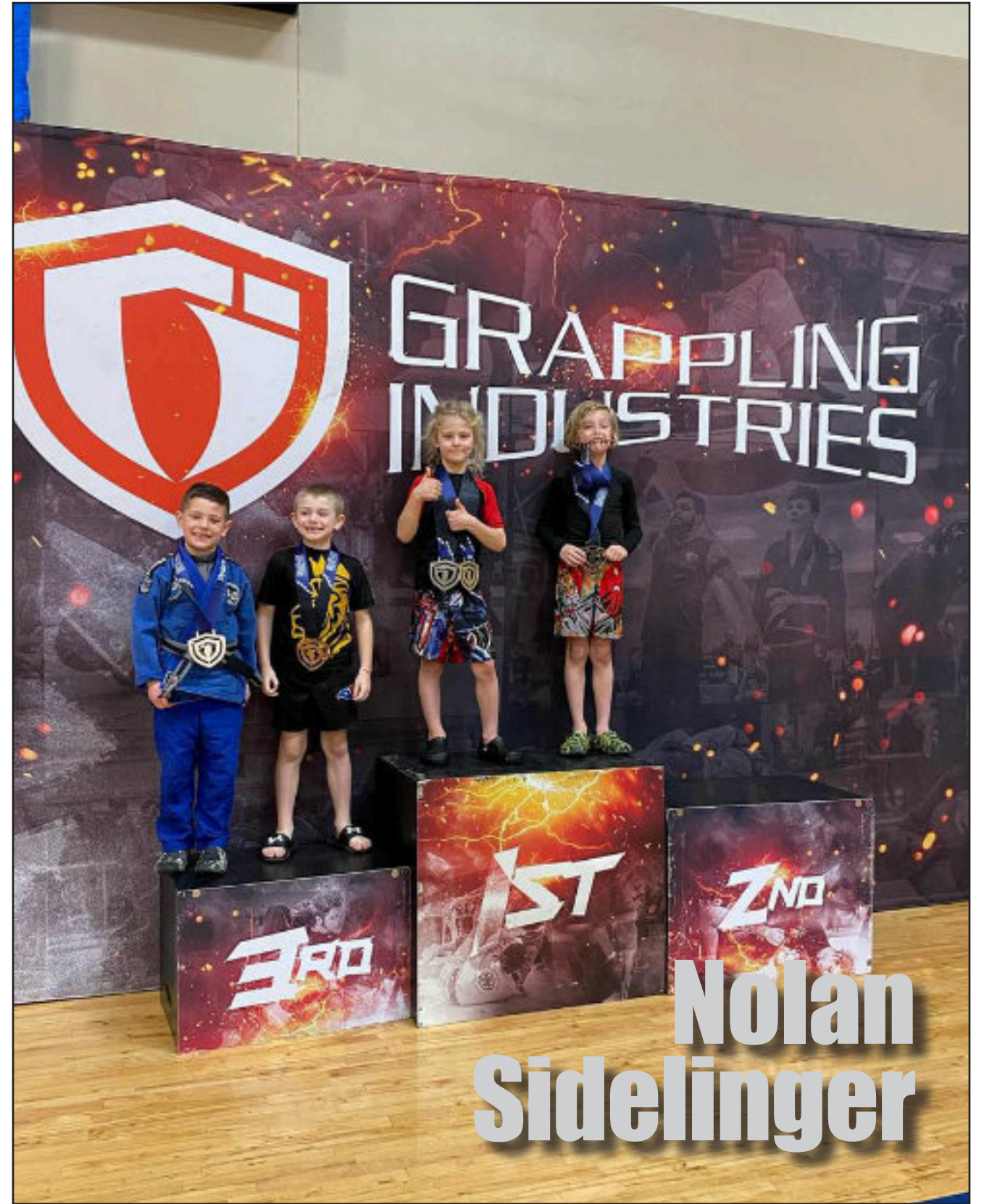




Nolan Sidelinger

I have been training jiu jitsu since I was four years old and my dream is to become a world champion. I train at my parent's gym as well as two other gyms (Resolution Jiu Jitsu and Oregon Grappling Arts). Cross training often gives me the

opportunity to learn from more people and train with more kids. This year my goal is to compete in 12 tournaments. I want to travel and compete in different places. When I am not training I enjoy getting outdoors to hike or forage for mushrooms.



