

# **MARTIAL**SPORTS



**Braden &  
Mannix Cermak**

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# Featuring

# Preview



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**Averie  
Griffin**





**Averie  
Griffin**



I dream to get my black belt and be able to teach jujitsu and Taekwondoe at my own school. I also would like to be a mma champ one day. I also want to own a restaurant and give left over food to animals at the sanctuary.



**Braden &  
Mannix Cermak**



**Braden &  
Mannix Cermak**



# Braden & Mannix Cermak



# Braden & Mannix Cermak



We are Braden and Mannix Cermak from Asheville NC and we are 14 years old twin brothers. My brother and I have been training Brazilian Jiu Jitsu for the past 7 years at American Top Team Asheville and we also travel to Virginia Beach in the past year to train at Diego Bispo Academy. We also started to train Judo and have transitioned into youth MMA. We have competed in numerous jiu jitsu, judo and MMA tournaments. Our dream is one day to compete at ADCC and Abu Dhabi tournaments and become world champions. Although our MMA career is still young we hope to keep competing and see where it takes us. We have been lucky enough to travel and compete in

IBJJF Jiu Jitsu Con and Pans (medaling in both).

Last year Mannix took first place at the youth MMA national championship earning a spot on the USA national team. He then competed in the world championship in Bulgaria. We are trying out for the team this year as well. We are very thankful for all the opportunities we have been given over the years and for the people that are making our dreams possible including our coaches at American Top Team Asheville, Diego Bispo Academy and sponsors like Flow N Roll. Thank you guys for all your support.



