

# MARTIALSPORTS



The Southern California Power House  
**CARLSBAD  
KICKBOXING CLUB**

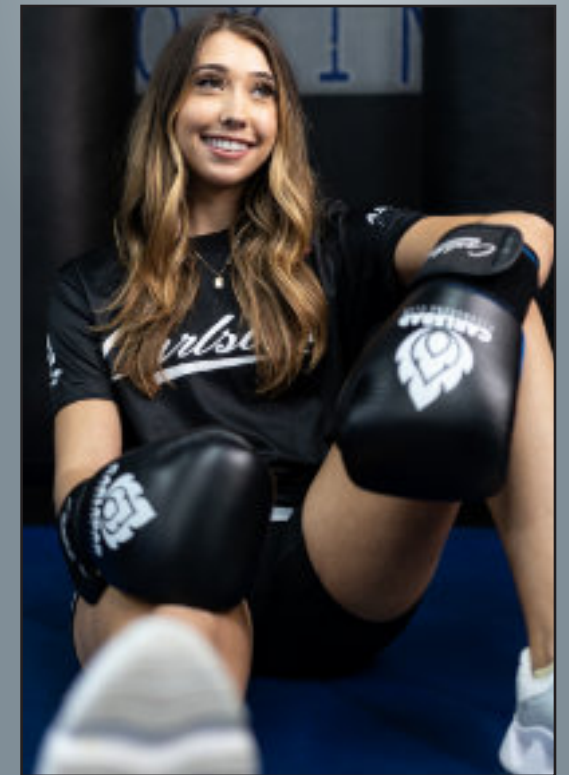
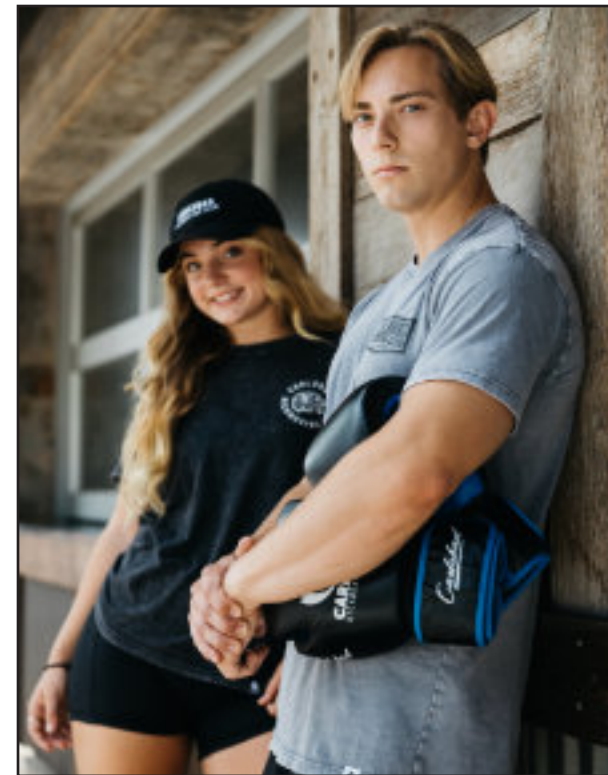
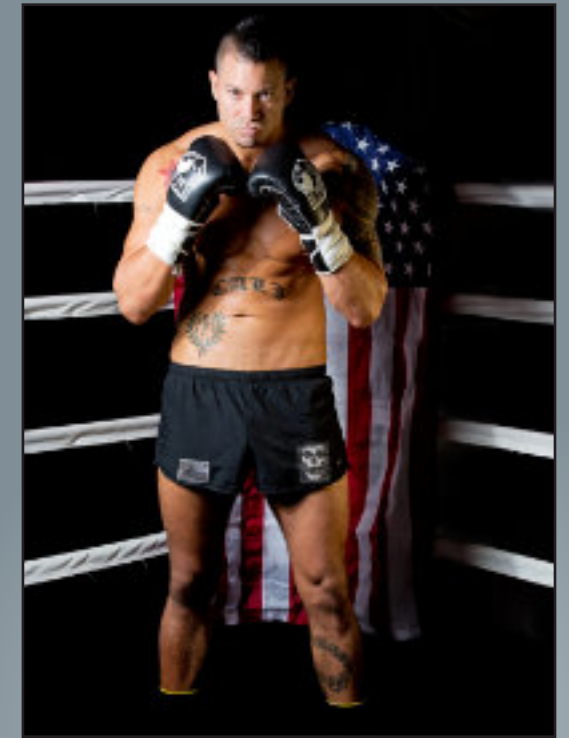
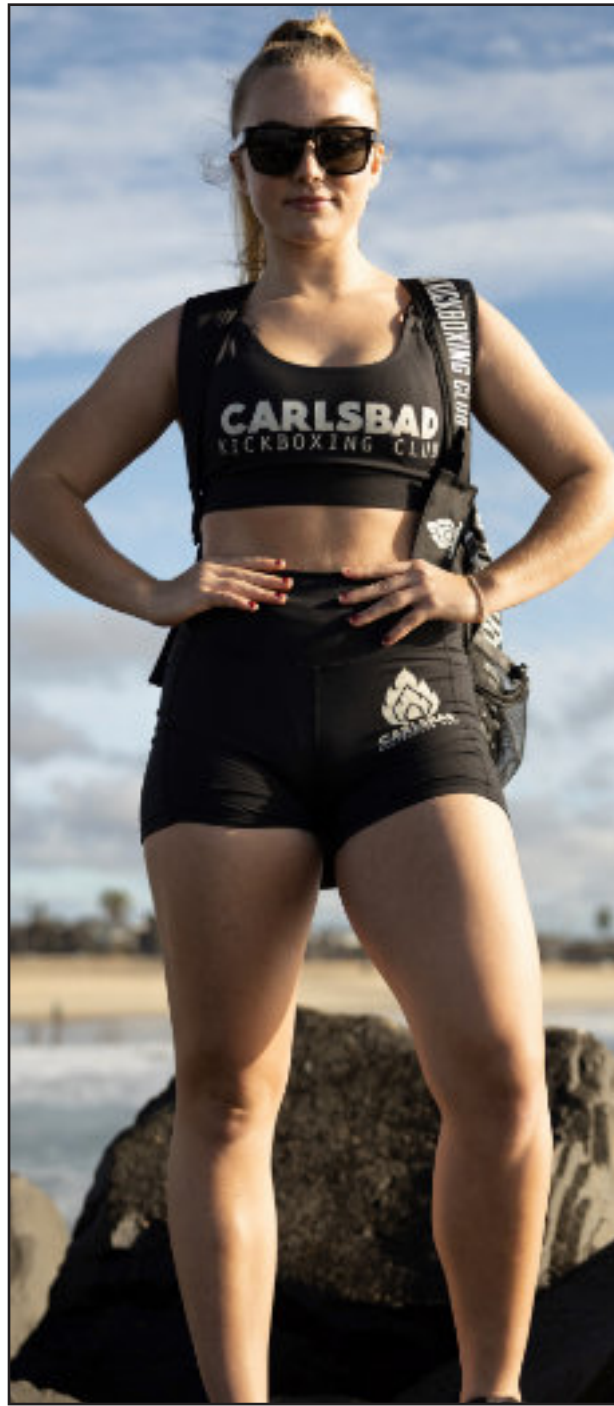
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# Featuring

# Preview



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freed to train and I wasn't the biggest fan of martial arts until I got older and realized how much it changed my life for the better." In September of 2021, Ahmad achieved his childhood dream and became a WBSteel Ahmad

by Carlstead Kiekboring | Jan 27, 2022

Ahmad Ibrahim is the newest addition to the CSC team. Originally from Palestine, the Philadelphia born and raised fighter moved to California in hopes to further his knowledge as a coach while getting out of his comfort zone in Philadelphia.

He began training in Tae Kwon Do in 2000 when he was only five years old and trained for about 11 years, eventually earning a 2nd degree black belt. His journey in Muay Thai began in 2009 and he had his first fight in 2010, made his professional debut in 2016, and has been fighting actively ever since. Ahmad also wrestled throughout all of high school.

"I was raised in a martial arts family, given my uncle, Rami Ibrahim, was my coach," he says. "I was pretty much National champion. Although that title is his biggest achievement, he also holds about as titles mixed with his professional and amateur career. (Alongside two WKA gold medals, one IFMA gold medal, and one IFMA bronze medal all for team USA.)

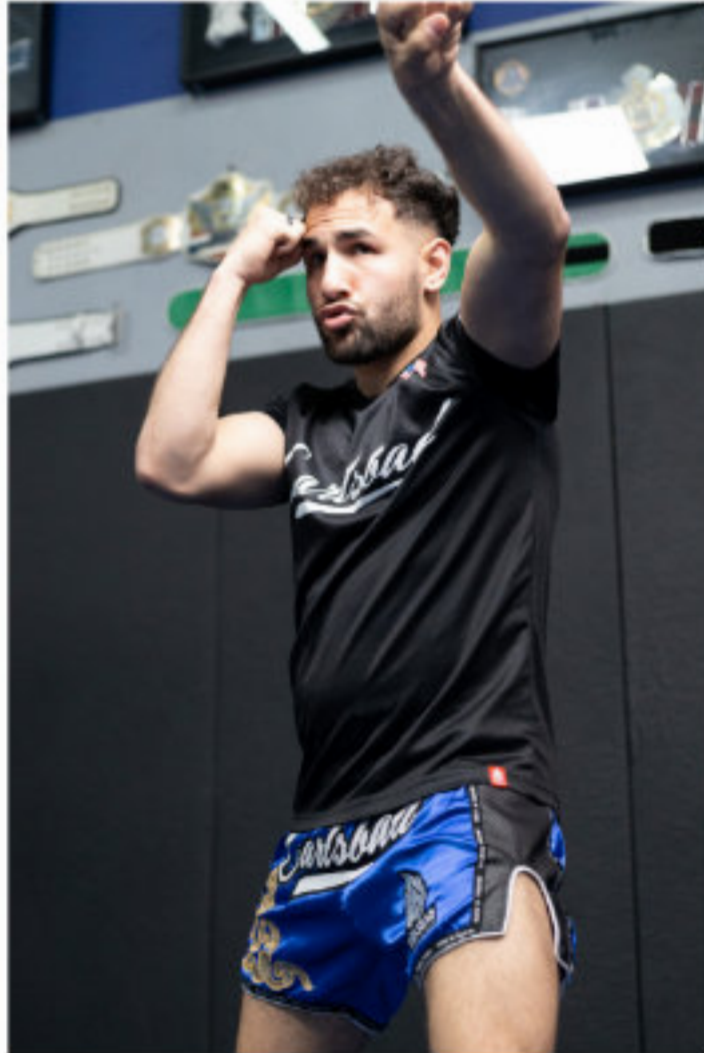
"Something that I hold dear is competing in the Madison Square Garden arena and being the only Palestinian to ever compete in 'Glory Kickboxing' at the time," he says. Ahmad has also competed numerous times in Thailand, Italy, Chile, Colombia, Mexico, and South Korea. While he has spent all of his life in Philadelphia training under his uncle, a man who he says is "a very big deal in American Muay Thai," one of his goals this year is to expand his knowledge as a coach. "Not that this isn't achievable to do back home, but I think putting myself out of my comfort zone would benefit me to see how the world truly is and how it is to be a coach."