**Nolan
Sidelinger**

Hello, my name is Ramiro Grajeda III and I live in Odessa Tx.

I'm 7 years old and I've been practicing Jiu jitsu since I was 3 years old. I have a great team that has supported me Vagabond Brazilian Jiu Jitsu in which I have gained confidence, security and a lot of physical condition. My belt is gray, but I am sure I will get the black belt.

I love training with my classmates, preparing for the next competitions, I have participated on 3 occasions.

My biggest dream is to be able to help and defend people. When I grow up I want to be a doctor and be able to complement with a healthy life where I can continue training and be able to be a children's trainer.

Thanks to my connoisseurs Joshua o. And Josh V and all my classmates and especially my parents who support me in achieving my dream.

Photos Credits: By mom.





**Ramiro
Grajedada III**

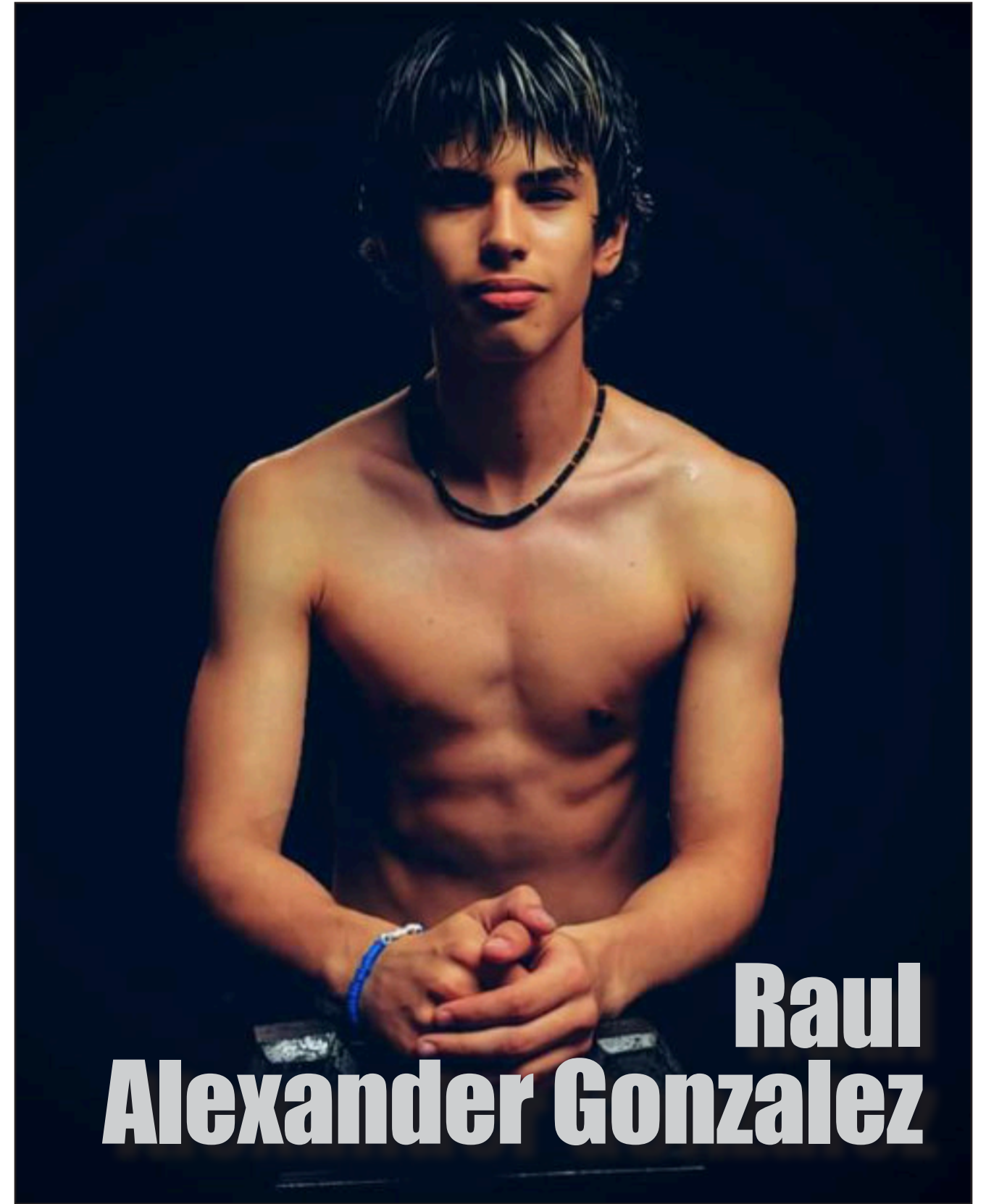
Raul Alexander Gonzalez I started taekwondo approximately 9 years ago motivated by the IP MAN

