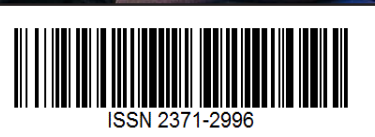


# MARTIALSPORTS



## Zoe Barnhardt

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# MARTIALSPORTS



## Katya Starodub

Photo by  
Marina Burnosova

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# Featuring



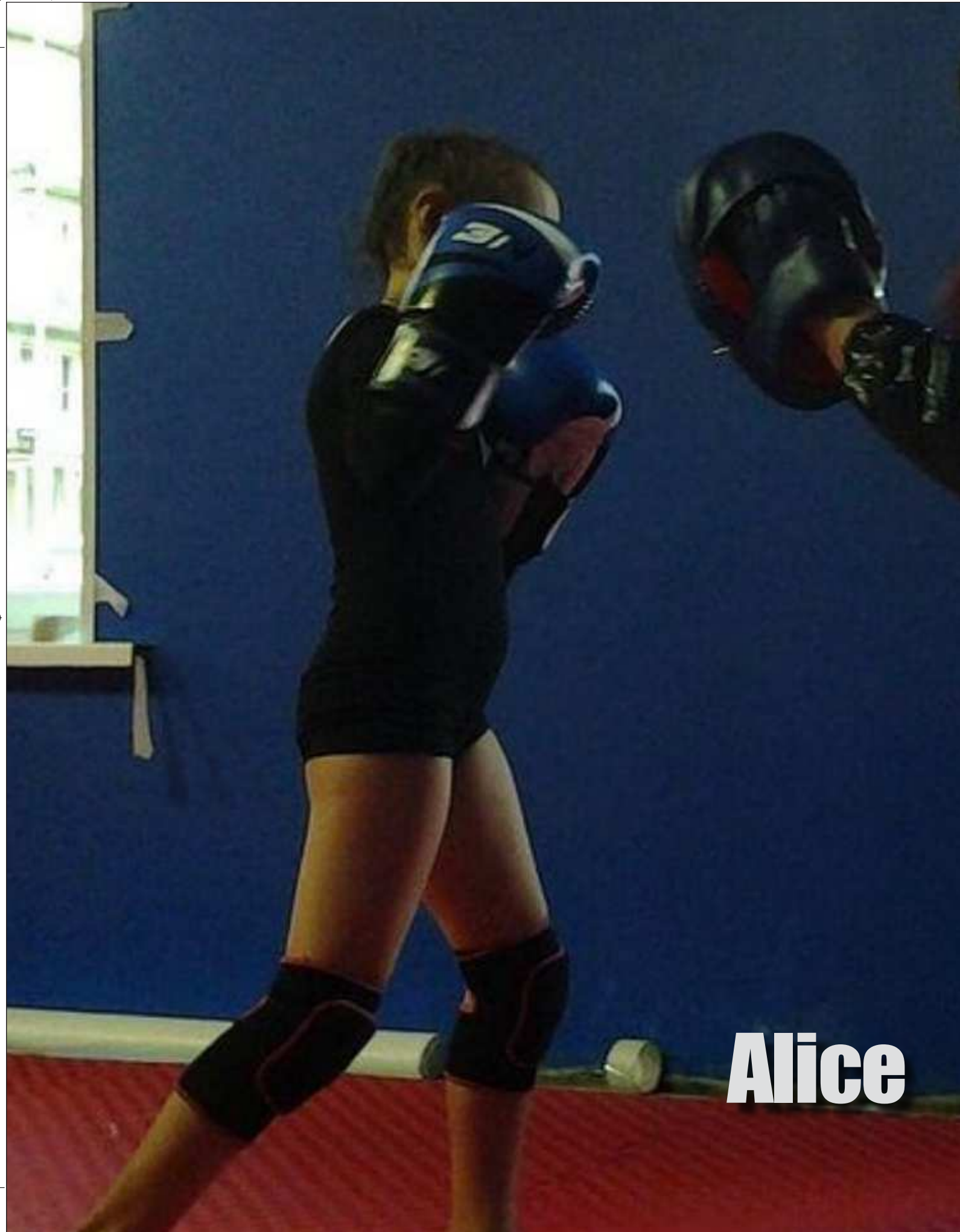
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# Preview





Alice



Бородюк  
Макар





My name is Alice. I don't like to talk about my places and goals. But I can say about my achievements. When I was diligently engaged in Kick boxing, I went to competitions where I took 2nd place. In rhythmic gymnastics, we did not have competitions, but I can sit on the splits, get to the top of my head and many other interesting things. And if you touch a little on the topic with goals, I can say that I want to learn English, Korean and I want to live in Dubai

Photos Credits :: With gymnastics ex., model, with kickboxing, in the rack





Только вперед!!!!





