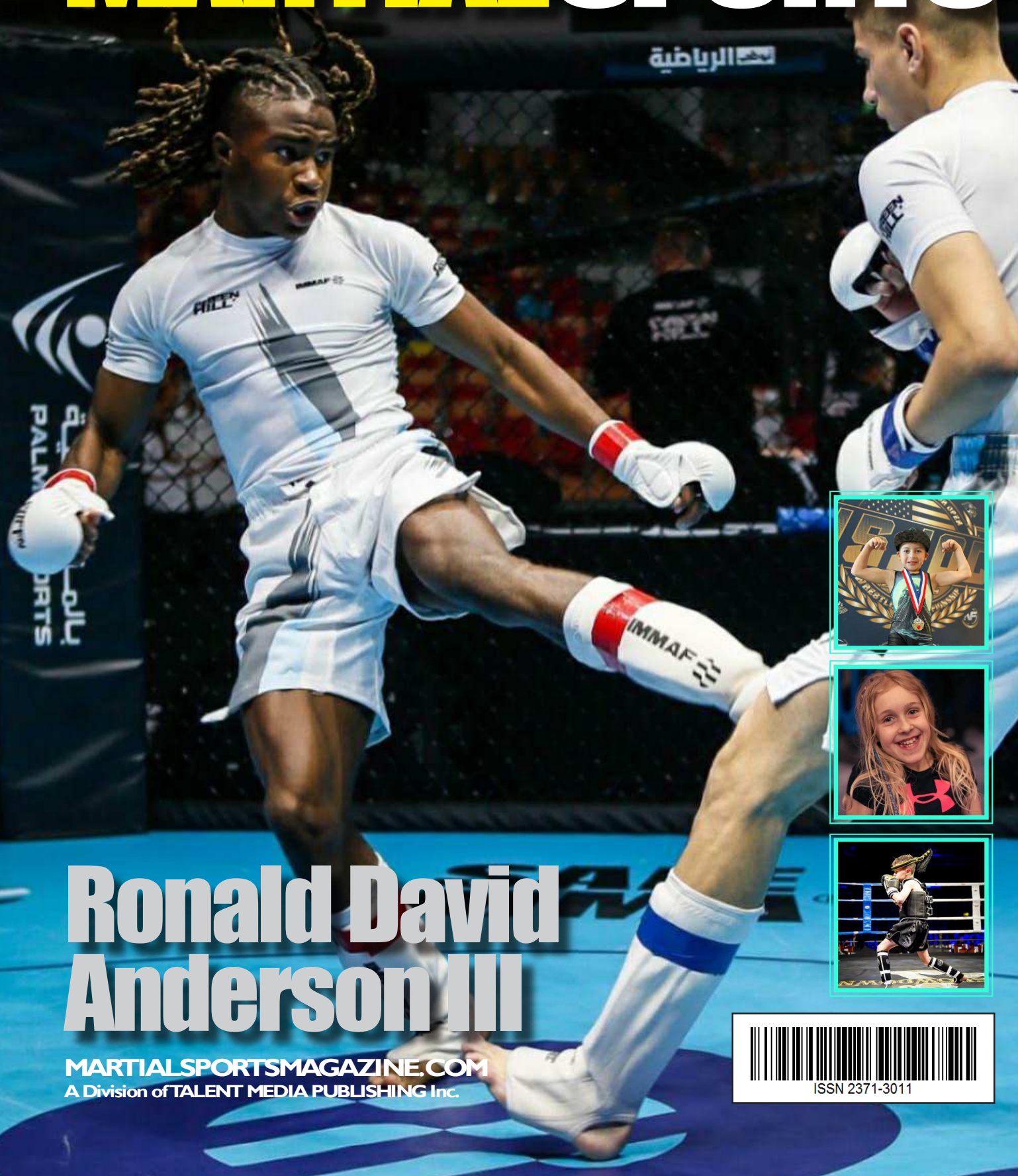


MARTIALSPORTS



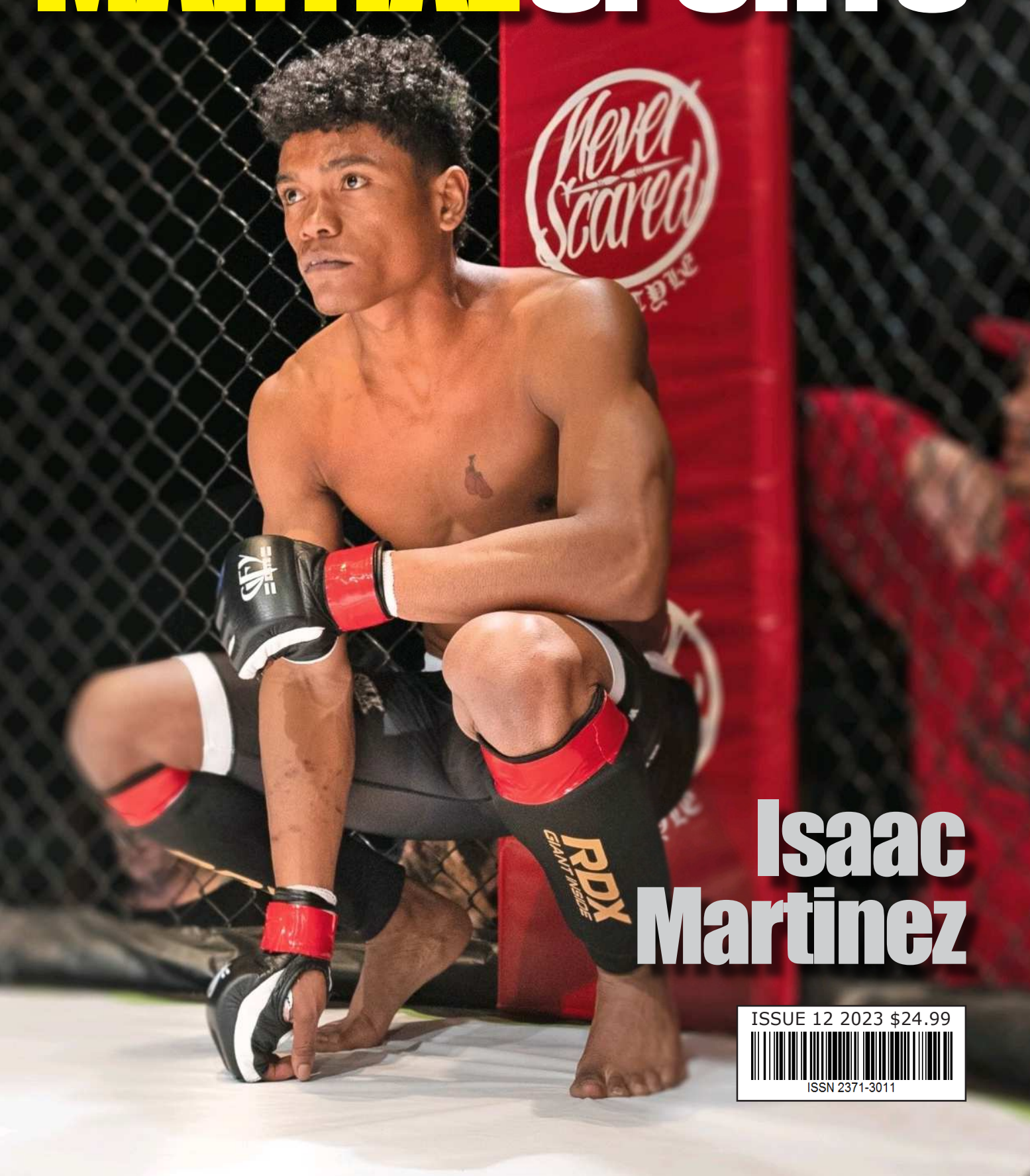
Ronald David Anderson III

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MARTIALSPORTS



Isaac Martinez

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Featuring




FITNESS AND NUTRITION TRAINING

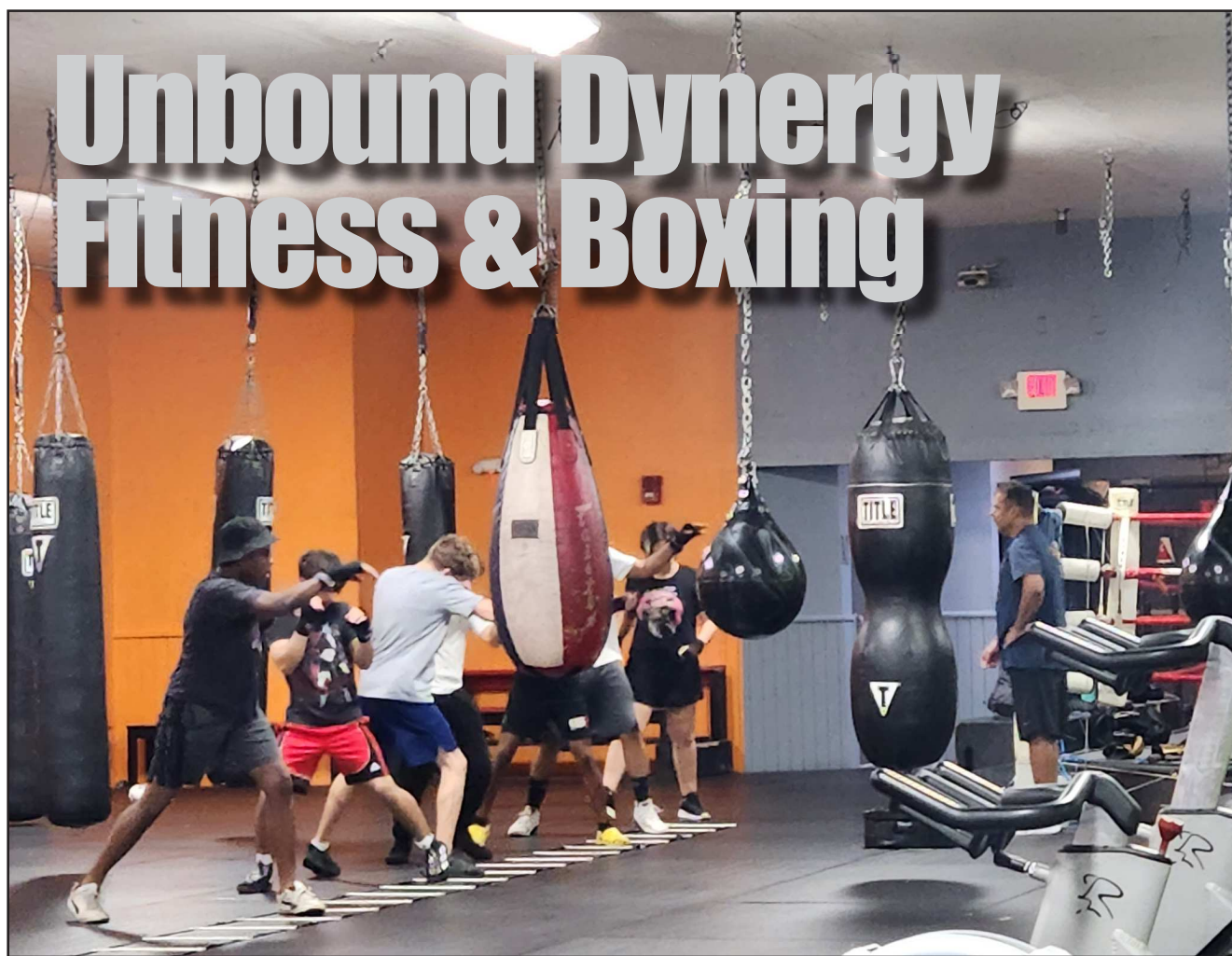
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Exactly 8 years ago I had brain surgery to repair an aneurysm which was on its way to rupture (4/1/15). My business partner (Co-owner) found out he had lung cancer just a couple months after we purchased the gym and our first year was challenging to say the least as he had his lobectomy (4/8/22) at the same time we were trying to get the business off the ground. We feel very fortunate to have made it through both events, and to be able to begin to see the business take off and become a USA Boxing Registered gym, creating our own fight team. We hope this qualifies our gym for the front cover at no charge.