As for his current home at CSC, Ahmad says he really enjoys the atmosphere. "It feels very family oriented, they definitely made me feel at home and welcomed me with open arms," he says. "From the staff, coaches, to students, everyone is so supportive and kind. It's a big plus that

Rolando and my original coach Rami are very good friends. It makes things much easier and simpler for me."

While he has everything he would need to succeed as a coach back home, he is looking forward to his West Coast journey and what is to come. "I definitely still plan to compete, representing Rami Elite alongside CSC."

As to when we will get to see him in the ring will all depend so we will just have to wait and see. "I'll be in the ring ... I'm still adjusting to the training and coaches here so whenever Rami and Rolando think I'm ready is when I will fight."



# Ahmad Ibrahim



## Admad Practices What He Preaches

Ahmad Ibrahim stepped into the ring this past November 11th after about a year from his last major fight, but it came to no surprise that he was ready. The Freedom Fighter Promotions fight will take place in Yonkers, NY and Ahmad took home the World Title against opponent Payakaroon Soutchay from Thailand. While Payakaroon was a much taller fighter and was a very experienced opponent, Ahmad remained positive, excited, and came out with the win.

His excitement, he explained at the time, was thanks in part to the fact that he fought in front of most of his support system, which he says was refreshing.

"I was super excited to get back into the ring," he said. "The fact that I was about to fight for a World Title after a year off was a blessing and I thank God for it."

Half of Ahmad's training camp was done here, at Carlsbad Kickboxing Club, while he finalized his last two weeks of training in Philadelphia with his uncle.

"Honestly, I would not have been able to fight without my loyal team mates and coaching staff from ... They take time away from their clients, their family, their loved ones to make sure they hold me accountable and train me, spar with me, clinch with me, and most importantly talk to me to keep me motivated."

Since arriving in California, Ahmad has done a tremendous job training the next crop of CKC fighters but he says that sometimes, it is a little hard to switch his brain from teaching clients, to training himself, and then ending the night coaching the fighters. "Honestly it can be mentally demanding at times."

But he continues to stay strong and looks forward to what is to come.

"As the head coach, I try to make sure the students are always being taken care of. I have grown attached to the students here. Hopefully I made them proud. I just want to practice what I preach to them."



# Ahmad Ibrahim

# ALEX VILLANUEVA



Alex Villanueva was born in Lemoore, California and raised in Oceanside, California. At 26 years of age, he has been training in Muay Thai for the past five years and has aspirations of going professional. The Carlsbad Kickboxing Club is not only where he trains, but also where he considers his home. Muay Thai has been a transformative experience for Alex. He has gained discipline and mental strength through his training, which have had a positive impact on not only his athletic performance, but also in his daily life. With his newly found discipline, Alex has lost about seventy pounds and has gained a newfound confidence in himself. He is driven by the belief that he is better than he was yesterday and is always looking for ways to push himself to new limits.

The Carlsbad Kickboxing Club has become a second home for Alex. He has developed close relationships with his trainers and has made many friends within the club. The sense of community and belonging that he has found at the club has been invaluable to him.

Muay Thai has not only helped Alex improve physically and mentally, but it has also changed his life in profound ways. He wants to give back to the Carlsbad Kickboxing Club community by becoming a trainer in the future and passing on what he has learned. He is passionate about helping others find the same sense of belonging and community that he has found through Muay Thai.

Alex is grateful for the positive impact that Muay Thai has had on his life. He is dedicated to his training and is always looking for ways to improve. He is driven by his aspirations of going professional and is determined to reach his goal.



# Alex Villanueva

# CARLSBAD'S LITTLE PIT BULL

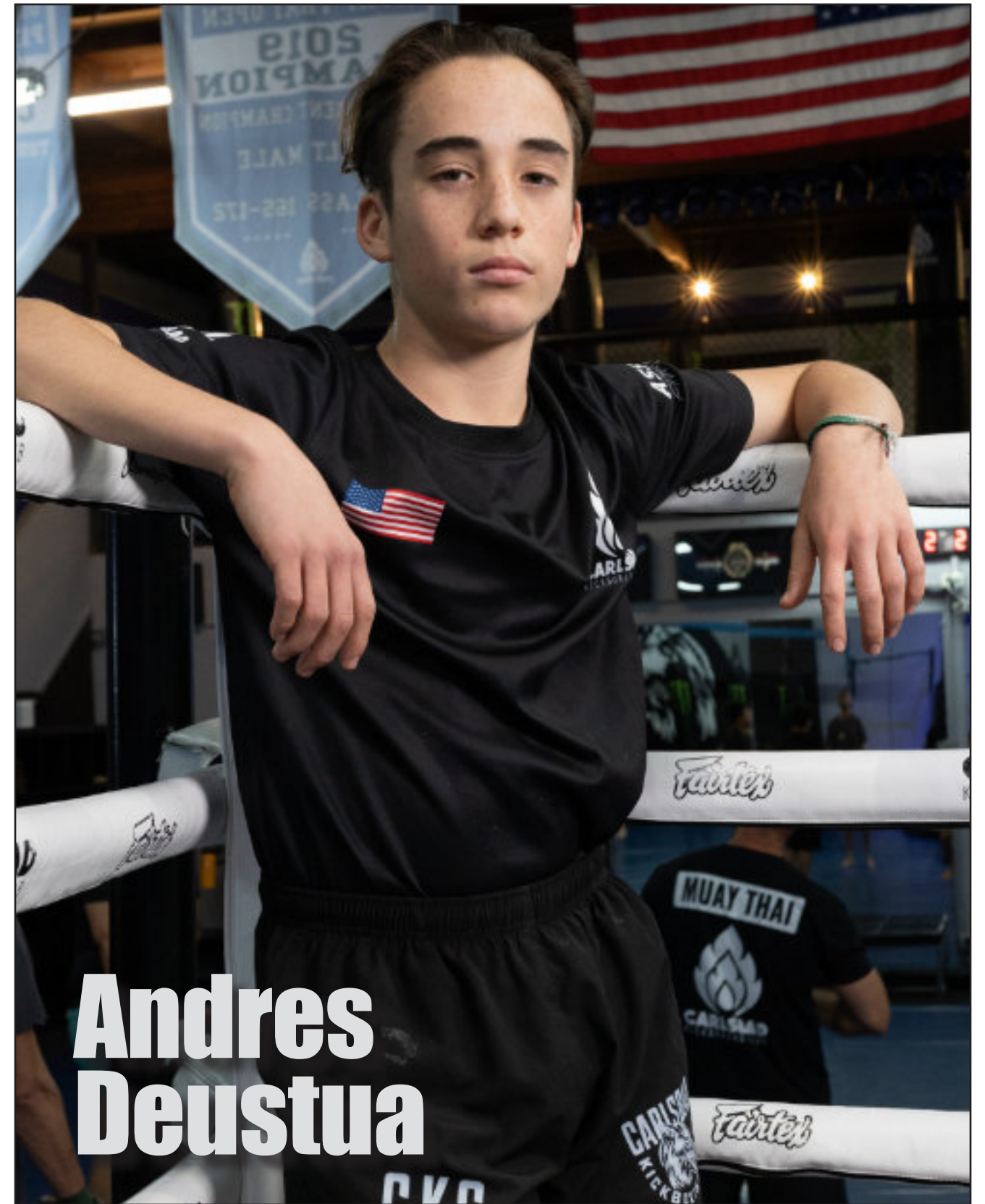


Andres Deustua was born in Mexico City, Mexico, and has been training in Muay Thai for about a year. He has become a junior instructor in the youth program, and he believes that this position is helping him to build more character. Andres is passionate about Muay Thai and has made it a part of his daily routine. He likes to go every day to train and increase his skills, and he takes great pride in his commitment to the sport. One of Andres' most significant accomplishments in Muay Thai was fighting alongside his teammates at the 2022 USMTA competition. This was a defining moment for him, as he was able to showcase his skills and represent his team. The experience of competing at such a high level has fueled his desire to continue improving and pushing himself to new heights in the sport.

Andres has set a goal for himself to fight in Thailand, which is considered the birthplace of Muay Thai. He recognizes that this is a significant challenge, but he is determined to achieve it. He believes that fighting in Thailand would be an incredible accomplishment and a significant milestone in his Muay Thai journey. He continues to train and improve his skills with this goal in mind, and he is motivated by the opportunity to compete at the highest level.

In addition to Muay Thai, Andres enjoys fishing at the local golf courses in North County San Diego. This hobby provides him with a peaceful escape from his rigorous training schedule, allowing him to relax and recharge. Andres recognizes the importance of maintaining a balance between his passions and his personal life, and fishing is one way he accomplishes this.

Through his training with coaches, Andres has built a sense of confidence. This has not only helped him in his Muay Thai journey but also in his personal and professional life. The discipline and determination required to excel in Muay Thai have taught him valuable life lessons, such as the importance of hard work, dedication, and perseverance. Andres has developed a sense of self-assurance that he carries with him every day, and he credits Muay Thai for playing a significant role in building his character.



# Andres Deustua



## Arthur Returns To The Ring, Has Plans To Go The Distance

Fighting alongside Carlsbad Kickboxing Club's David Delagen, Arthur Johnson makes his big return to the ring this weekend in Myrtle Beach, SC, during the 9th Annual IKF East Coast Full Muay Thai Kickboxing Classic. His division, B-Class OPEN Belt Award, takes place this Sunday.

Arthur grew up in Chicago and started training in muay thai during his senior year of high school after he was done playing football. "I needed another outlet to keep me in shape."

As it turns out, he just happened to love the sport. "Honestly I think I'm addicted to the never-ending process of learning and mastering different techniques and helping other people on their journey."

While he has only been training for about seven years, his passion and determination exhibited in the ring would have you believe he has been training since childhood.

Arthur left the sport for about a year and four months when he found out he was having his son but he knew that wasn't the end of his journey. "I knew I never was leaving for good but I had other things to focus. I wanted to make sure my son was born, and doing well, so that I could fully dive back into the sport."

And the time off served him well—at least mentally. "Training almost every day for 7 years will take a toll on anyone," he explained. "My body was there in the best shape but towards the end my mind wasn't."

During the time off, he was able to find himself and now, the war, he says, is with getting his body not just back to where it was, but better. "I am training hard, but know when to give my body a rest will get me a farther distance in the long run," he says. "I want to dominate everyone I step in front of from here on out. The only thing that can stop that is me."

As for coming back to his home, CKC? He says it is more than just a gym. "I love that Carlsbad Kickboxing Club loves me," he says. "Everyone there wants nothing but the best for me and vice versa."

# Arthur Johnson





# Brandon Kurosawa

# BRANDON KUROSAWA

Brandon Kurosawa was born and raised in Tarzana, California. Despite his Californian roots, he spent much of his childhood in Honolulu, Hawaii, where he was exposed to the ocean and the lush, tropical landscapes. He is now 26 years old and has been training in kickboxing for the past 6 years. His dedication and hard work have led him to aspirational heights, as he hopes to take his skills as far as possible in the sport.