**Бородюк  
Макар**



**Alice**





Dawna Lee Heising has performed in over 190 feature films and has won over 290 Acting and/or Producing Awards. She is trained in Tang Soo Do martial arts, martial arts weapons, kickboxing, 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, Mrs. California United States, Hollywood Silver Screen Film Festival Queen, and

Kaiju International Film Festival Queen, among many other titles. She has a B.S. Degree in Business Management and MBA from Pepperdine University. Her uncle is legendary director of photography Tak Fujimoto, and her cousins George Daugherty and David Wong won a Primetime Emmy Award for "Peter and the Wolf on Broadway".

Photos Credits :: Mark Oeffler, Tom Barette







# Zoe Barnhardt

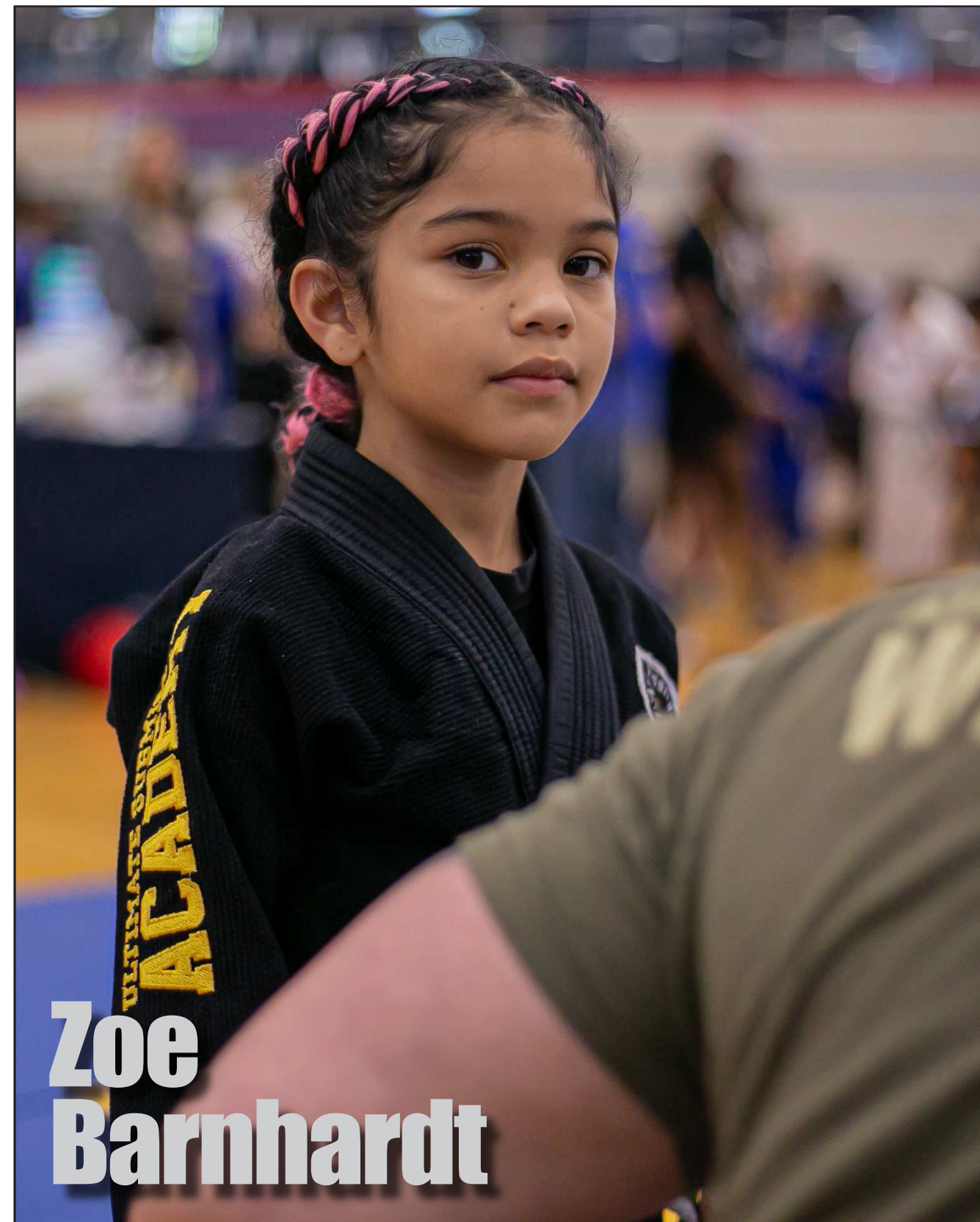


# Dawna Lee Heising





**Dawna  
Lee Heising**



**Zoe  
Barnhardt**







**Dawna  
Lee Heising**

Zoe Barnhardt 6 years old grey/black belt. I started my JiuJitsu journey when I was 3 years old. I have been competing regularly for about a year. This year I have done 5 ibjff competition and plenty of local tournaments. My favorite part is making new friends and seeing my old friends I have made. I also love exploring the new towns we travel to. My greatest challenge is being a smaller athlete, but along with that I have learn to be a good guard player. A may be small but I am

mighty. My biggest accomplishments have been being the JiuJitsu con champion 2 years in a row. My dream is to one day own my own gym and help other girls who want to be in JiuJitsu. I would also love to shout out my parents for encouraging me and pushing me to always believing in myself and never giving up, and my private coach Danielle Walker for making me an amazing competitor.

Photos Credits :: Gnar corp



**Zoe  
Barnhardt**







**Jack  
Wilson**



**Sasha  
Levin**