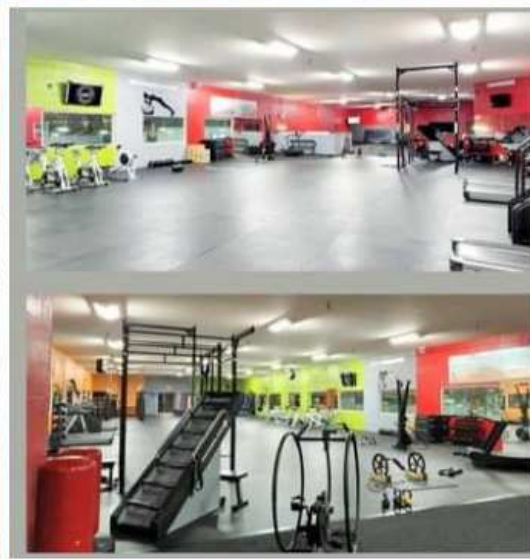
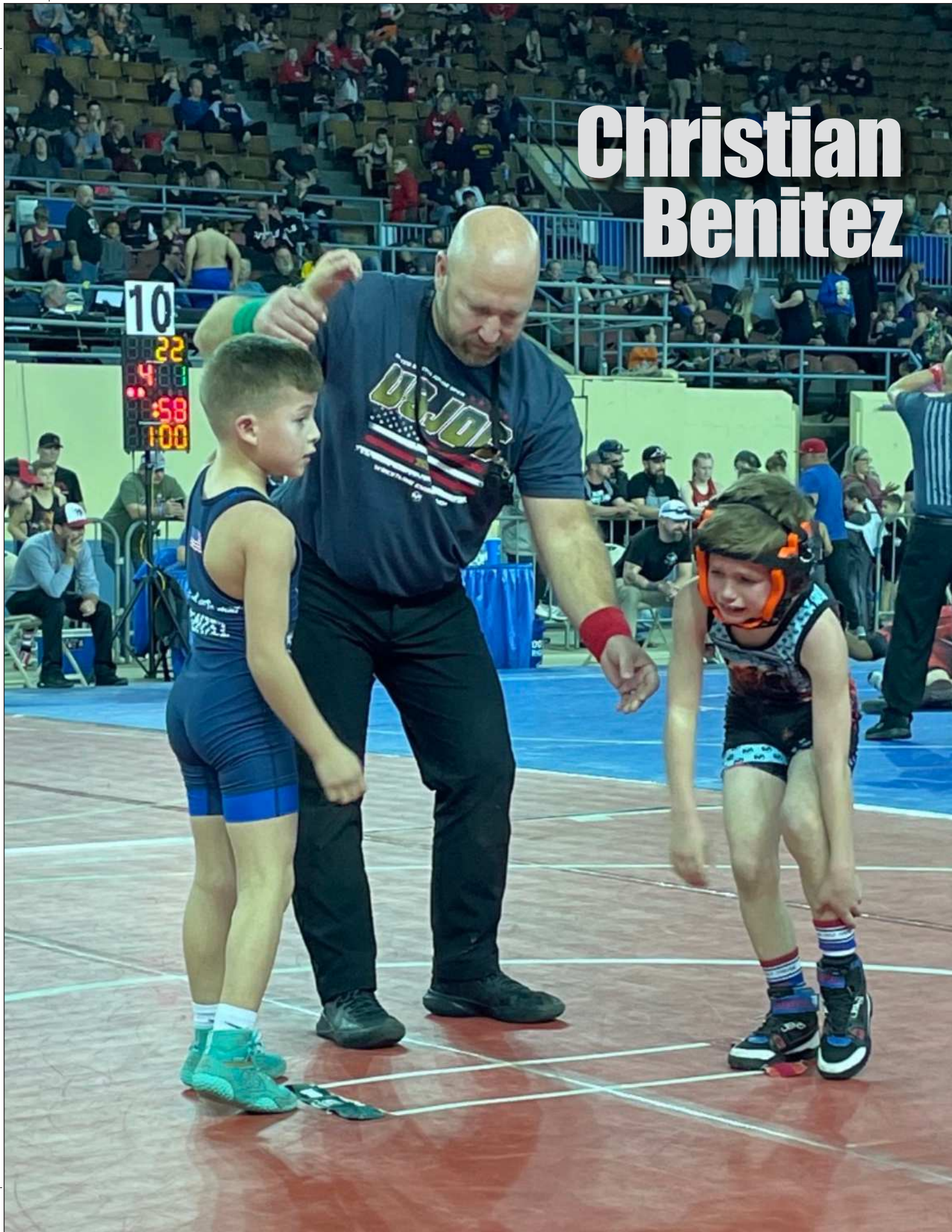
We also have a very special story- I need to get permission to share it, but I think it would be an inspiration to many. One of our clients used to come to train at our gym (his parents paid for his membership and that of his trainer)- he wanted to

be a professional boxer. When we took over ownership of the gym, his father passed away from COVID. His mom called to cancel his membership due to financial reasons and of course we said that he could come to train at no charge- we strongly believe in helping each other, and that sports are a huge outlet for difficult emotions (especially in such tragedy). In addition, the Head of our Boxing Academy, comes in his own time to train this young athlete- not only is he his coach but also a mentor. We are very lucky to have him heading our program (and coaching our new fight team). He is currently out with a back injury but will be returning soon- he works hard and is a great young man- we are very excited to see his progress and to follow his athletic career. I would love to share his story (such an inspiration) but I need to see if he would be OK with it (and his mom- he is 16).

Preview



Christian Benitez



Our training facility offers Functional Training programs along with Boxing Instruction. USF is a USA Boxing Registered Club, and our Boxing Academy trains amateur athletes to compete, as well as clients ages 7 and up on Boxing fundamentals and fitness.