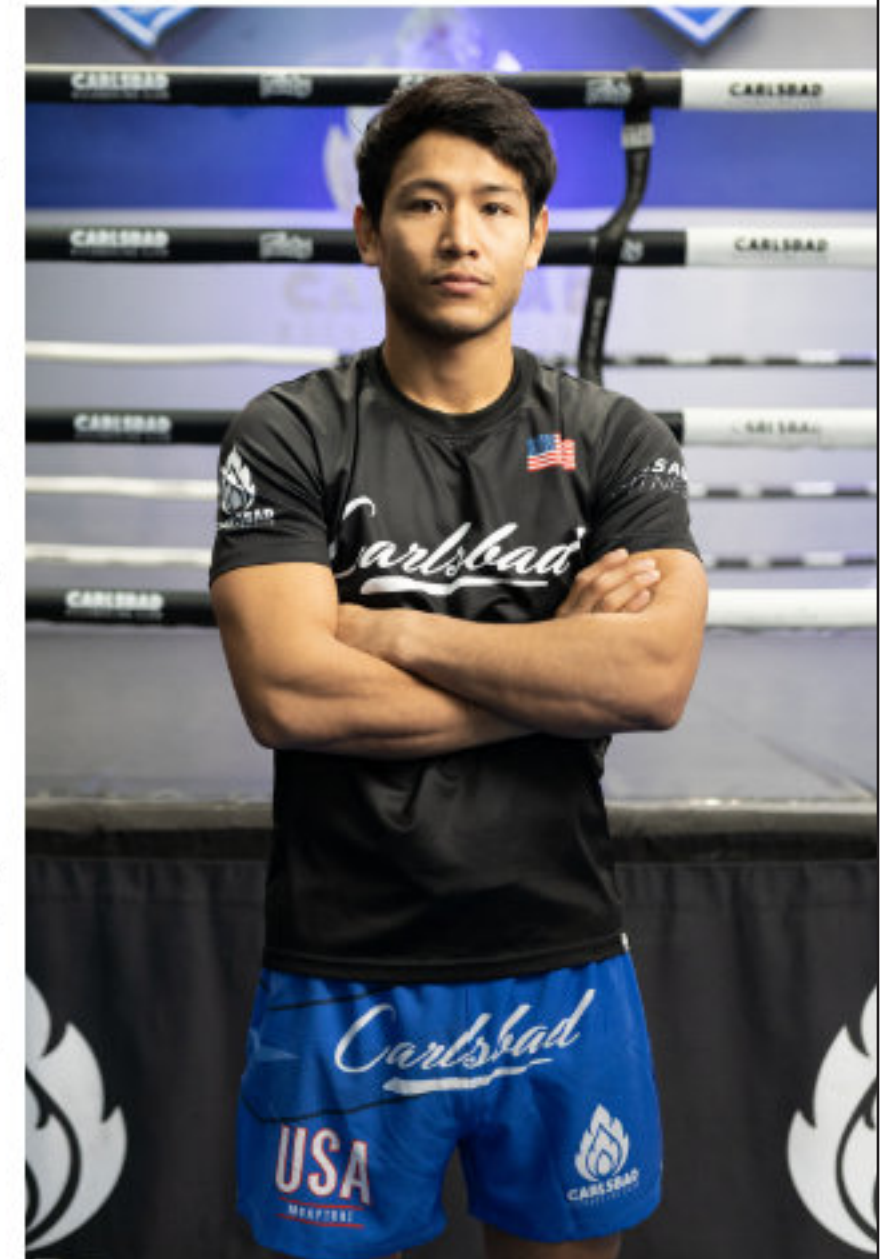
Recently, Brandon has earned a degree in Economics, which he views as a way to support his future endeavors. Despite his education, his true passion lies in the sport of kickboxing, which is why he spends a significant amount of his free time training at the Carlsbad Kickboxing Club. He sees this place as the ultimate destination for anyone looking to improve their skills and achieve their goals in the sport.

Throughout his journey, Brandon has faced many challenges, including depression and anxiety. Despite these struggles, he has never lost sight of his passion for kickboxing. Instead, he used the sport as a way to overcome his difficulties and find a sense of purpose and fulfillment. He is proud of his dedication to the sport, which he has taken up of his own volition, and sees this as one of his greatest accomplishments.

Brandon's training routine is intense, but he is always up for the challenge. He wakes up early every day to hit the gym, where he focuses on improving his strength, speed, and technique. His training is not limited to the gym, as he also spends time practicing and refining his skills in the ring. He is constantly seeking new challenges and ways to push himself further, and he is always striving for self-improvement.

Despite his intense training schedule, Brandon never forgets the importance of having fun. He loves the camaraderie and supportive community that he has found at the Carlsbad Kickboxing Club, and he always makes time for socializing and having a good time with his training partners. He knows that this sense of community and belonging is what keeps him motivated and inspired.

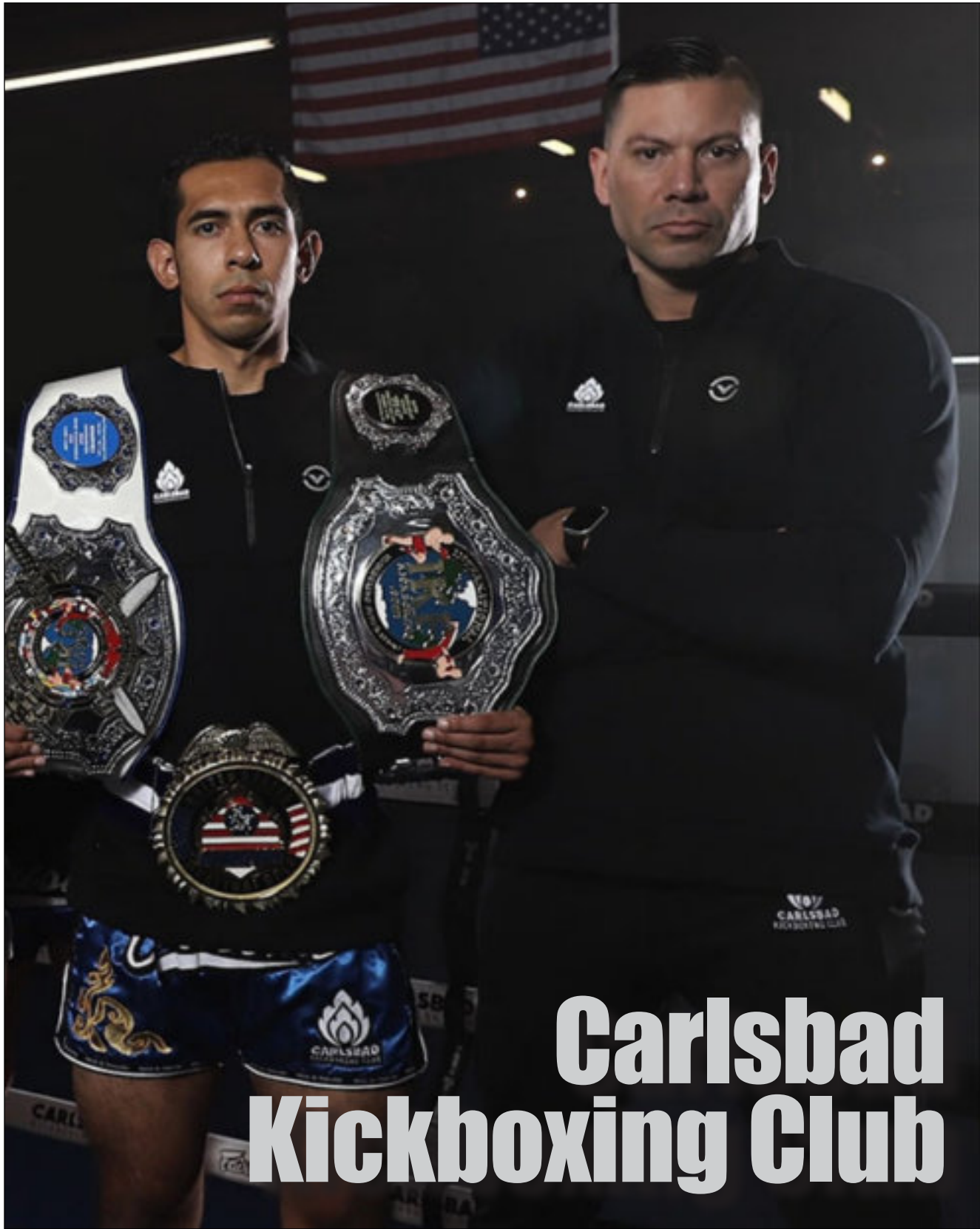
As he looks to the future, Brandon is excited about the opportunities that lay ahead. He has big aspirations for his future in kickboxing, and he is confident that his hard work and dedication will pay off. He is grateful for the support of his family, friends, and training partners, and he knows that with their help, he will be able to achieve his dreams.