My name is Jack Wilson, I am 19 years old and I have been studying Shito-Ryu Karate Kata since I was 6. I have trained with my Sensei Julian and Sharon Mallalieu at Tameside karate and over the years have been working hard to improve my Kata techniques to a high standard.

I initially started off entering local competitions within the United Kingdom, and following success at local level, regional and national levels, I was asked to join the England Karate Federation National (EKF) Kata squad when I was 13. I have remained on the National squad to this day, and have officially represented England in 2 European Karate Championships (2019 and 2022) and at the recent Commonwealth Karate Championships in Birmingham, achieving a silver and bronze medal for my category. I am also the current 4 Nations British Champion for U21 Kata Category.

I have had a very busy year so far, travelling to 8 different countries to compete at international level. Some of my achievements to date are:-

- Paris Open Karate – Bronze
- Central Europe Open Championship (Poland) – Gold & Silver for U21 and Senior Male Categories
- Arawaza Cup – (Germany) Silver and Bronze – for U21 and Senior Male Categories
- Grand Prix International (Slovakia) - Bronze
- International Karate Cup – (Czech Republic) – Gold for U21 category





• International Basle Masters Open (Switzerland) – Gold for Senior Male Category

This isn't without its challenges, Karate does not receive any funding at national level and I have had to fund myself for competition fees and travel

expenses in order to achieve my goals. I work as a marketing assistant for a local firm, Brand Twelve, and I am fortunate that I am allowed time off to travel. My parents, family and friends are also extremely generous with their financial support and I am always trying to explore new avenues for