movies, my dream is to participate in a world taekwondo championship. I thank my coach Master Gianni

for always supporting me, as well as my friends and parents Raul Gonzalez and Maria Gonzalez



**Raul
Alexander Gonzalez**



**Raul
Alexander Gonzalez**



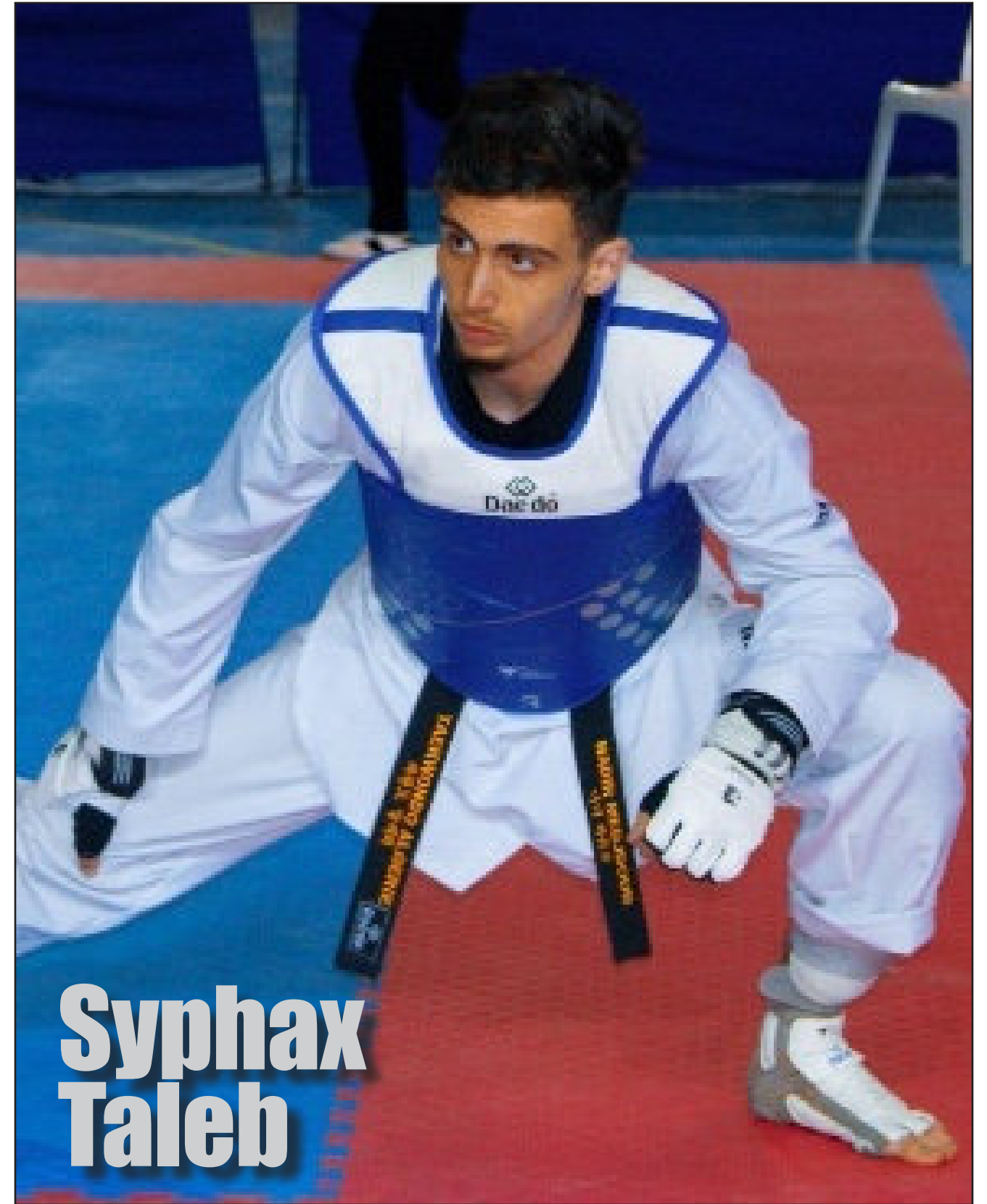
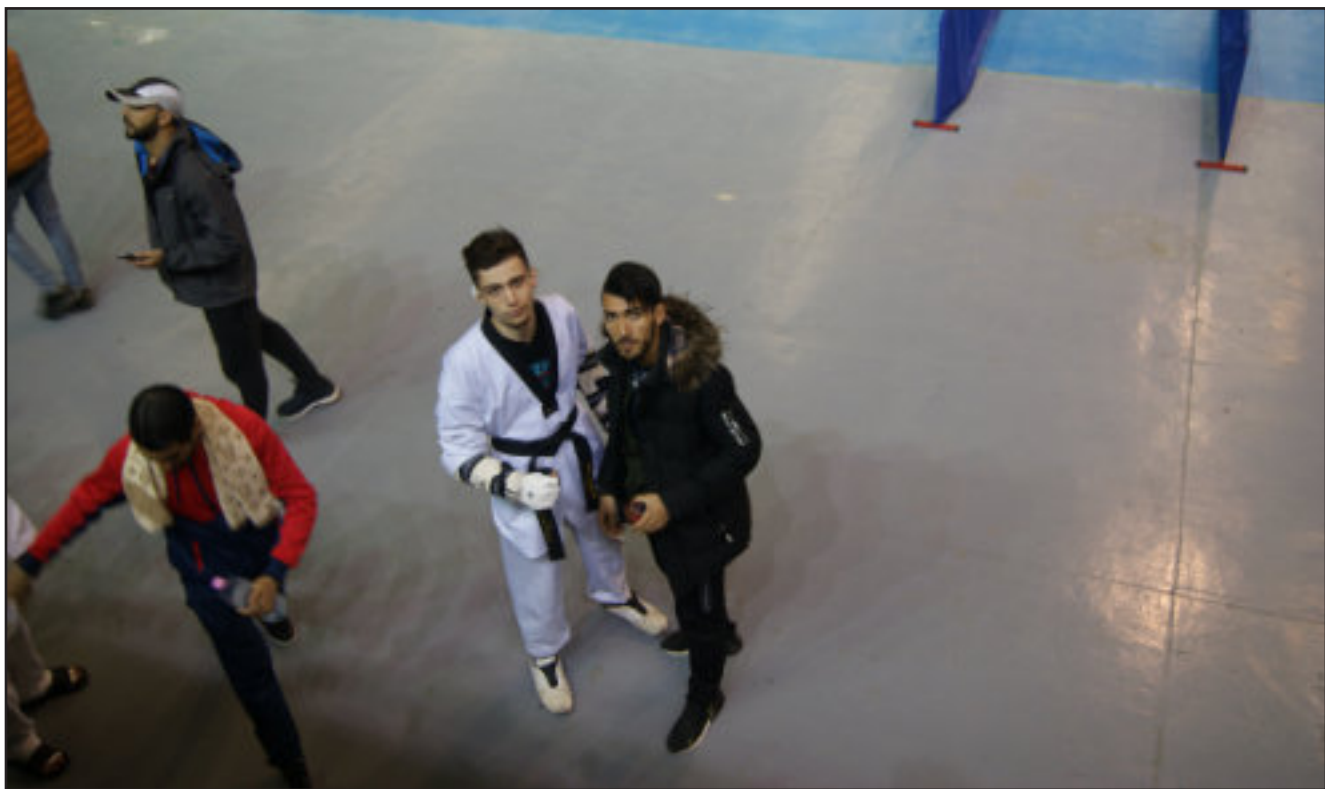
Syphax Taleb



"Mon nom est Syphax Taleb, plusieurs fois champion d'Algérie et ancien membre de l'équipe nationale algérienne.