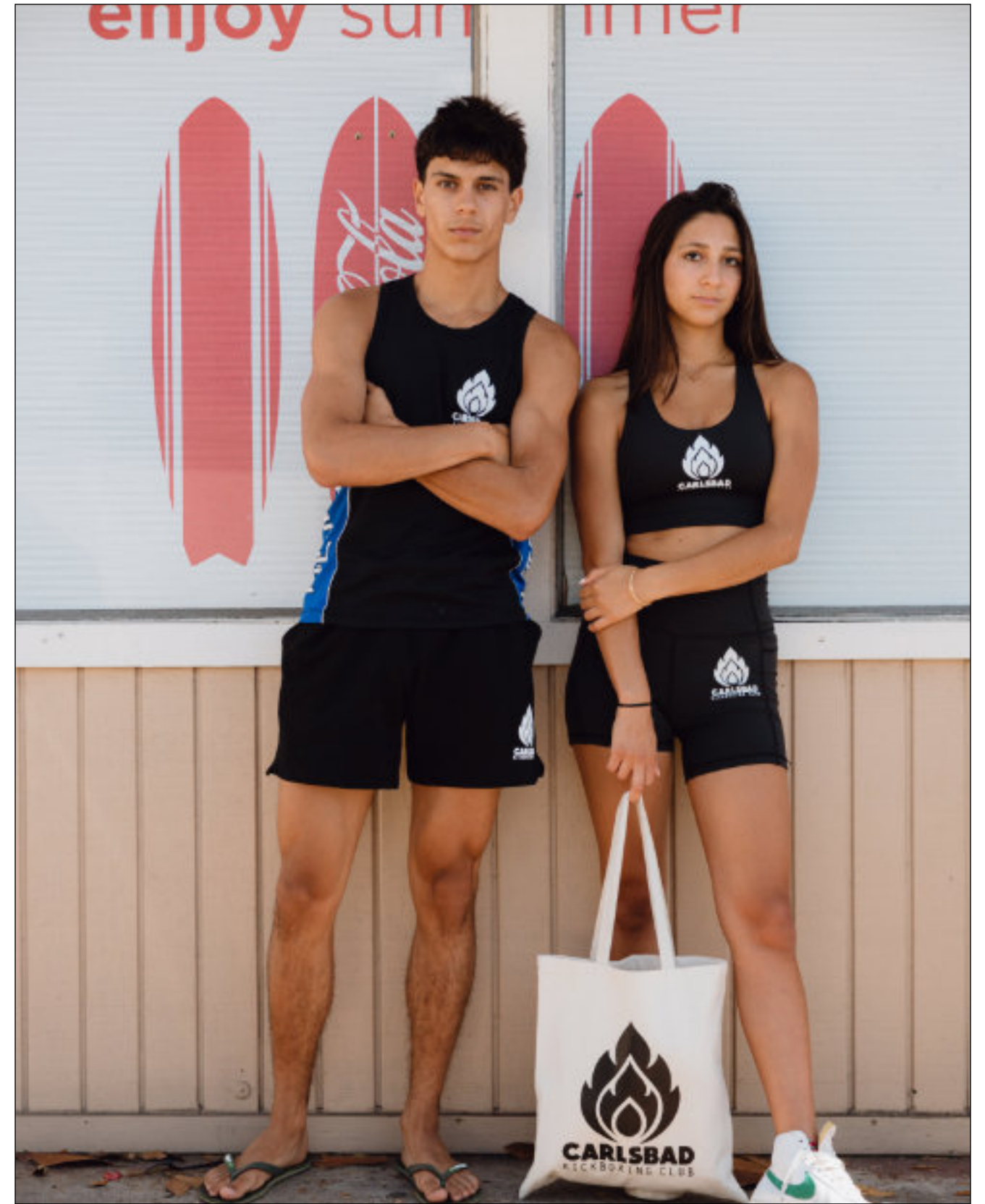


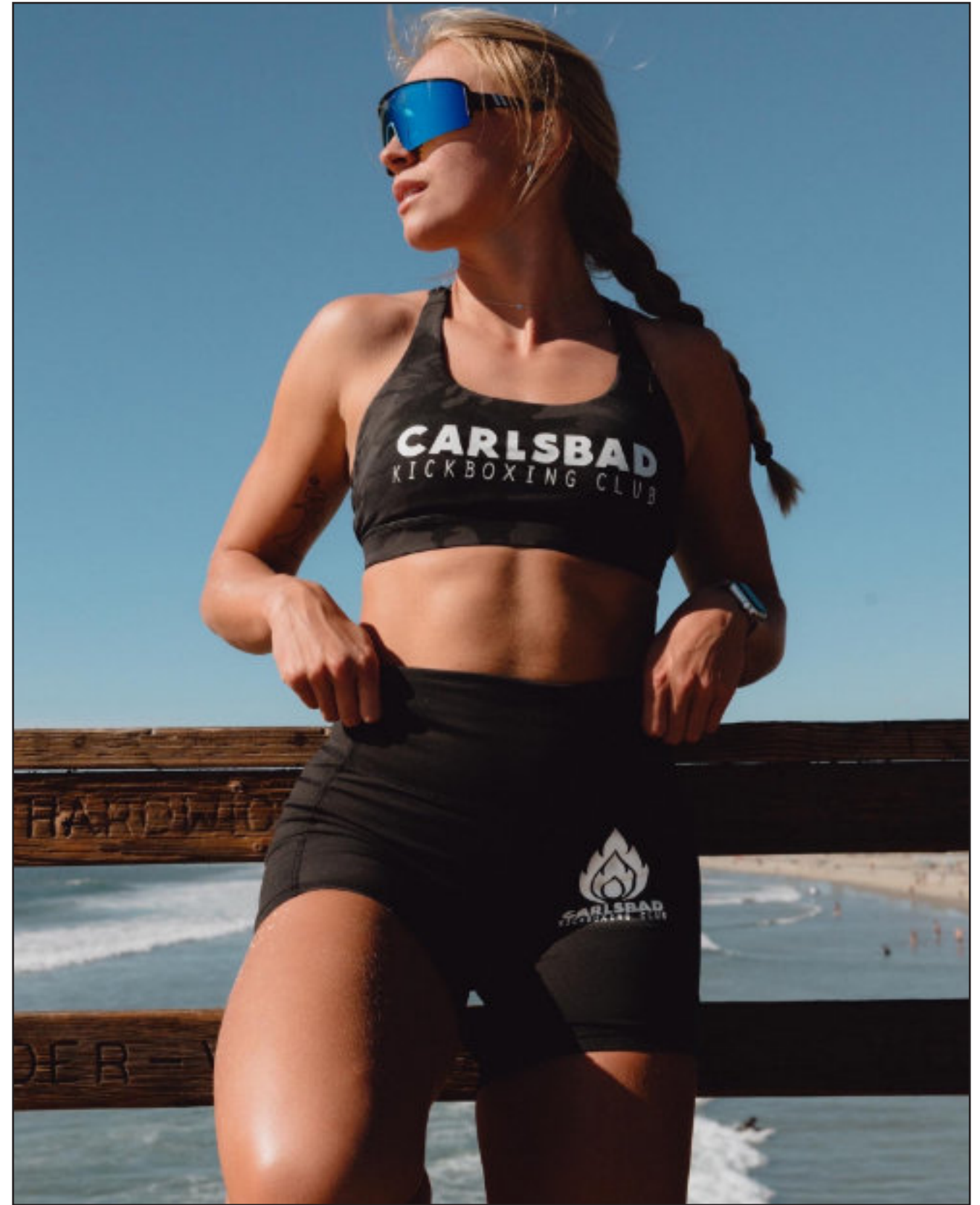
# Carlsbad Kickboxing Club

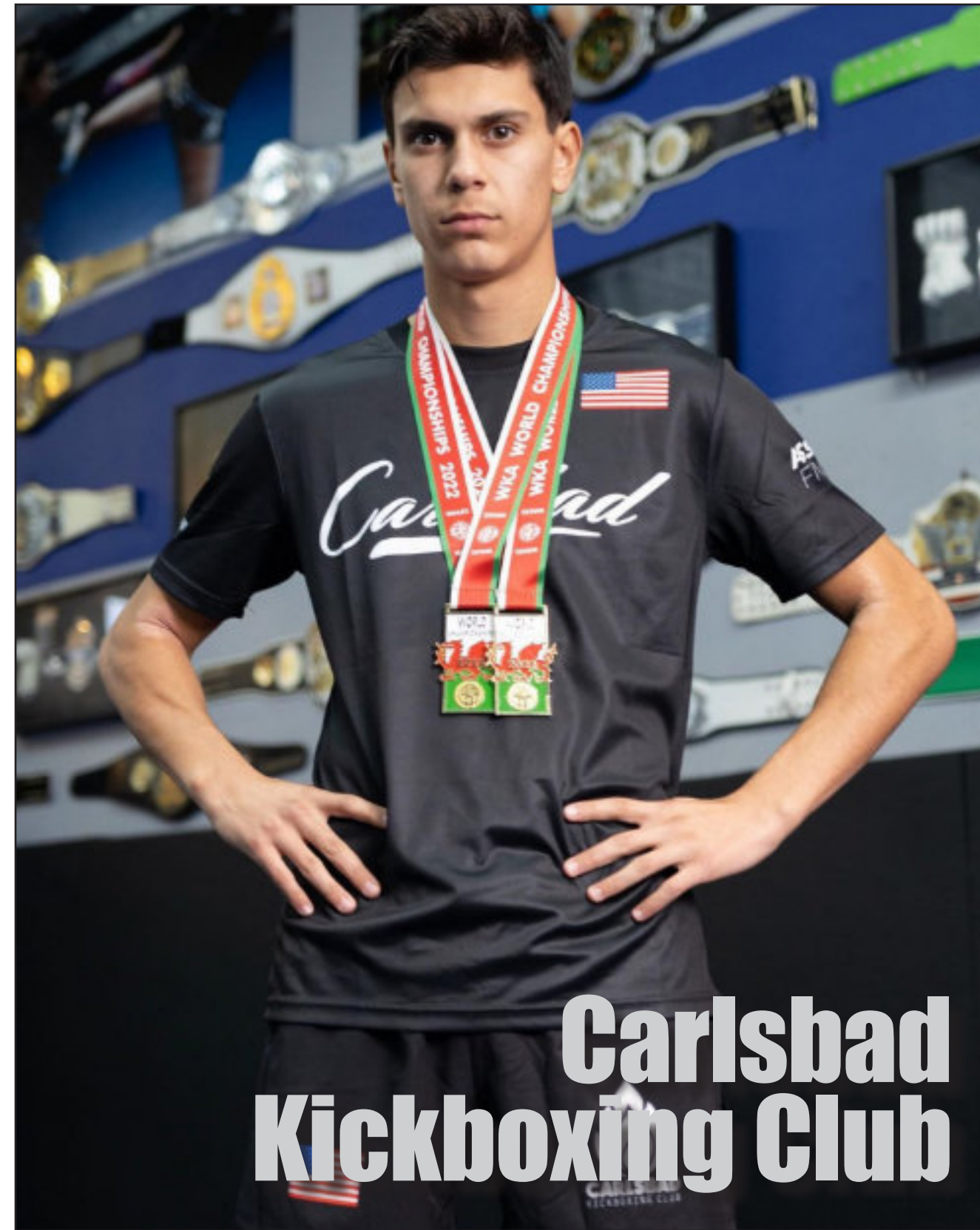


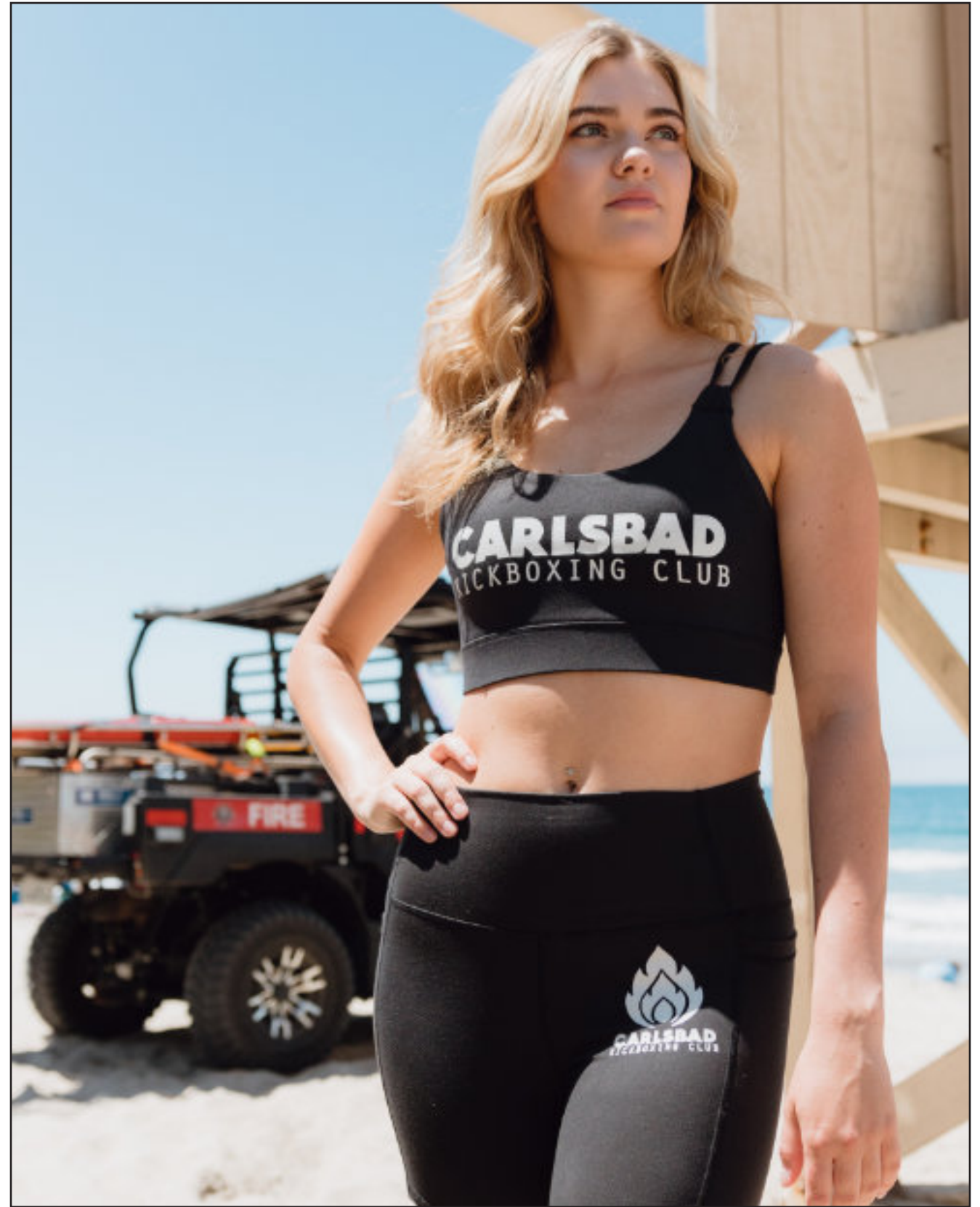
# Carlsbad Kickboxing Club













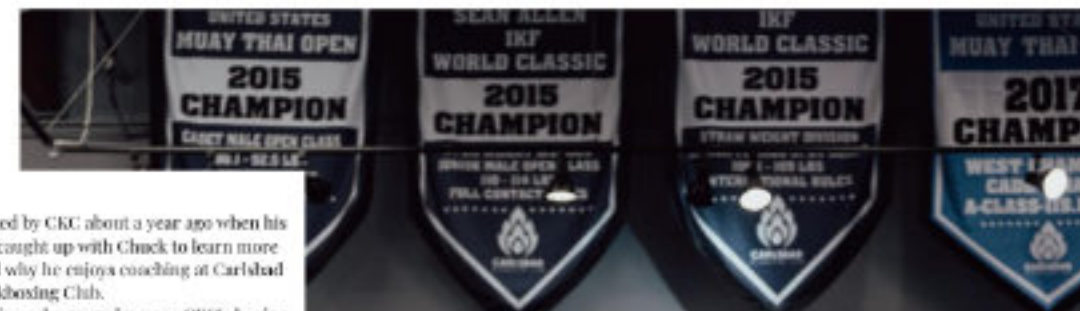






**Charles Curley**

## CARVING OUT HIS OWN PATH



Charles Curley was recruited by CKC about a year ago when his employer shut down. We caught up with Chuck to learn more about his background, and why he enjoys coaching at Carlsbad Kickboxing Club.

The Pensacola, Florida-native, who many know as CKC's boxing coach, has lived all over from Florida to Oahu, Hawaii to Imperial Beach, CA. He moved to Carlsbad in 2007 with his wife Cindy and two children—Skylar, 11, and Chase, 8 (who are both heavily into traditional Japanese karate) and also train in muay thai at CKC. He played baseball as a kid for about seven years and grew up surfing and skateboarding as well. While surfing was a fun pastime, skateboarding was a major focus from about 10–15 years old—even ending up being a sponsored amateur skateboarder for halfpipe. But during high school, he lost interest in skateboarding, played varsity football and track. Another passion of his is snowboarding. While a late starter (at 20 years old), he ended up competing in the United States Amateur Snowboard Association in halfpipe for 6 years.

On the professional front, Chuck attended San Diego State University and graduated with a degree in Kinesiology with an emphasis in athletic training and has worked as an athletic trainer and as a chiropractic assistant doing passive therapies. He got into training muay thai when the gym he attended had it. He trained in boxing and kickboxing and the gym sold to another corporation the fighting classes were discontinued and the facility still allowed people to train, but on their own without an instructor.

"I would go in and train and a few of the previous students would come in and follow a program that I would put together," he says. That is where his coaching began. He then attended a Martial Arts gym that specialized in kickboxing and boxing and after a few years of training there, he was invited to start teaching classes. "That's when I really started to come into my own as far