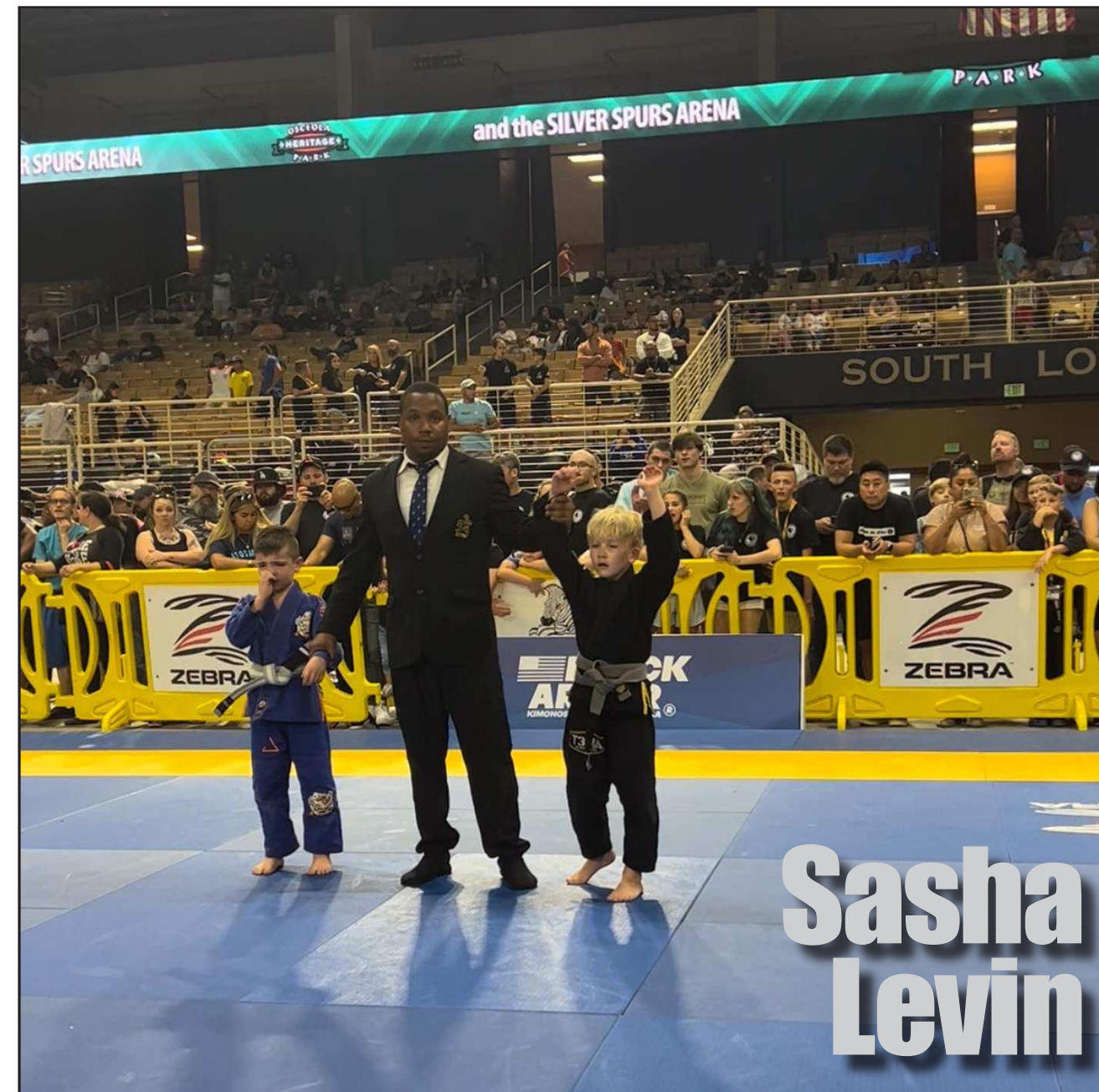
fundraising.

My main goal is to continue to represent my country and improve my level of performance. My ultimate dream is twofold – to achieve a medal for the official England squad at a European or World Championships and compete and medal in one of the most prestigious events on the Karate circuit – the WKF Karate 1A series. There are 4 of these

events held each year at world wide locations. These competitions attract the world's highest ranking karate athletes and competition is extremely tough, however by continuing to train hard and focus on my ambitions I will hopefully continue to progress on my karate journey.

Photos Credits :: Karen Green-Wilson, Sharon Mallalieu





My name is Sasha. Im 7 years old. I do Brazilian Jiu Jitsu, swimming and football. Now I want to talk about martial sports. I started judo when I was 3 years old, then we lived in Russia. 2 years ago we moved to the USA and I started doing Brazilian Jiu Jitsu. During these 2 years I participated in about 20 competitions, had more than 120 fights. Won bronze at the Pan kids, Con kids 2022 competitions.

My dream is all people live in peace.

I want to thank all my partners, thanks to whom I can improve my skills. Thank you my coaches and my team for support.

So i am moving forward and my goal for the next year to win NAGA, New Bread, PAN and ADCC.