Website - Site Internet: unbounddynergyfitness.com



My name is Christian Benitez out of Katy, Tx a 8 Year old Wrestler out of Gracie Barra Westchase in Houston, Tx under Coach Servando Almarez and Head Professor Ulpiano Malachias. I started wrestling in November 2021 with only a little experience of grappling in Brazilian Jiu-jitsu, from that moment i realized i found what I love to do. I soon started competing in wrestling in my rookie season having an average amount of success coming up just short of winning the Texas rookie state title. In the off-season I had dedicated myself to one thing and i was committed to winning that state title and everything that came along the way. The following season I competed at every major national tournament in Texas winning gold and going undefeated winning awards such as USAW Outstanding Wrestler for the Stockyard Stampede

tournament in Fort Worth, continuing my success all the way to the state championships, "this was it, this is what I've been working so hard for all year...I did it!" I conquered The Texas Open State Title and to my surprise also being awarded Texas National Wrestler of the Year for 2023 55lb division. I had achieved my goal with determination and help from my team mates and coaches who always had my back. I will continue my journey and aim to achieve more in the following seasons to come. I one day hope to make it to be a D1 collegiate wrestler and achieving everything i set my mind to at that level, maybe after that i get a chance to earn my spot on the USA world team and compete in the Olympics. But for now I will just take it one match at a time and let time decide.







**Tyler
Fendrich**



**Christian
Benitez**





i want to be an olympic champion

to please the country and parents and yourself

Erzhan Nurlan



Tyler Fendrich

My name is Tyler Fendrich. I am very happy to inform that I recently got first place at the states jiu jitsu competition and not a single point was scored against me. I have won the first

two tournaments of this year and really excited for future. Brotherhood is my motto of life. I like to help my teammates and they also do the same in return. My dream this year is to win a

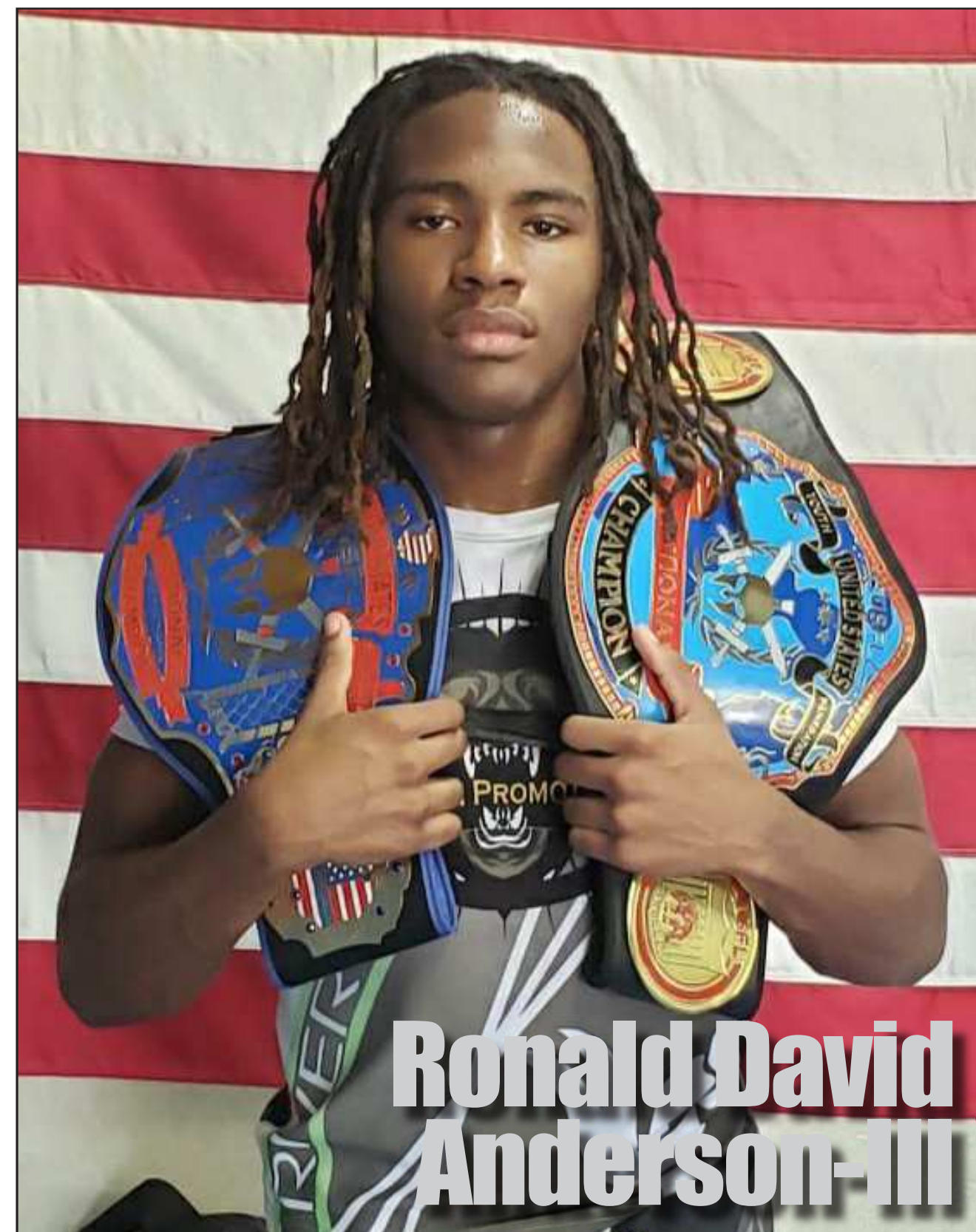
national level tournament. The major challenge in doing so is going to be my lack of match practice in the last few weeks. I am still hopeful of practicing well and overcome this.