as an instructor. I was thriving with the help of the other trainers at coming up with classes that were high intensity, informative, challenging, and a little bit fun." The thing he says he enjoys most about coaching at Carlsbad Kickboxing Club is the interaction with the members. "I love that they come to class ready to learn and train hard," he says. "If I can instruct them in a way that when class is over they feel that they learned something, got a great workout, and had fun, then I feel 'mission accomplished.' There's an energy that's indescribable whether you have 10 or 40 members working to their max ability and enjoying every second of it."

As for CKC specifically, the thing he likes best is that the owners, instructors, and the entire staff feel like one big family. "There's a level of respect that a lot of other fight gyms don't have. No big egos here, regardless of experience. Just everybody doing their part to make this place the absolute best."





## David Delapaz

kickboxing, and he is determined to finish his junior career on top. With a current ranking of number one in his age and weight class in the USA, and close to 30 fights under his belt, David has already proven himself to be a formidable fighter. He has achieved several notable victories in recent months, including the IKF USA title in July and the USMTO A class champion title in September.

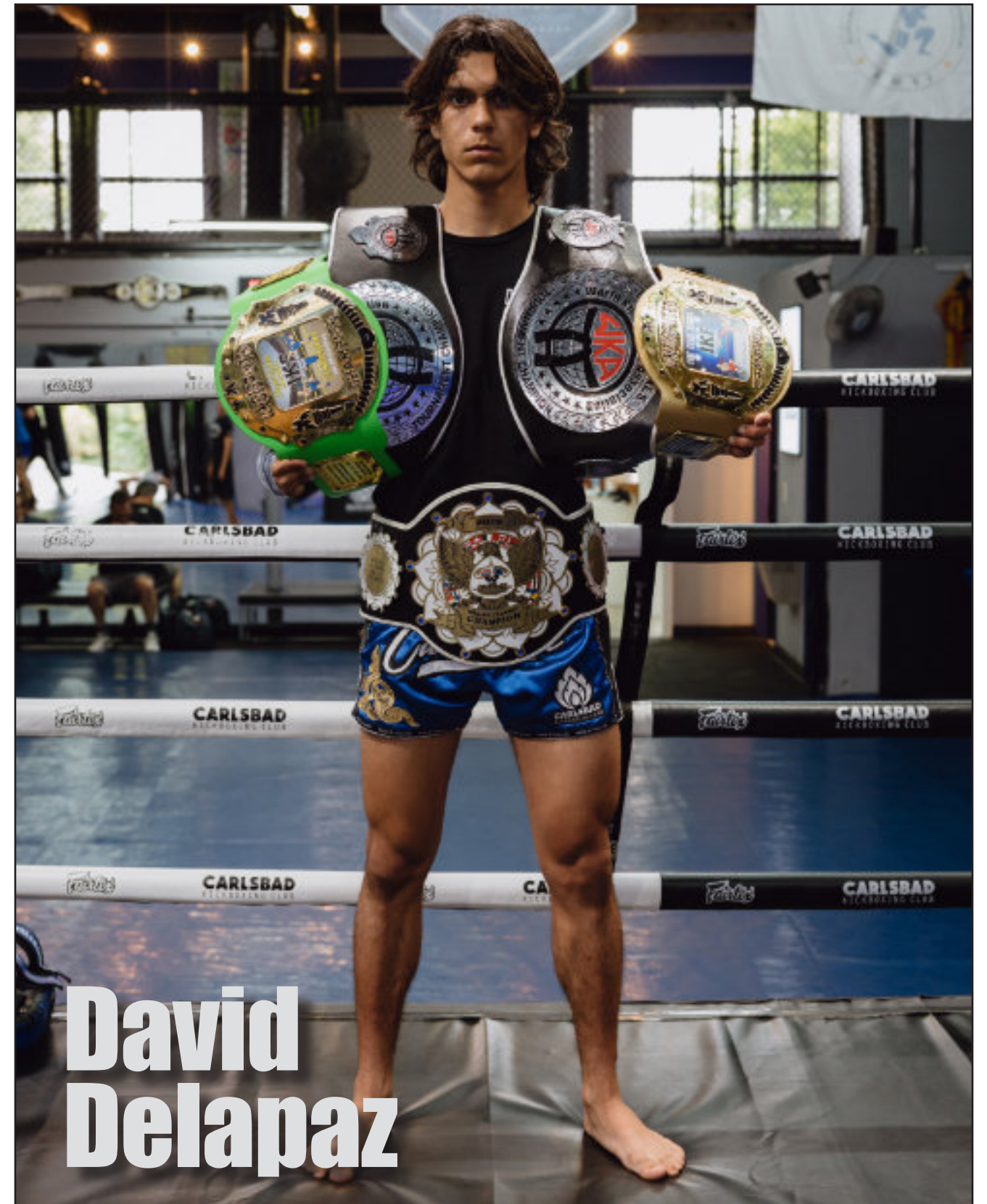
In October, David travelled to Wales for the UK Championships and earned double gold without losing a single round, further demonstrating his skill and tenacity as a fighter. In December, he became the lightweight freedom champion, avenging his previous loss and arguably winning all five rounds. This impressive record of victories is a testament to David's dedication and hard work, as well as the guidance and expertise of his head coach, Rolando Montano, at the Carlsbad Kickboxing Club.

Looking to the future, David has his sights set on even greater achievements. In April, he is set to compete in the world tournament in Brazil, and in May, he will participate in the US qualifier in Nashville. These competitions will provide a major opportunity for David to showcase his talent and continue to build his reputation as a top-level kickboxer.