Photos Credits :: Yes







**Jeremiah  
Roman Castro**





**Rhayra Ferreira  
Da Silva**

Jeremiah Roman Castro is a seven year old that is out of Long Beach CA. He comes from a very small but very close family of four. Jeremiah Roman has one older sister Trinity. He attends Lansang BJJ in Norwalk CA. Jeremiah Roman has been working closely with Professor Micheal Lansang and Coach Panda out of Lansang Academy. He attended his first class at the age of 4 1/2 but took a back seat to his sisters softball teams. At the time Trinity, Jeremiah sister played on three teams. He was only attending maybe one class a every two week to maybe one class a month. After the pandemic we decided that we had to put his energy to work. He has always been a adventurous wild child.

We contacted Coach Micheal to see if the academy was open. Two years later after the core of Covid-19's out break. We were happy to see him jump back into it. He stepped on the mat and just enjoyed the energy levels. Just like that he found something he enjoyed. He was good but needed so much to learn. At the time classes were a little different. Parents had to seat outside of the academy. The kids had to check temperatures and wear masks. But at the time this was the new normal. The balance of him in school and doing jutisu was a easy. He was attending a private school that was near Lansang Academy. Here at the academy the environment was very friend and all the parents were extremely helpful to not only Jeremiah Roman but the family as a whole.

After being at Lansang the academy for one month they started to talk about a competition. We are a family that loves and strives off of this kind of stuff. So we decided why not throw him in with wolves and see what happens. So we started to get private lessons from Coach Panda once a week. We signed him up for JJ World Fullerton. He was ready to go. As soon as he went to the bullpen he was so nervous. The look on his face as he stood on the side of the mat. He was standing there with a pale face watching the fights



before his. He kept looking at his mom. But here we go he was next. This kid had submitted him. Next fight he tried so hard and won in the last seconds by points. The next fight fight comes and he lost. He was so sad he wanted to win. The following Monday was team picture day. All the kids came to class with there medals on. Jeremiah Roman didn't want to walk in. He didn't have a medal he walked in with his head down. Coach Micheal asked him why you walking in looking like that. He wanted to know why he was down. Coach Micheal told him walk with your head high you did good. It was your first battle. You work hard and you go back and do better. He took them words to heart. Jeremiah Roman wanted to workout hard and increase his time on the mat. He started doing two hours training on week days. Started doing MMA class and strength and conditioning on the weekends. These class were available at the academy. He was at the gym 7 days a week. Putting in the hours of training day in and day out. He felt that he needed to caught up to the kids that have been there longer then him. He didn't want to be so easy to take down. He wanted to put up a good roll.

The very next tournament in Fullerton we signed him up. Hoping that we would do better then last time. Here we go, he walks to the bullpen gives a thumbs up as he gets him nails checked. He gets to the mat face is so pale and the look of fear washes over him. Oh no, we have seen this look before. Dad goes over gives him a pep talk he walks on the mat Coach Panda says "it's go time". As we stand there shaking mom can't even record but takes a few snapshots. Dad is so nervous his voice is cracking as he yells. yes, he wins he even had some a submission. A close friend from the Academy says he looks good. But we can hear the voice but can't talk at all. As we sway left to right as he changes positions. Next fight win submission final fight for the gold ....HE WINS !!!!! oh my god he was so happy. Not only was he happy the whole family is now jumping up and down screaming and yelling mom was even crying. We try to drag along at least 2 or more family members to stand in his corner. Jeremiah Roman had his own cheering squad family came to watch and seen it too. It was a whole party in JJWORLD in Fullerton that day. We god fathers were thereto watch him take his first gold. He was smiling and you couldn't take that smile from him.



# Rhayra Ferreira Da Silva





# Jeremiah Roman Castro



He wore his medal all day. He took the medal to the celebration dinner and all. He even kissed it good night. He worked so hard for that win and it was awesome to see.

Watching that magic unfold as he listened to his coach that day. Next day is team picture day he placed his medal on. Walked in with his head held high and smiling the whole time. Coach Micheal sees him and said look at that smile way to go Champion he says. The coaches at Lansang have been so good with him. They built him up showed him so much. The RESPECT he has for them is so awesome to see. He started laughing and smiled even bigger. He was so proud that the Coach had stopped to say simple but meaningful words to him. This was the day he got his first stripe on his white belt. He was so proud of that stripe and all that that will follow too.

Now he was even more driven to work hard. His favorite thing to say is "hard work is never given it's earned". He works very close with fellow Lansang beasts that he rolls with on a daily basis.