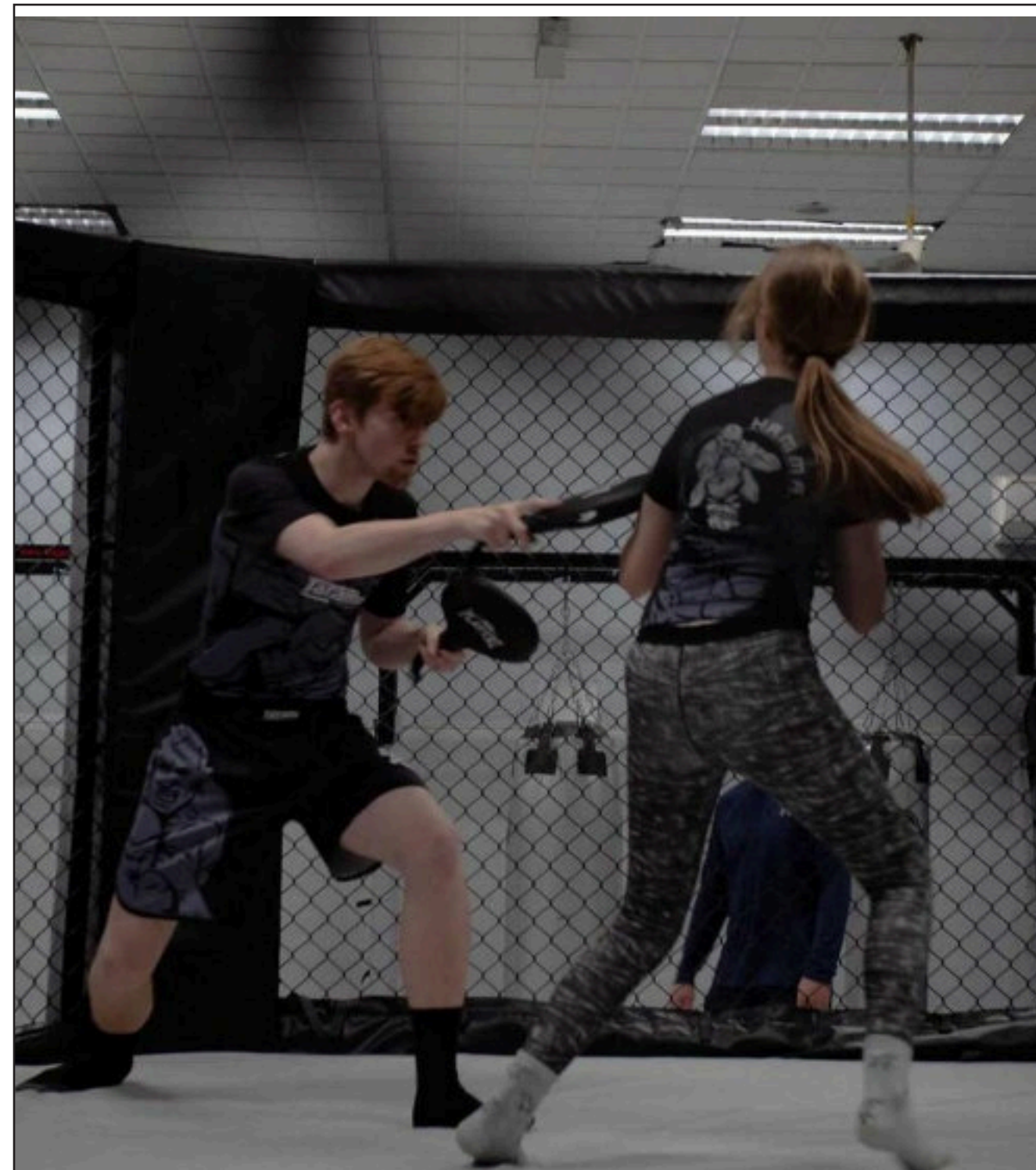
Mon objectif ultime est de décrocher le titre de champion d'Amérique du Nord en catégorie -68. Cela représente

mes aspirations, réalisations passées et les défis à venir."





Tara Mojica



My name is Tara Mojica. I like to train at night as it helps me in building my strength and dedication towards my goal. Every shot I get or every punch I hit, helps me in growing a bit more. I train daily for

2 solid rounds and leave the court. A great thanks to my coach and friends on court to help me learn and grow. Like thousands of fighters out there, I also look to play for my country.



Tara Mojica





MARTIALSPORTS



Jolie
Amira

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