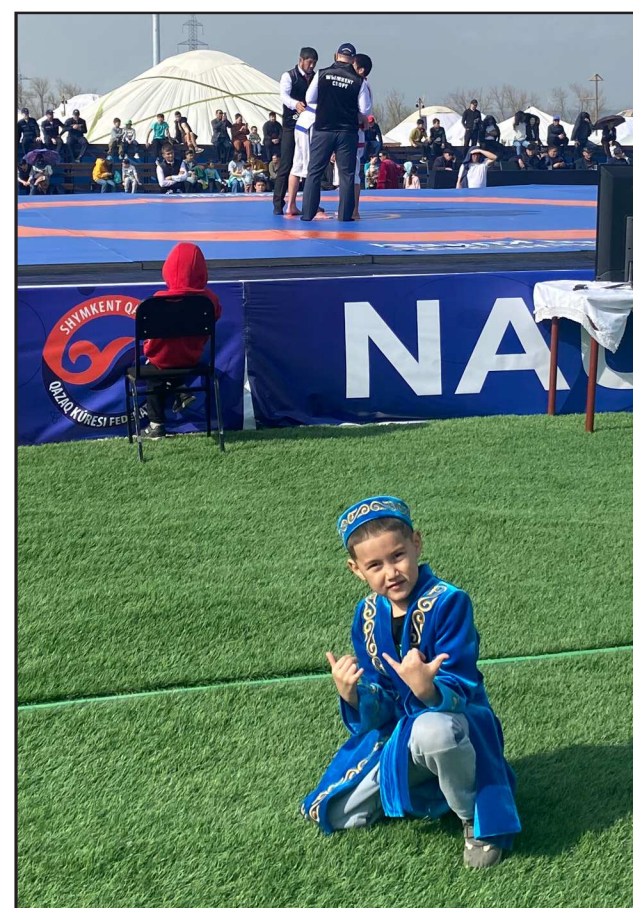


**Erzhan
Nurlan**



**Ronald David
Anderson-III**







Full Moon Martial Arts is your 1 stop martial arts and fitness center. We offer Brazilian Jiu Jitsu Pankration, Shotokan Karate ,Boxing , Gojo Ryu Karate, fitness Programs and Parkinson's fitness Programs. Our full-service facility has over 7,000 square foot of training area full locker rooms and showers.

Owner/ Operator Charles (Tashi) Dismang has been in the martial arts since 1974 and holds Black Belts in multiple systems . He is still currently active in teaching and traveling for

seminars

Mr. Dismang has become a highly sought after and respected traditional instructor by those who wish to learn more than just a neat hobby, or want to be able to say they have a black belt. He has become the destination for those who wish to gain a wealth of knowledge and understanding of what it means to be both a great martial artist and an honorable human being.

Website - Site Internet: Fullmoonmartialarts.com

Full Moon Martial Arts Academy



Ronald David Anderson-III

I'm currently 16 years old. I'm ISKA world champion in point sparring and MMA and continuous sparring. TEXAS STATE POINT sparring champ. NATIONAL POINT SPARRING CHAMP. 2X United States fight

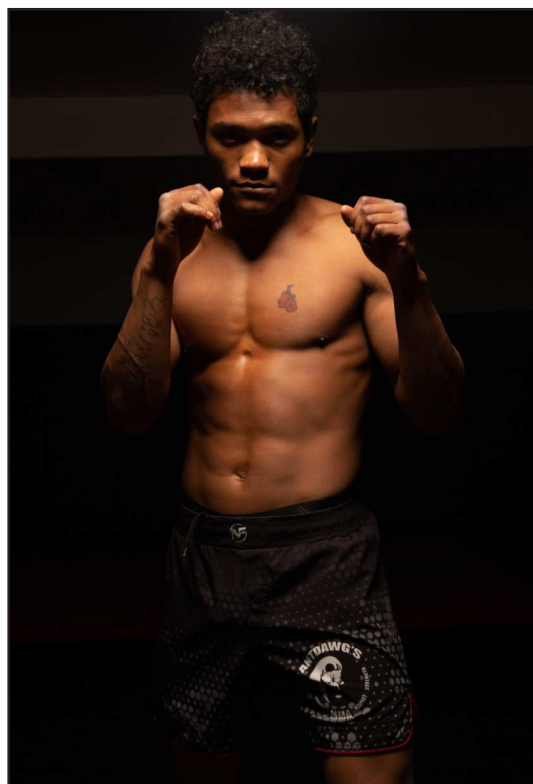
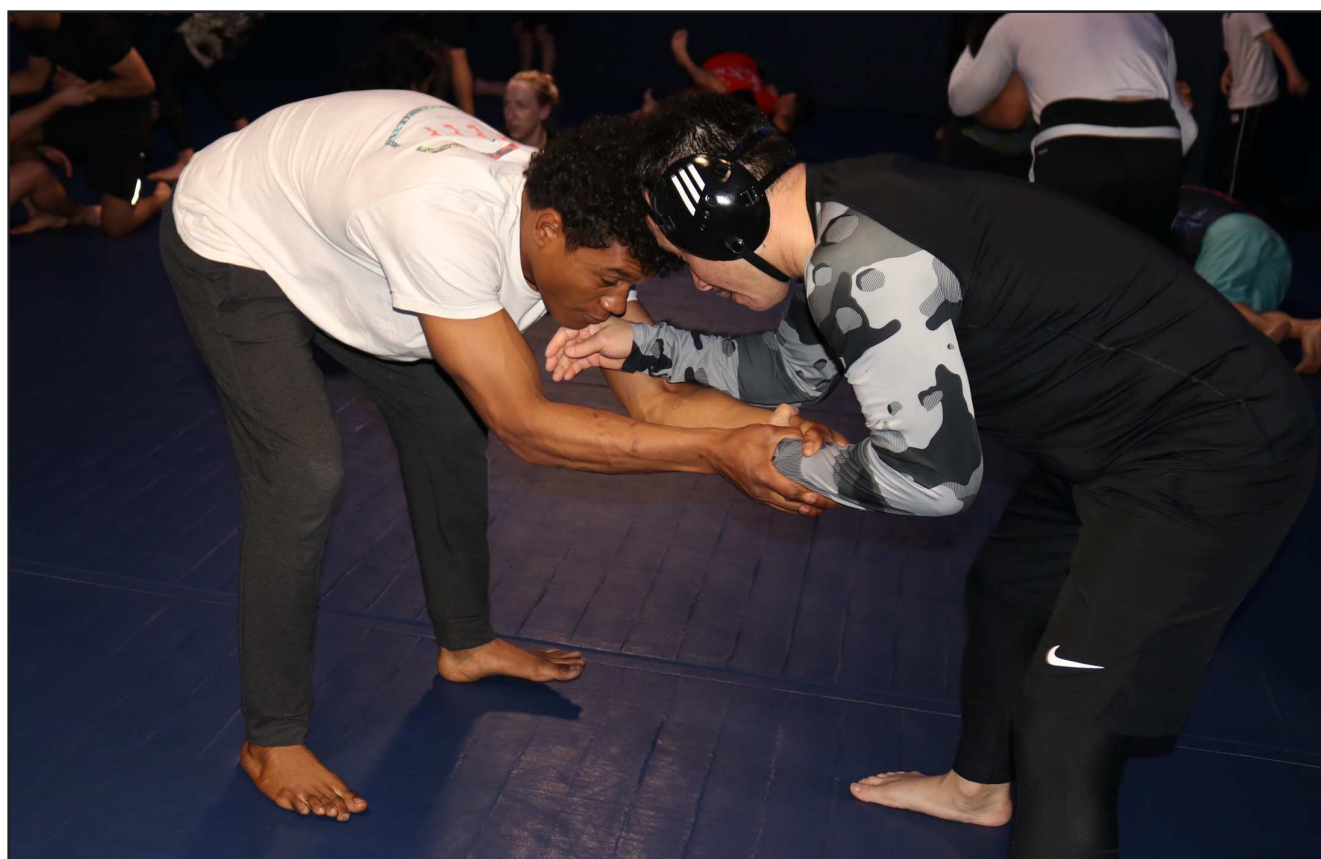
league Pankration national champ. 1x GAMMM Pankration national champ. 2X world IMMAF qualifier. My goals are to one day compete in the UFC and later own my own gym. I'm very passionate about Martial Arts. I