He trains hard and works very close with Ares, Ava, Eli, Audrianna and Diego. Jeremiah Roman is very driven and hard on his training. He even gave his self the nick name "Thor". Fitting he does have long hair.

This year he did pick up another sport. He also plays football with the Lakewood Lancers. He plays flag football and is in attendance four days a week. He has games once a week. He does like the change in sport. But the both help him in strength and conditioning as well.

As a new competitor to the sport he was ready to jump in and step on the mat. He has been to tournaments with JJWORLD, NAGA, SJJIF, and NABJJF. In one year he has had over 75 combats.

In June has been a year he has been training. He was ranked second in JJWORLD with 234 points for the season. In JJWORLD he he was labeled a SEASON CHAMPION. He was a two time WORLD CHAMPION in SJJIF in both GI and NO GI. When he Ended his white season he-had 11 gold medals, 6



# Jeremiah Roman Castro



# Rhayra Ferreira Da Silva



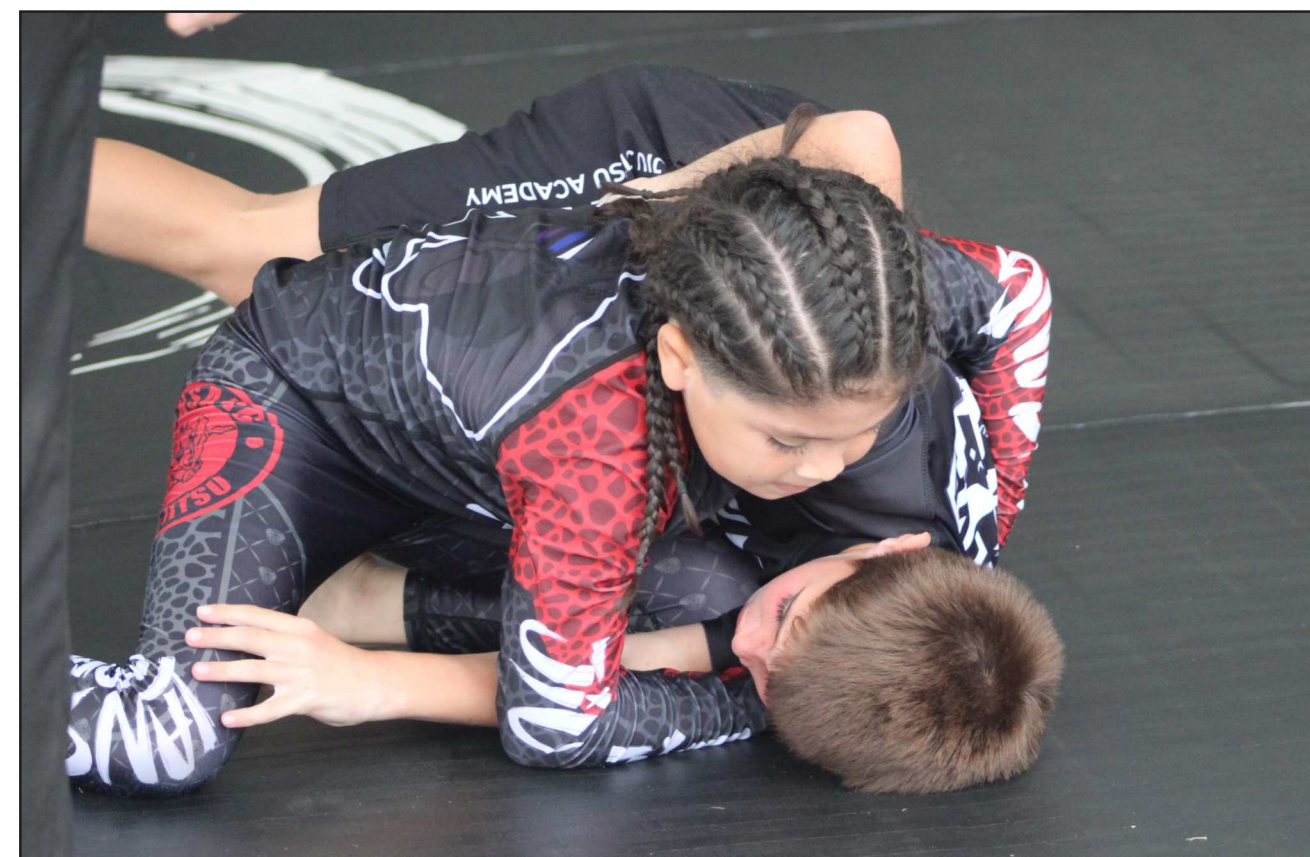




I started training Jiu-jitsu when I was 7 years old. Today I am 11 years old and I am a yellow belt.