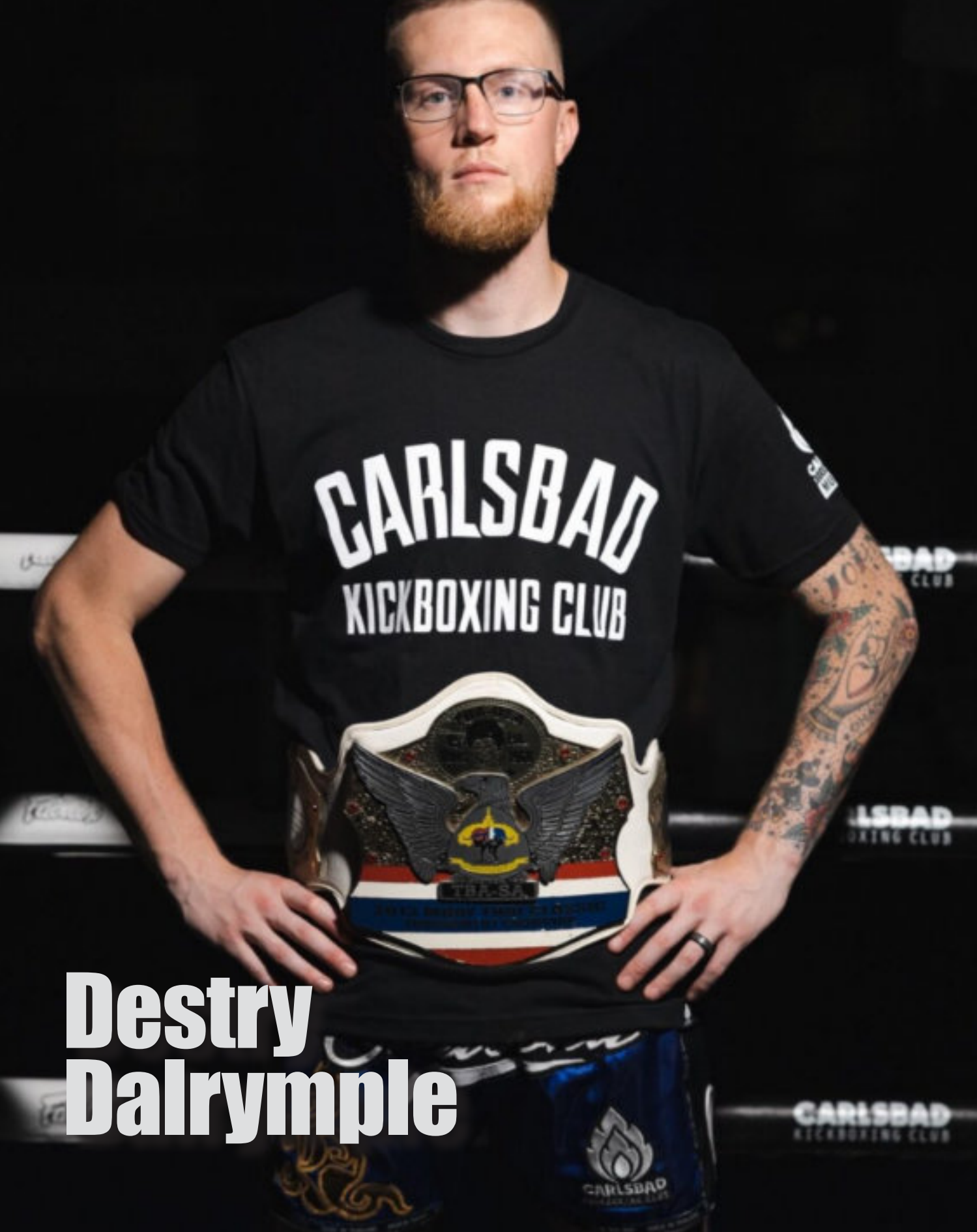
In addition to his goals in the world of competitive kickboxing, David has his sights set on even greater challenges. He has expressed a desire to compete in the Olympics and, one day, in the prestigious One Championship. These aspirations are a testament to David's drive and determination, and his unwavering commitment to his sport.

Under the guidance of Coach Montano, and with his impressive record of victories, David Delapaz is poised for an outstanding future in the world of kickboxing. Whether he is competing on the world stage or training at the Carlsbad Kickboxing Club, he continues to work tirelessly towards his goals and to make his mark as one of the top kickboxers of his generation.

Overall, David Delapaz is a young and talented fighter with a bright future ahead of him. With his dedication, hard work, and impressive record of victories, he is sure to continue making waves in the world of kickboxing for years to come.



# David Delapaz



# Destry Dalrymple

## Investing in the Fighters of Tomorrow

by Carlsbad Kickboxing | Aug 20, 2022

Making moves to further improve Carlsbad Kickboxing Club's already established youth program, the gym has hired Destry Dalrymple to head the kids program.

Destry has been involved in Muay Thai since 2009 and has competed in every major tournament in the United States. He has won belts in the TBA and IKF tournaments and has also held national titles for Siam Fight Productions. In 2014, he represented the US at IFMA and he has a fight record of 19-5. He will take the reins of the CKC program starting next month. Growing up in Arizona, Destry was introduced to martial arts in 2009 when he wanted to get into a more self-driven sport. "I grew up playing team sports and had fun but really liked the idea of having the result of a fight or competition entirely reliant upon my own actions," he says. He had his first fight in 2011 and was immediately hooked. "I truly fell in love with Muay Thai and haven't had any desire to pursue other sports."

Destry's reasoning for coming to Carlsbad Kickboxing Club is that he wants to focus on turning pro and feels as though the atmosphere at CKC is one that will help him achieve this goal—with the help of longtime friend and teammate Ahmad. But Destry's journey hasn't been without its share of hurdles. The TBA tournament that he just competed in marked his first time returning to the ring since competing in IFMA 8 years ago. "With the help of Ahmad in my corner I was doing great but unfortunately reinjured my knee and had to withdraw from the fight."

On his road to recovery and hopes of turning pro, he plan



s to pursue his other passion at CKC and that is teaching the next generation. When Destry was 13 years old, he began teaching the "Pee Wee" Muay Thai class which consisted of kids ages 5-6 and after seeing the positive impact that he had on his students, he found that teaching kids became his passion. "Muay Thai helped shape the person I am today and I hope to have that same impact on someone."

As a coach, Destry has personally prepared and coached winners of every major tournament in the US and multiple time IFMA medalists. "My goal as a coach is to create the best youth Muay Thai team in the country and have as many kids competing as possible, as often as possible, and help grow the CKC name into one that is synonymous with youth muay Thai excellence," he says. "We're going to need to expand the facility to fit all the belts that our youth Muay Thai team brings in." His personal philosophy when it comes to teaching kids is that if he is preparing them for competition or just being the instructor that helps them get some energy out, it is vital that they are enjoying what they are doing. At CKC, he hopes to foster an environment that ensures the students enjoy and are excited to come to class and eventually he will identify which kids want to compete. With those kids identified, he says, he would shift the focus of that particular group's training into more of an application-based program, and make things slightly more serious.

"After all, kids who win competitions and fights have more fun, so balancing the importance of preparing a kid for a fight and ensuring that the kid stays interested and excited to come to training is one task I'm excited to tackle and eventually begin showing the talent that I'm sure CKC already has."

## Life is Best Lived When Through the Focus of Serving Others

by Carlsbad Kickboxing | Jul 22, 2022

According to a recent NBC news article, every single branch of the U.S. military is struggling to meet its fiscal year 2022 recruiting goals. The low percentage, according to the article, is due to not only a record low number of Americans eligible to serve, but also due to the fact that those who are eligible, are unwilling to do it.

Last month, Army Chief of Staff Gen. James McConville testified before Congress that only 23% of Americans ages 17-24 are qualified to serve without a waiver to join, down from 20% in recent years. While many officials and Pentagon top leaders are scrambling for ways to find new recruits to fill out the ranks of the all-volunteer force, there are still those out there very willing to join. There are some people, who have had their sights on the Army since they were young.

Carlsbad Kickboxing Club—already a fierce advocate for the military headed by US Army veteran owner—is currently home to Matthew McRockey, who will soon leave the gym in September to do his part. Matt has hopes of joining the special forces at a time when few are willing or able to do so.

Matt grew up in Encinitas and attended Santa Fe Christian. He grew up playing basketball, football, and running track. He played football in college and only recently got into Muay Thai during the first wave of Covid, but quickly started training every day.



"I have been training consistently for the past 2.5 years and I love the intensity of training in martial arts," he says. "It is something you don't find anywhere else unless you play on a sports team." He adds that "the feeling of a solo competition where there are no teammates to save you makes Muay Thai different than most things I had done before."

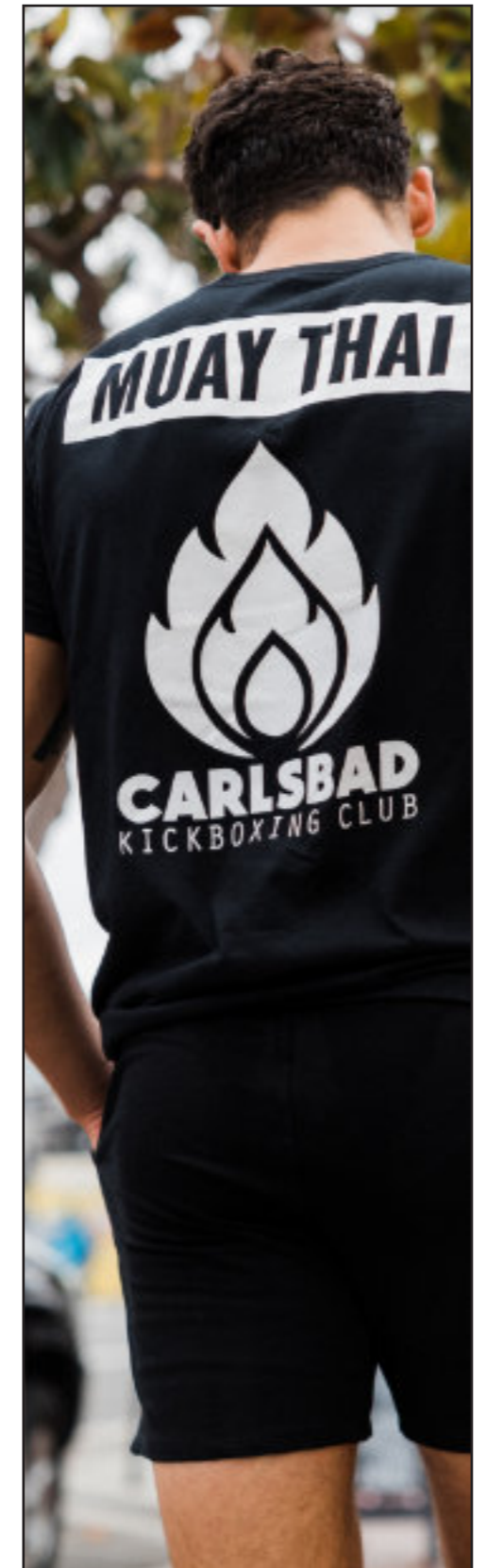
According to Matt, CKC has the perfect balance in that it is completely inviting with a family feel, but also contains "gritty fighters" who are competitors and are dedicated to their craft, he says. "It is an inspiring place to train because everyone is always giving their best at all times." But Matt's future in the military has been on his mind since he was a kid. He has had two grandfathers and other assorted family members who have served in various branches.

"I loved the idea of the military and always kept it in my mind," he says. "I always looked up to those who served our country, and I want to continue that legacy."