have been training since I was 6 years old. I started at River City MMA with professor Roland Torres. I also currently train and Jiu-jitsu Syndicate with professors Chris Easter and at RDA with Professor Donnie Blue









My name is Olly Wright, aka Olly the Elf Warrior. I am 10 years old and train at Bad Company Gym in Leeds.

My dream has always been to train here and my family moved us 200 miles up north to make it happen. I would love to eventually fight on 'One Championship' one day. I also aspire to be the UK No1. It's always been a dream of mine to travel to Thailand and train there, especially at Yokkao.

My goal is to know that I've given 110% in my training and everything I do.

My challenges have always been with myself. I've struggled a lot with confidence and self belief, but since moving up here and training with the people I do, this is rapidly improving.

In just over 3 years, I've had 20 decisions fights, numerous skills bouts and multiple interclubs. This has resulted in winning the following:

- 2 x WKO World open Champion
- Olympic rules open World Champion
- 2 x WKO European open Champion
- Sandee open Champion
- ISKA international Champion
- WKO British open Champion

I will always strive to do better and my love for this sport keeps growing everyday. I will never give up 🙌

Photos Credits: Olly Wright





Oily
Elf Warrior



Isaac
Martinez

My name is Isaac Martinez I'm 22 years old almost 23. I have a dream to be a great fighter and travel the world, I've had a hand full of matches and have

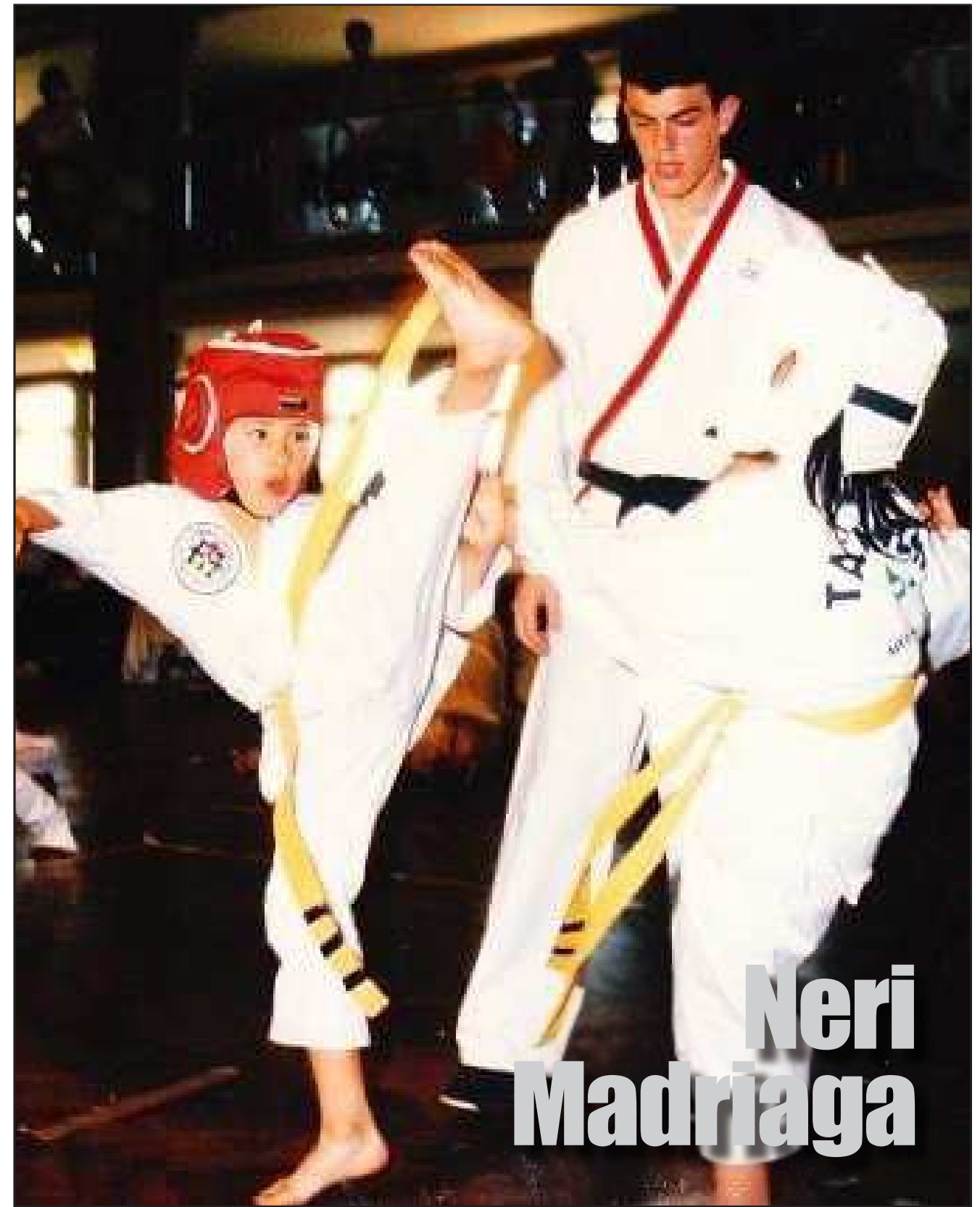
sparred a lot in the last 3 years that I've been training. I'm almost ready to go pro. The biggest challenge for me during these 3 years was all the moving