My dream is to become a black belt and travel the world fighting Jiu-jitsu.

To be world champion!!



silver, 2 bronze and one sword. Lansang Academy promoted to grey belt in August 2022. Jeremiah Roman Castro ended his first chapter that was as a white belt. In this words "Thor dropped the hammer y'all" His story is still being written. His rolling buddy and himself were promoted the same day. These two were promoted together and as he sees it they will keep going and hopefully do the same all the way up.

Jeremiah Roman has had great support from two substantial supporters that help him in his BJJ journey. A huge thank you to

GET IT RIGHT TERMITE CONTROL and GOLF BOYZ. These two have stepped up to help him in his journey. Jeremiah Roman travels to Stockton, Dallas, Arizona, Fullerton, San Diego, Orange, Long Beach, to name a few destinations. This year we are planing to make it out to Boston, Florida, Texas, to name a few. He has a phenomenal team of support. GET IT RIGHT TERMITE CONTROL sand GOLF BOYZ have helped him in many ways. And for this we are forever grateful that they decided

to step up and help a young boy with his passion.

He loves what he does. Many people ask doesn't he get tired of it? He is a kid that has drive and a lot of passion for the sport. So, no he doesn't. Maybe it's the teaching style that Coach Micheal Lansang and Coach Paul Lansang have set up for the kids. The staff that helps the kids always pumping them up and giving them that positive energy. I just can see it on his face. This is home for him and we are incredibly thankful that we have found the right Academy. So many people jump from one Academy to next trying to find the right fit. But for us we are a smaller school yes we are. But Lansang BJJ teaching and coaching is the right foundation for our son.

This isn't the last time you hear his name "Jeremiah Roman Castro " or " Thor Castro" This seven year old is going to be around for a long time. He continues to work hand and hand with Coach Micheal Lansang and Coach Panda. Stay tuned...





**Jeremiah Roman Castro**



**Katya Starodub**







Citizen of the Year 2021 award, and Distinguished Scholar award in 2022. My favorite subjects are math and science. I study hard to keep my straight As. But I barely had time to do my school homework with both gymnastics and Jiu-Jitsu training. At some point, I had to quit rhythmic gymnastics to focus on Jiu-Jitsu and school. My decision almost gave my grandma a heart attack. Thanks to Gracie Barra's policy, I go to as many classes as possible, all adult and juniors' classes. I train BJJ fourteen hours a week, but even that doesn't seem to be enough for me.

I have been competing for a year now. I've gone to many local tournaments winning nine gold medals. I won the NAGA expert kids championship belt, winning by first match in ten seconds. I also participated in several Jiu Jitsu World League tournaments taking gold in Golden State IV. I also won a Fight 2 Win super fight which was an exciting experience. I also competed at IBJJF American Nationals, taking second.

In the nearest future, my goal is to win many IBJJF Opens and Pan Kids. My dream is to become a multiple time Pan champion and a black belt World champion. When I grow up, I would like to find a profession that requires Jiu-Jitsu, math, and science. I want to be an astrophysicist and work on the exciting project of colonising Mars.

I learned from my life experience, that it is important to find what you love. If you follow your passion, the success will come with it!

Photos Credits :: Elena Casey  
Marina Burnosova





**Katya  
Starodub**

I am Kaitlyn Coronado, I train in Brazilian Jiu-jitsu and have been training for 2 1/2 years. My goals are to be a sponsored athlete, as well as to be an ADCC Champion one day! I want to own my own gym and become a Coral Belt under the Machado