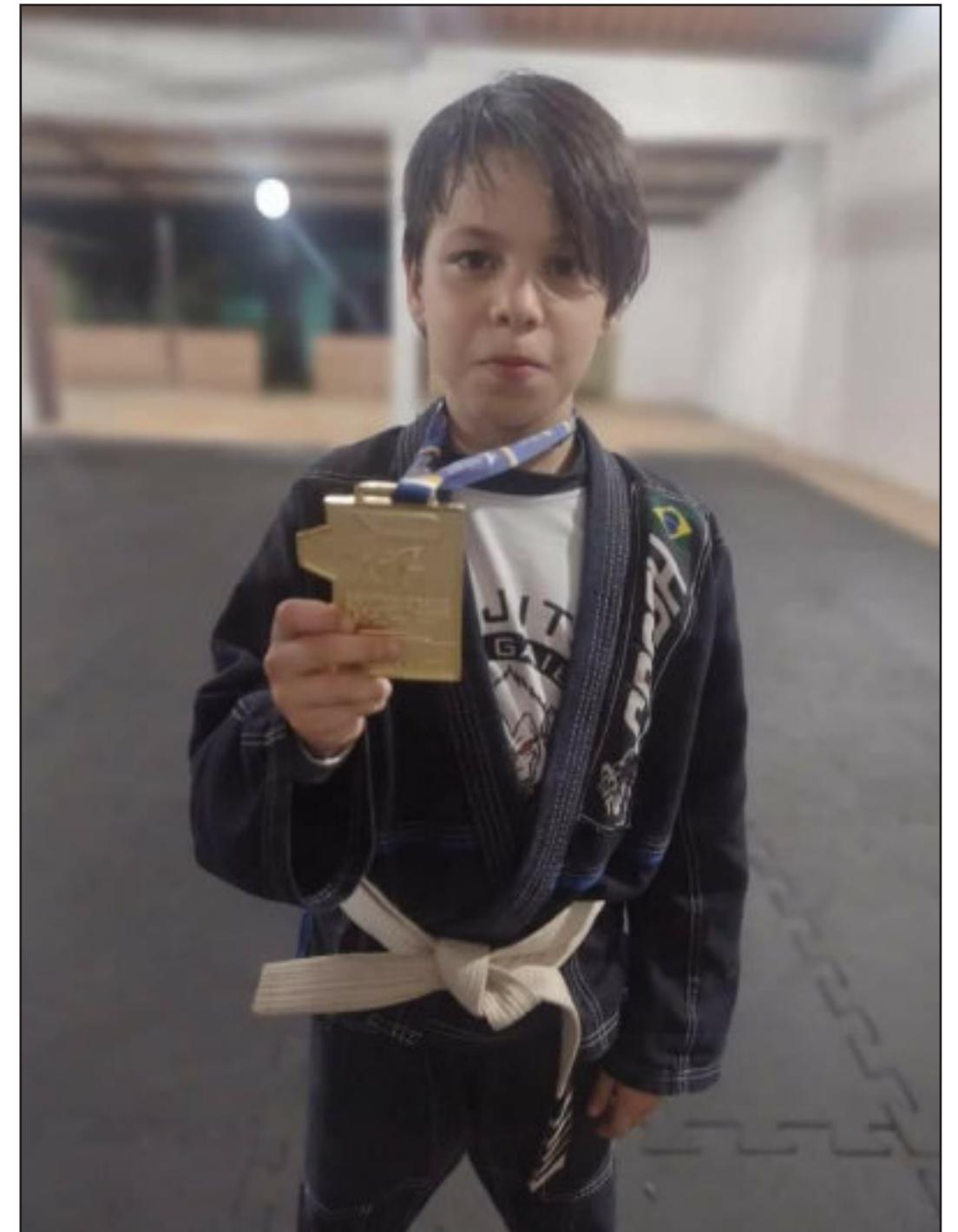


**Braden &  
Mannix Cermak**





**Daniel  
Mendes**



My name is Daniel, I'm 11 years old, I'm a yellow belt in jiu-jitsu, I started in jiu-jitsu in 2018. I'm currently training hard. I've been champion of several championships, champion of the Brazilian jiu-jitsu championship, bracket with 19 opponents, among

other difficult championships. I'm looking for sponsorship to fight championships, get gi, and drive to more distant championships. My dream is to someday be able to compete in the IBJJF, Pan and World jiu-jitsu championships.

# Daniel Mendes



*Aline Pereira*



# Isabella Delgado





**Isabella Delgado**





**Isabella  
Delgado**



My passion is Jiu-jitsu... and I am very competitive, at just 9 years old I have very good performance, whenever I go to competitions I am on the podium and most of the

time in first place... I would love to have this opportunity to compete in events most important of Jiu-jitsu...

Photographers Credits:  
@antonidel28



**Isabella Delgado**







# Lincoln Littler



# Lincoln Littler



I have been into martial arts my whole life and being deaf it has gave me so much confidence at the age of 14 I am a 1st fan in wtf style taekwondo a black tag in kickboxing and a grey belt in BJJ, my coaches Sean Martin, Connor Hignet and Connah Martin have taught me so much we have different ways of coaching because of my deafness





Lincoln  
Littler



GRAPHY - CARLOS DIAZ



PHOTOGRAPHY - CARLOS DIAZ

Lucas Barrios



# Lucas Barrios

My dream is to become a respected and well known UFC champ. When I am older I hope to inspire kids to continue working toward their dreams because it is possible as long as you continue to give the best of yourself. I couldn't do any of this if it wasn't for my family, my coaches and the team. So most important my dream is to make them proud.



**Lucas  
Barrios**





Nevaeh







**Nevaeh**





Aloha, my name is Nevaeh Caires-Hao. I am 9 years old and live on the Big Island of Hawai'i. I speak English as well as 'olelo 'o Hawai'i.

My passion is martial arts, I train jiu jitsu as much as I can which is usually before school and after school. I also train MMA and kickboxing on Saturdays after jiu jitsu comp class.

My goal is become a black belt and own my own gym. There are not that many female black belts between the islands of Hawai'i and I would love to help change that and pave the way for younger females to feel that it is possible for them to gain their rank amongst the best of the best.

My dreams are to be able to compete as much as I can as well as learn from as many people I can. I love to go out there and test myself. Win or lose you learn so much during those competition rounds and it's something I love to do. I am hoping to compete in Jiu Jitsu World League this year as I have not competed there yet.

I also love learning from instructors from all over, everyone has something different to offer and I love seeing all the styles. My dad is a professional martial artist and I hope to follow in his footsteps. My mom and younger sister also train so we can train and work together at all times of the day.

Some of the challenges I have had so far is traveling for jiu jitsu tournaments as I must be mindful of my school schedule. When I was younger, I also had a problem with people bullying me as I was anaphylactic to many foods which would leave me without quite the health issues growing up and due to being "different" I was often outcasted, but this helped me gain my confidence and be proud of myself and what my body can do.

My achievements are:

- 1) 2021 Pan Kids – Gold
- 2) 2021 Jiu Jitsu Con Kids – Gold
- 3) Numerous local tournaments on island (Hawaii Triple Crown)

I would also like to give a shout out to my Gi sponsor holo.hi (Instagram handle: @holo.hi) for always supporting me and helping me keep the best Gi's in the game on.

I am also on Instagram as @nevaehhaobjj

Mahalo for your support!



# Nevaeh





**Thompson  
Brown**

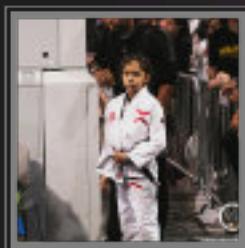
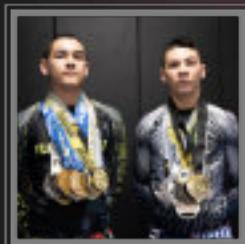
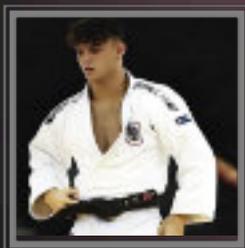
# Thompson Brown

I want to become a professional wrestler, I train with all my heart and mind poured in it , also I am a fitness freak and likes to maintain my self.



# Thompson Brown

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# Lucas Barrios

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