around I did due to unfortunate circumstances. My goal right now is to go pro as an mma fighter and get to the ufc.



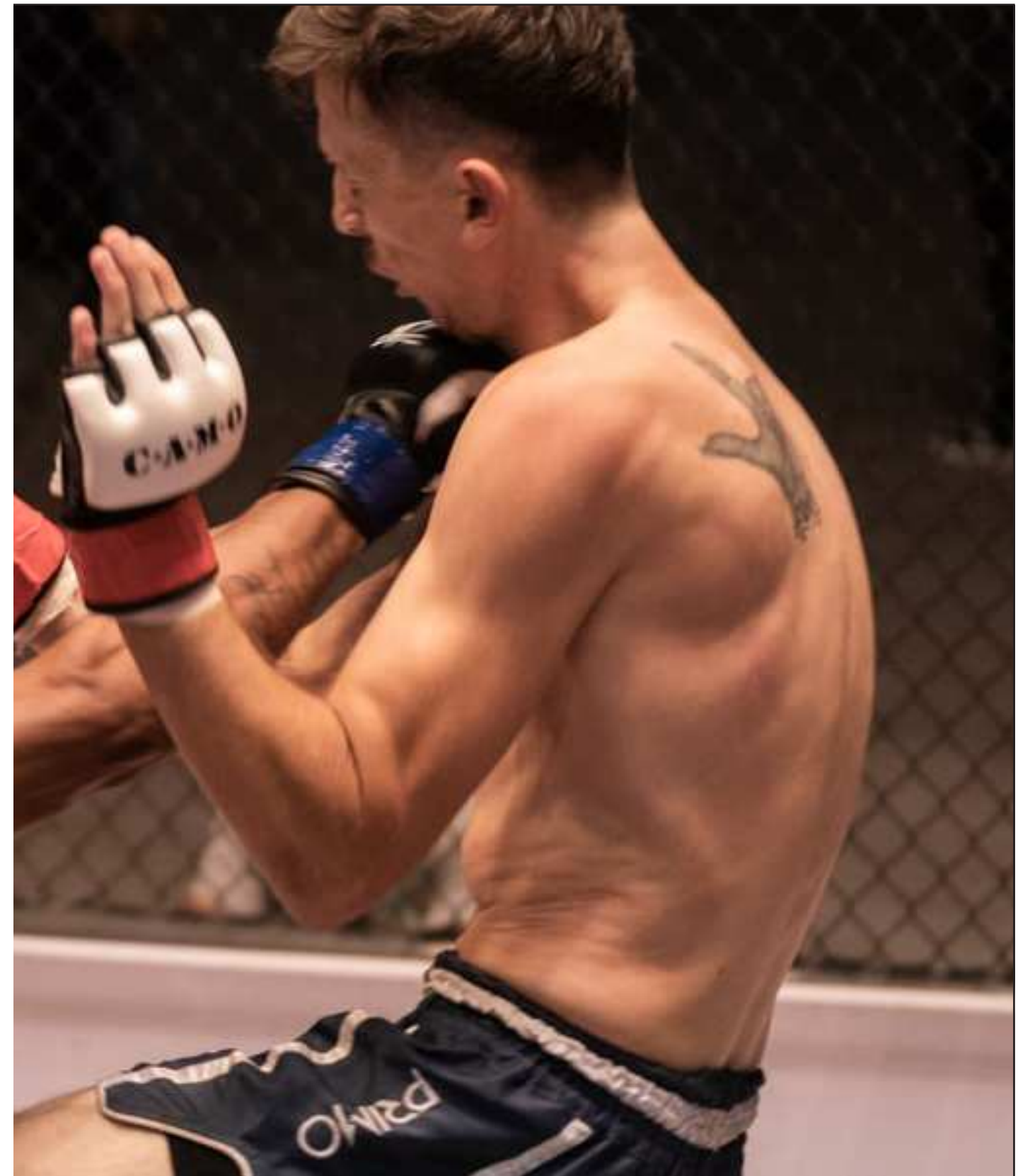


Isaac Martinez



Neri Madriaga







My name is Neri Madriaga, I'm 36 years old and I start my journey in Taekwondo at the age of 5 years old. I'm from Uruguay and I always dreamed to take my Martial arts journey to the next level. At the age of 12 years old I become Black Belt and by that time I compete National and International (just in South America). At the age of 14 I become an instructor and u start teaching kids and adults, in that way sharing also the passion that I had and helping them to achieve their own goals. Once I become 1st degree black belt I kept training, advancing to other degrees, and I won National titles in 2012,2013,2014, in Sparring, Combat, Forms and Weapons. In December 2014 I move with my family to the United States to follow my dream, I kept training, learning, and helping others to reach their best potential, I have students that where able to achieve State, District and World Tittles. In 2020 I earn the tittle of World Champ in Combat Weapons. I'm currently still training in Charlotte NC and my next goal is become World Champ in 2024.