Lineage. I aspire to be the best version of myself possible

Photos Credits :: Clayton Jones Images



**Kaitlyn  
Coronado**



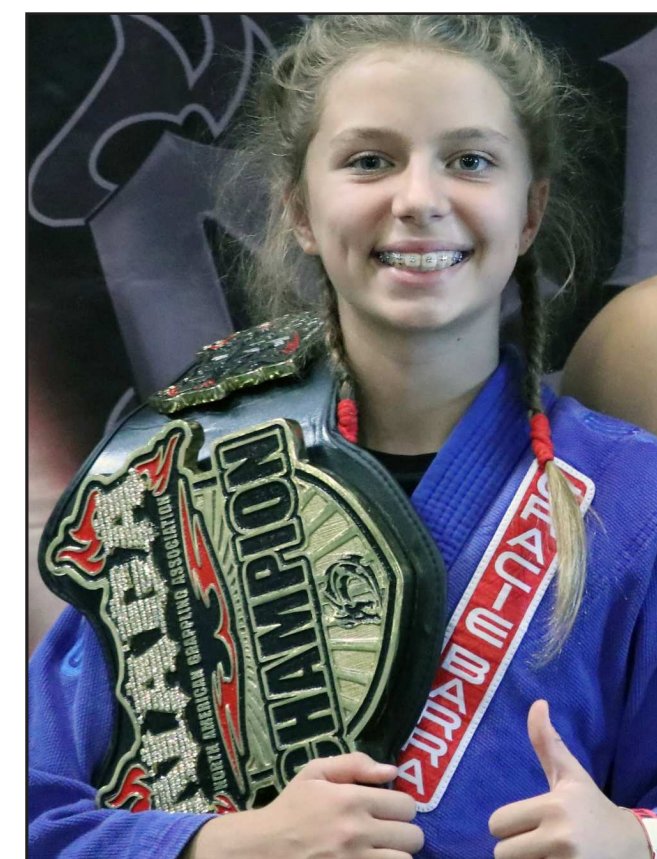


My name is Katya Starodub. I am a yellow-white belt in Brazilian Jiu-Jitsu (BJJ). I started training BJJ quite recently, only two years ago, when I was ten. Before BJJ, when I was younger, I tried many other sports that my parents chose for me. My mom always wanted me to be as elegant and gracious as a princess. Thus, she signed me up for different activities, such as ballet, rhythmic gymnastics, and figure skating. I even used to have a nickname of 'Katerina-Ballerina' (my full name is Katerina). Thanks to my dad, I trained in tennis, hockey, and swimming as well. None of these sports interested me as much as Jiu-Jitsu. To please my parents, I did my best, but I wasn't too good at those activities no matter how hard I tried. My highest achievement was third place at a rhythmic gymnastics state competition, after 12 hours of training per week for 6 years.

I joined Gracie Barra Morgan Hill ran by Professor Alex Costa on a recreational level with my younger brother attending three times a week. My mom thought it would be good for me to learn some self-defense. Gracie Barra has a very inviting and friendly environment: all coaches are dedicated, energetic and inspiring. I immediately got a lot of friends, more than I had at school. During Covid our gym was last to close and first to open. It was tough to study and train on Zoom. Professor Gerson supported us mentally and physically during the difficult and uncertain quarantine times.

As time went on, I realised I couldn't live without Jiu-Jitsu even a day. After just a year of training with Professor Gerson Alef and coach Guilherme Thury, I started competing at tournaments. My first tournament was the Jiu Jitsu World League World Cup where I got silver. Competitions inspired me to train more. I am very grateful to all my coaches and teammates: they are the reason I am improving. Professor Gerson Alef helps me analyse and learn from my mistakes from every tournament as well as teaches me useful techniques. Coach Guilherme is great at adjusting and finding the small details during sparring and drilling new techniques, and he always searches for ways for me to improve my game.

I am doing very good at school: I got the





# Katya Starodub

Kaitlyn is 10 years old, has been training in Jiu-jitsu for 2 ½ years and has been competing consistently for a year now. She is a Grey/Black belt under Master Carlos Machado. Her list of achievements are:

Kansas State Champion Gi/NoGi  
Missouri State Champion Gi/

NoGi  
Texas State Champion Gi/NoGi  
Machado Invitational Champion Gi/NoGi  
Carlos Machado Association Champion Gi/NoGi  
Ranked AGF Competitor

Her Overall competition record is 25-6

Her goals are to own her own gym, she want to be a IBJJF World Champion one day. She also wants to be a Coral Belt under the Machado Lineage.

Photos Credits :: Clayton Jones Image, AGF Photos



# Kaitlyn Coronado





**Kaitlyn  
Coronado**