His philosophy is that life is best lived when through the focus of serving others, wherever that may be. "The army, specifically Special Forces, combines my love and duty for my country and my eagerness to serve and help those who need it most," he says. "These things are only realized through enduring some of the toughest training our country offers, alongside the most highly motivated individuals. It is a place where young men go to be the best version of themselves. A place where they learn how to lead well, follow well, overcome obstacles, push themselves past their max, and share a common goal for the greater good of our nation."

Matt explains that so many good men and woman have walked this path before him. "I want to acknowledge and give the utmost respect to those individuals," he says. "Our country is in need of good leaders and those who will give to others before they ever take for themselves."

For Matt, the hopes of joining the special forces is so that he can become a better person than he would could become without it. "I want to become more disciplined, to be a better leader, and to be more equipped to tackle the future problems this country will face and that I will face throughout life."





## Be the Best Version of Yourself

### Grace Lauder

17-year-old Grace Lauder grew up in England about an hour outside of London. She has been a dancer since she was three years old and has tried many styles such as ballet and contemporary but her favorite style is hip hop. She now competes on the Carlsbad Dance center competition team in Hip Hop.

Once she moved here after her father got his dream job, she began looking for a gym because she wanted to fight and learn how to defend herself. She joined the gym about a year ago. Although she loves dance, "Muay Thai and boxing are new passions," she says. "One thing I love about the gym is that I always leave feeling better than when I come. I leave feeling empowered and feeling like a badass."

But the best thing about being a member is the community, she adds. "Everyone pushes everyone else to be better and they always have your back like a family would."

As of right now, since she is fairly new to the sport, her focus is on perfecting her technique and building her confidence in sparring before progressing to possibly lower-level fighting such as PKB fights. "I love the challenge that is muay Thai and the thrill I get from landing a good kick or throwing a hard punch."

As for her future? Currently she is a junior in high school and her plan is to travel the summer before her freshman year in college and reconnect with my roots by spending time with her family in England. "I plan to get my degree in business communications and pursue a career in marketing where I hope to work in the entertainment industry."

But that's not to say muay Thai isn't important for who she is going to become. The sport has changed her life. "It has pushed me to work on becoming the best version of myself mentally and physically."

# Grace Lauder

# KAM BULLOCK

Kameron Bullock's journey with Muay Thai began about a year and a half ago when he started training at Carlsbad Kickboxing Club (CKC). He had been on a rough path in life, and the sport has helped him find his way. Since then, Kameron has been a regular at the gym, dedicating himself to the art of Muay Thai.

For Kameron, the community at CKC has been an important part of his journey. He sees everyone at the gym as helpful in his quest for greatness, as everyone is working towards the same goal. The supportive and encouraging environment at CKC has helped him stay motivated and focused on his journey.

The biggest lesson Kameron has learned at CKC is to be humble and grounded. He understands the importance of not carrying an ego and believes that there is always more to learn. Kameron's willingness to learn and improve is what makes him stand out in the gym.

Despite the grueling nature of training and competing, Kameron's best memory was weight-cutting and bonding with his teammates at the USMTTO tournament. This experience provided him with an opportunity to connect with his peers and build stronger relationships with them. Kameron believes that having a supportive community is crucial in achieving success.

Looking to the future, Kameron has set his sights on fighting professionally and coaching at CKC. He is dedicated to his goals and is willing to put in the work to achieve them. Kameron's commitment to Muay Thai and his desire to give back to the community make him a valuable member of the CKC family.





## Meet Lexie

by Carlsbad Kickboxing | Nov 11, 2021

Carlsbad Kickboxing Club's MVP Lexie is truly passionate about three things: health, family and her love of traveling to see new places. "Family has always been a huge priority in my life," she explains. Lexie has three siblings and while they are all very different, the closeness with her family while growing up had a huge influence and impact on who she is today.

"I was a competitive tennis player most of my life, alongside my sister Taylor. I got to experience traveling to tennis tournaments with her and I'm pretty certain that's where my love for traveling came from," she says. "Being active was always something that I loved and I'm thankful that we could all do together."

It was during that time that her grandfather was diagnosed with stage 3 cancer and she decided to focus on living a healthier lifestyle. "That moment changed how I view health," she says. "It became very personal for me and I wanted to be able to help and

support him however I could."

That focus both on family and on living a healthy lifestyle made working at CKC a perfect fit for the born and raised San Diegoan.

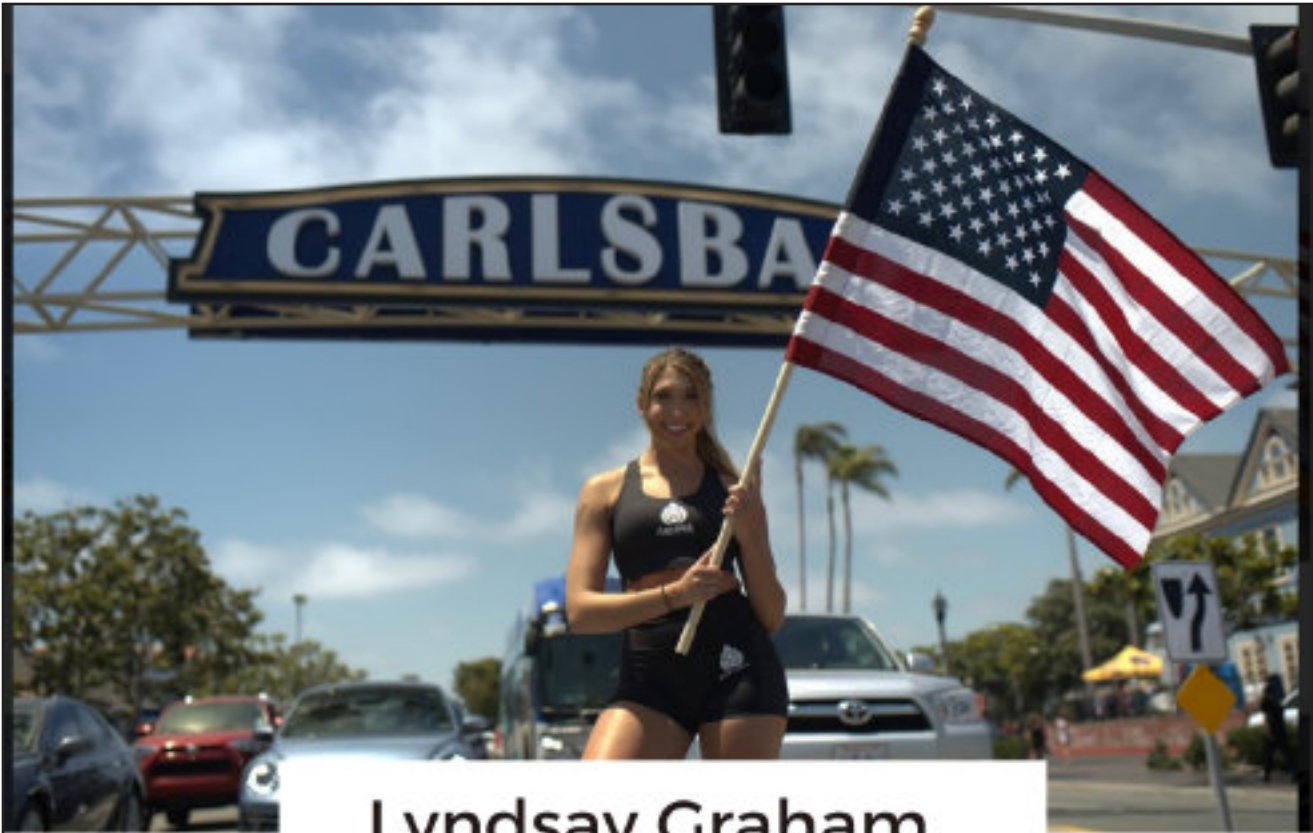
"I love that I get the opportunity to help members with their fitness goals," she says. "Our gym is different because it's like we're a family and we truly want to support one another... My focus on a healthy lifestyle is what really motivated me to become a part of the team."

Lexie started working at the front desk of Carlsbad Kickboxing in March of this year. Before that, she managed a restaurant in Encinitas. "I was instantly drawn to the gym because of how welcoming it felt," she explains. "When I walked in on my first day I remembered being so overwhelmed by how genuine and nice everyone was... I honestly love my job and I look forward to it."

But while all CKC employees take their job seriously, Lexie included, it never feels like work to the 29-year-old. "Something I love about working at Carlsbad Kickboxing Club are the events we host," she says. "I've gotten to know so many people at the gym and it's just a really great time for us to all come together."



# Lexie



Lyndsay Graham,

Lyndsay Graham is a young and ambitious individual who is passionate about fitness and wellness. Growing up in California, she has always been interested in staying active and healthy. That's why she joined the Carlsbad Kickboxing Club front desk, where she could challenge herself both mentally and physically. Lyndsay was drawn to the gym because of the opportunity to learn and share her newfound passions within the fitness industry.

Since joining the club, Lyndsay has found a supportive community that treats her like family. She has made friends and is inspired by her colleagues and the members of the club, who are passionate about fitness and wellness just like her. Lyndsay is enjoying her time at the gym and is eager to learn more about the health and wellness community. She is always seeking new ways to improve herself and to help others on their fitness journeys. In addition to her work at the gym,

Lyndsay is also a full-time student at Mira Costa College. She is studying to expand her knowledge in the areas of nutrition and psychology, so she can better understand how to help others on their fitness journeys. Lyndsay is determined to make a difference in the lives of others and is eager to learn as much as she can about health and wellness.

One of Lyndsay's biggest goals is to travel the world and explore different cultures and their approaches to health and wellness. She hopes to bring back her experiences and share them with others, so they too can benefit from her journey. Lyndsay is a positive and motivated individual who is always looking for new ways to challenge herself and to help others.



Lyndsay  
Graham



# Lyndsay Graham



# Maddie



## MADDIE

It was fall 2017 when a then five-year old girl tried the youth class at Carlsbad Kickboxing Club. At the time, most students in the program were around eight years old or older, but, "It depended on the kid," said the head coach. So, she, along with her older six-year-old sister, gave it a shot.

It was clear that her sister wasn't into it from the beginning, but it was as if Maddie, the five-year-old, had found her place. She was in her element.

Maddie chased the older boys around trying to hit and kick them during the class. She trapped her older sister against the wall with some punches, and even growled at the instructors when they asked her to really try and focus on the moves in the drill.

It was clear that Maddie had zero fear, but quickly, her trial was over. She just wasn't ready.

A few months went by, and she tried again. Still, it was the same outcome. She was determined and promised to "do better." Thankfully, that Spring, she ran into The head coach who remembered that fire in her and he took a chance. He said Maddie was ready and he opened the youth class to its youngest member at the time.

"Rolando gave me my shot and I haven't looked back," says the now nine-year-old Maddie.

Now, the fourth grader attends every class she can, begs to have private training and says that may that will be her life. She has participated in in house fight nights, has won a PSB belt, participates in PKBs against boys, older kids and is really open to anyone.

Not only does she hold her own, but even if she doesn't win a fight, she always leaves the ring asking when she can fight again. "It is my passion and I hope to fight in Thailand one day," she says.

We look forward to what the future holds for the determined girl, who says she is "just so happy" that she found *muay* that. If you are interested in joining the youth program at Carlsbad Kickboxing Club, [click here](#) to sign up for a trial class.



# MARISOL HERNANDEZ

Marisol Hernandez is a highly motivated individual, born in San Diego, California, who loves to inspire the younger generation as a successful role model. On her off time, she enjoys the thrill of driving fast in her modded-out M2 BMW. She has also enjoyed many memorable moments at CKC, such as bonding with her teammates during their trip to USMTO, and winning the IKF world classic tournament in Orlando, Florida, which remains one of her best memories.

When training, Marisol finds comfort in eating spaghetti, which she considers to be her pre-workout meal of choice. She enjoys being physically active, which enables her to release any pent-up tension, frustration, or stress. Her dedication and commitment to training give her a sense of discipline, direction, and accomplishment.

Marisol has learned that losing is an inevitable aspect of fighting, but it doesn't mark the end of the world. Instead, she perceives it as an opportunity to reflect, learn, grow, and discover new insights to apply in her next fight. This mentality of resilience and determination has enabled her to bounce back stronger and better than ever before. At 32 years old, Marisol has a deep passion for fighting, and she wishes to continue doing so for as long as her coaches permit her. She has a personal goal of winning 20 fights and titles, which serves as her main source of motivation. She understands that achieving her goal requires hard work, dedication, and discipline, which she is willing to put in to succeed.



# Marisol Hernandez



# Patty Graham

## Meet Patty Graham

Patty Graham came to Carlsbad Kickboxing Club in 2020 when she was looking for a place to train her one-on-one clients while still being able to be versatile with her kickboxing experience. And to her, it couldn't have been a more perfect fit.

What she loves about the gym is that it is not only a perfect combination of her passion, but it is also the community. "Everyone has been so welcoming and supportive since day one," she says. "All the way from our owners, to staff to members and I knew I got really lucky when I got to be part of that."

Originally from the Inland Empire, the 10-year certified personal trainer has lived in the Carlsbad/Oceanside area since 2012. Her list of certifications is expansive, including: Coercive Exercise; Women's Exercise Specialist; ACE Functional Training; NASM Fitness Nutrition Certification; Precision Nutrition L1; GNS Pre/Post Natal Certified; TRX Training Certified and more.

But beyond Patty's certifications, it is clear to anyone who has interacted with her that training is her passion. "I decided to become a trainer after years in the gym just knowing inside, it is what I wanted to do ... Fitness has had just such a strong pull for me."

When Patty goes to a gym, or even just sees others working out, or even is just talking about working out, she gets excited and motivated. That is how she knew it was the perfect career for her.

What she loves most about her job, though, are the people, and seeing what someone really can accomplish. "I love goal setting, plans of action helping them become a stronger, fitter version of themselves, sure, but there is more that goes into training outside of picking up and putting down weights," she says. "I am so honored to get to be a part of that."

Her goals for training are to continue to see people in person. "We had such a good response from our Spring Glute Camp, I cannot wait to bring it around again for the fall," she says. "You never know how many other good things can happen until then."

As for her future? "The future holds what you are willing to put into it," she says. So, for now, "the possibilities are endless."





## Rolando Montano

is a highly regarded head coach and owner of the Carlsbad Kickboxing Club, with an impressive record of 25 wins and only 2 losses as a former cruiser weight to heavyweight champion. He is known for his passion for the sport of kickboxing, which he shares with his students through his teachings at the club.

Montano's focus on developing champions is evident in the training program he has created at the Carlsbad Kickboxing Club. He works closely with each student to help them reach their full potential and become a champion in their own right. He is known for his ability to identify the strengths and weaknesses of his students and tailor his training program to meet their individual needs.

In addition to his coaching skills, Montano also has a vision for the future of the Carlsbad Kickboxing Club.

He is committed to maintaining a high-calibre competitive program that will produce champions and help establish the club as a premier destination for kickboxing enthusiasts. This vision includes the implementation of cutting-edge training techniques and the use of state-of-the-art equipment to help students reach their full potential.

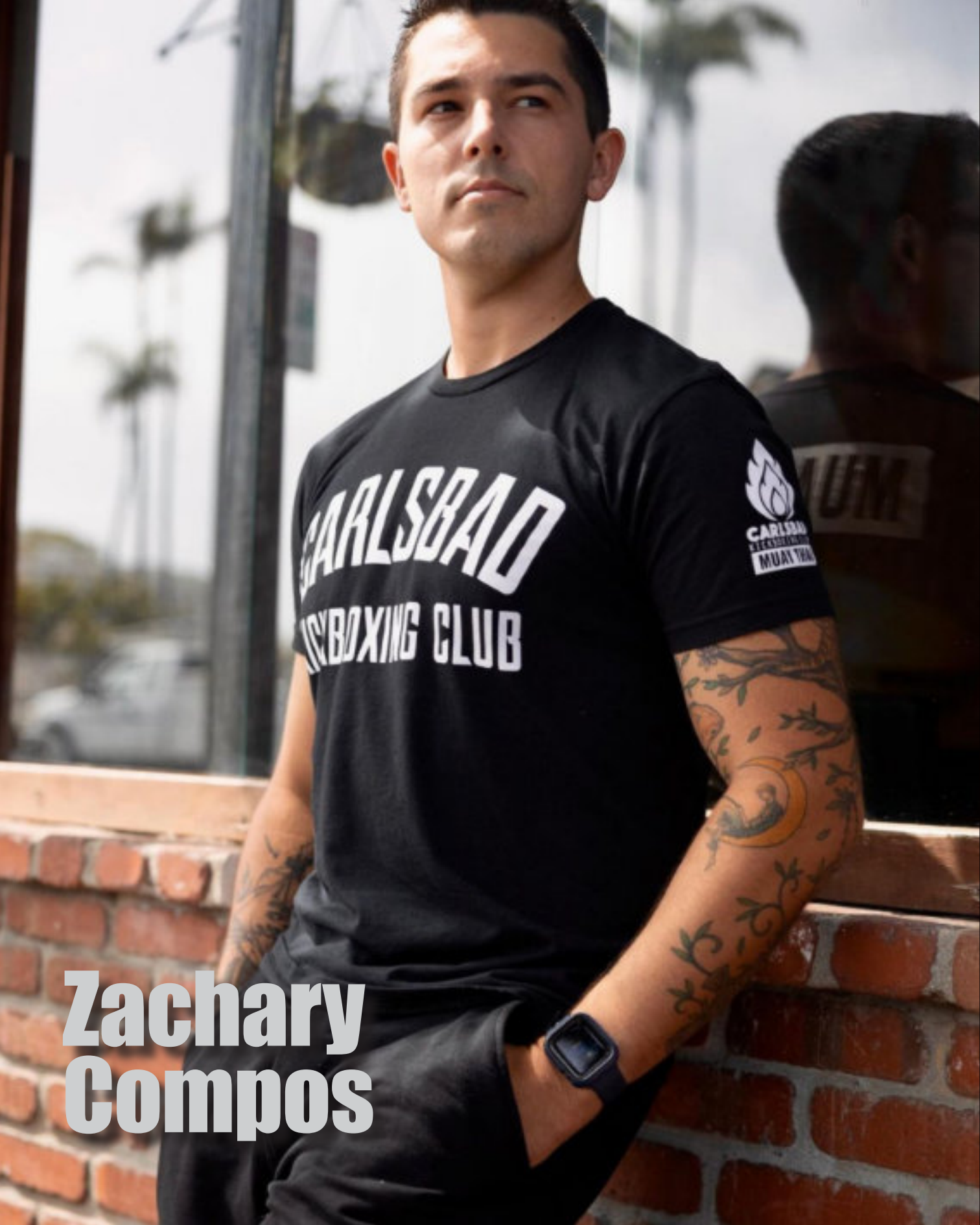
Overall, Rolando Montano is a dedicated and talented head coach and owner who is committed to helping his students become champions. His passion for the sport of kickboxing and his vision for the future of the Carlsbad Kickboxing Club make him a valuable asset to the community. Whether you are looking to become a competitive fighter or simply want to learn the sport, Montano's guidance and expertise will help you reach new levels of success.

*"We provide a traditional Muay Thai training experience with a welcoming and team family friendly environment. The Thai Style, fun and real the way Muay Thai should be!"*

- Rolando Montano



# Rolando Montano



# Zachary Compos

## Zachary Compos

is from Encinitas, CA. Born and raised as a local San Diego resident, he has played tons of sports throughout his life. Zach recently graduated with a bachelor's degree of science in foods and nutrition from San Diego State University. When he first joined the club, he really enjoyed what a positive learning environment the gym had. "The gym also felt like it had very tight group of members who you could tell had known each other for years and we're always willing to impart their wisdom upon new members," he says. In addition, the coaches were extremely patient and made an active effort to get to know each member by name and answer any questions they could, he says. "It's been amazing to get to see the growth in the club over these past few years. We have a fantastic crew of trainers in the shop every day and set out with the intention to teach new things, reinforce the old things, and perfect everything," he says. "They are always very intentional with their time and how they spend it but always know how to extend a hand and make people smile and laugh the whole time. The working environment there as well as the training environment there is one of a lot of fun, adventure, and growth."

Zach also has aspirations to extend his knowledge to other trainers, aspiring trainers, or the average person just needing to figure out how to get started. "I ultimately want to be a professor and teach in the fields of nutrition, kinesiology, physiology, and anatomy. I really enjoy being able to impart my wisdom on others as well as have others impart their wisdom in areas that they are experts in on me. I love learning and teaching and I'm excited to invest in any way that I can that will further Carlsbad Kickboxing Club, its trainers, and its members."





# The Essentials of Training Gear

Things to Buy

# The essentials of training gear.

01



### Our Carlsbad Kickboxing Club Dry fit training jersey.

The Carlsbad Kickboxing Club Dry Fit Training Jersey is a top-of-the-line workout shirt designed for comfort, performance, and style. Made from a lightweight and breathable fabric, the dry fit technology wicks away moisture and keeps you cool and dry during intense training sessions. The sleek design features bold graphics and the club logo, making it a statement piece for anyone who is proud to be a member of the Carlsbad Kickboxing Club. Whether you're training in the gym or just running errands, this jersey is the perfect choice for anyone who wants to stay comfortable and look great.

### Carlsbad Kickboxing Club hybrid shorts.

The Carlsbad Kickboxing Club Hybrid Kickboxing Shorts are the ultimate combination of style and performance. Designed specifically for kickboxing and other high-impact martial arts, these shorts are made from a durable and flexible fabric that allows for full range of motion. The hybrid design features a longer length for added coverage and protection, as well as mesh panels for increased ventilation during intense training sessions. The bold graphics and club logo make these shorts a stylish choice for any member of the Carlsbad Kickboxing Club. Whether you're training in the gym or competing in the ring, these shorts provide the comfort and support you need to perform at your best.

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# Carlsbad Kickboxing Club



# MARTIALSPORTS



# Patty Graham



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