Neri Madriaga





My name is James Allison i am a brown belt in bjj under Onguard bjj.

As of 2022 after 20 years of training /competing and supporting the clubs i have belong to, i have ventured out to start my own gym, this has been a goal of mine since i started bjj 16 years ago. I have competed regularly at local tournaments and have placed most of time, my goals and dreams have always been to reach black belt at a high level and open up my own school , now that i have opened a school there is only one thing left to tick off the

list and i intend on doing my best to achieve it, altho i believe that's where the real journey begins.

Bjj can be long bumpy journey at times and sometimes with no direction but the rewards of friendships,memory's,health,fitness and mental strength make it all worth it, it really is a lifestyle and one I'm glad to be living.

Photos Credits: James Allison



James Allison







My name is Leonardo Granillo. A.K.A. "The Lion". I am 9 years old. I train at The Eyrie Jiu-jitsu Academy in Tucson, Arizona. My gym has fierce, hard working, blood, sweat, and tears youth program. We push our limits during training making each other better every

day. Jiu-jitsu has become a lifestyle for me. My dad asked me if I was going to do it until I was a black belt. I replied "No, until I get my Red Belt".

Photos Credits: Frank Granillo



Mia Montesinos





**Leonardo
Granillo**





My name is Mia Montesinos, my relationship with Brazilian Jiu Jitsu began at the age of 6, today 10 years later I continue with more hope and dreams than ever. I train at least 3 hours and 5 days a week (6 days when there is a Competition), normally there are 2 hours on the mat and 1 hour in the gym doing physical exercises.

My most important achievements are:

- IBJJF European Championship 2023 (Youth-Blue Belt)

- Spain Grappling and Grappling Gi Championship 2023 United World Wrestling

- Runner-up Abu Dhabi World Championship 2022 AJP TOUR (14/15 years old-Green Belt)

- 2022 AJP TOUR Pro Asia Continental Championship (14/15 years old-Green Belt)

- ADCC Championship Spain 2022 (Adults-Beginners Category)

- European Gi Championship 2021 AJP TOUR (14/15 years old-Orange Belt)

- And many more national and international Championships...

My short-term goals are the Abu Dhabi 2023 AJP TOUR Grand Slam and the Abu Dhabi 2023 AJP TOUR World Championship but the most important of all for this year to be number 1 in the AJP 2023 Ranking. My dreams for the future are to win all possible titles within my reach, to be a great reference at the National or European level, and with all this to have my own academy dedicated to Brazilian Jiu Jitsu.





My name is Megan. I am 10 years old and I train traditional jujitsu, BJJ and MMA. I'm currently a junior Black belt in traditional jujitsu, yellow belt in BJJ and yellow band in MMA.

My over all dream is to represent my country and to lead the way for others to take up martial arts. Especially girls - my club has an increasing number of girls who train and I hope my success will encourage others to take up the sport.

To achieve this I know that I have to work hard and achieve goals along the way. The last 5 months I've increased my training and have felt more determined than ever. I train 4 days a week in my various martial arts and work on my flexibility and stamina.

So far my achievements include becoming a junior black belt, winning double Gold at the Jujitsu Welsh Nationals (in sports jujitsu and Newaza), achieving an array of medals in all my BJJ competitions from Bronze to Gold and being a junior coach at my club - Satori jujitsu.

I feel my biggest challenge so far has been learning to lose. When moving up a belt colour I found the competition levelled up such a lot. I had to understand that we don't lose - we learn. That sometimes we will win, sometimes we will medal, sometimes we won't. It won't always be golds, but if we put the hard work in everything will work out. And now the last few months has seen me work so hard, achieve great results and I've now even been invited to join the Great Britain jujitsu junior squad!

I am really excited for the future.



Megan Thyer





**YOU
CAN'T
TEACH
HEART.**
HYPERFLY



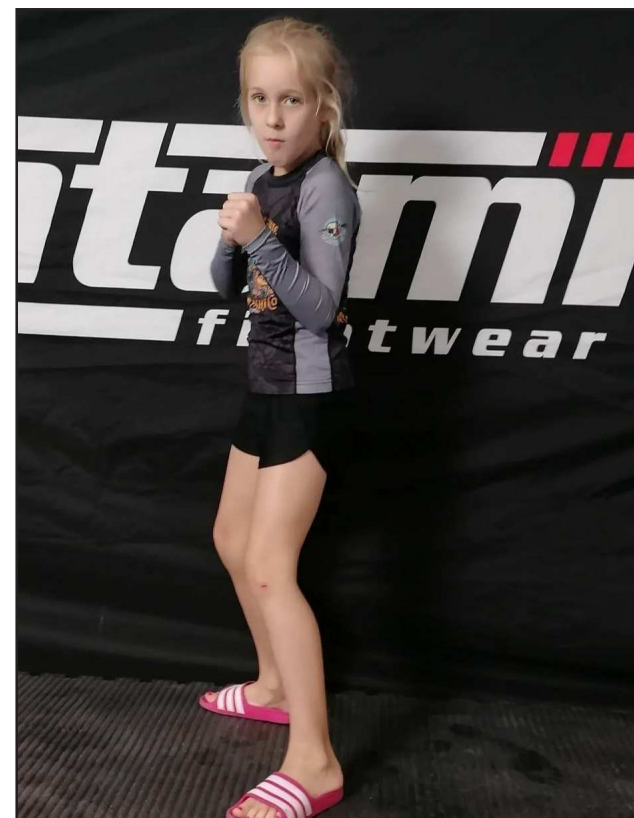
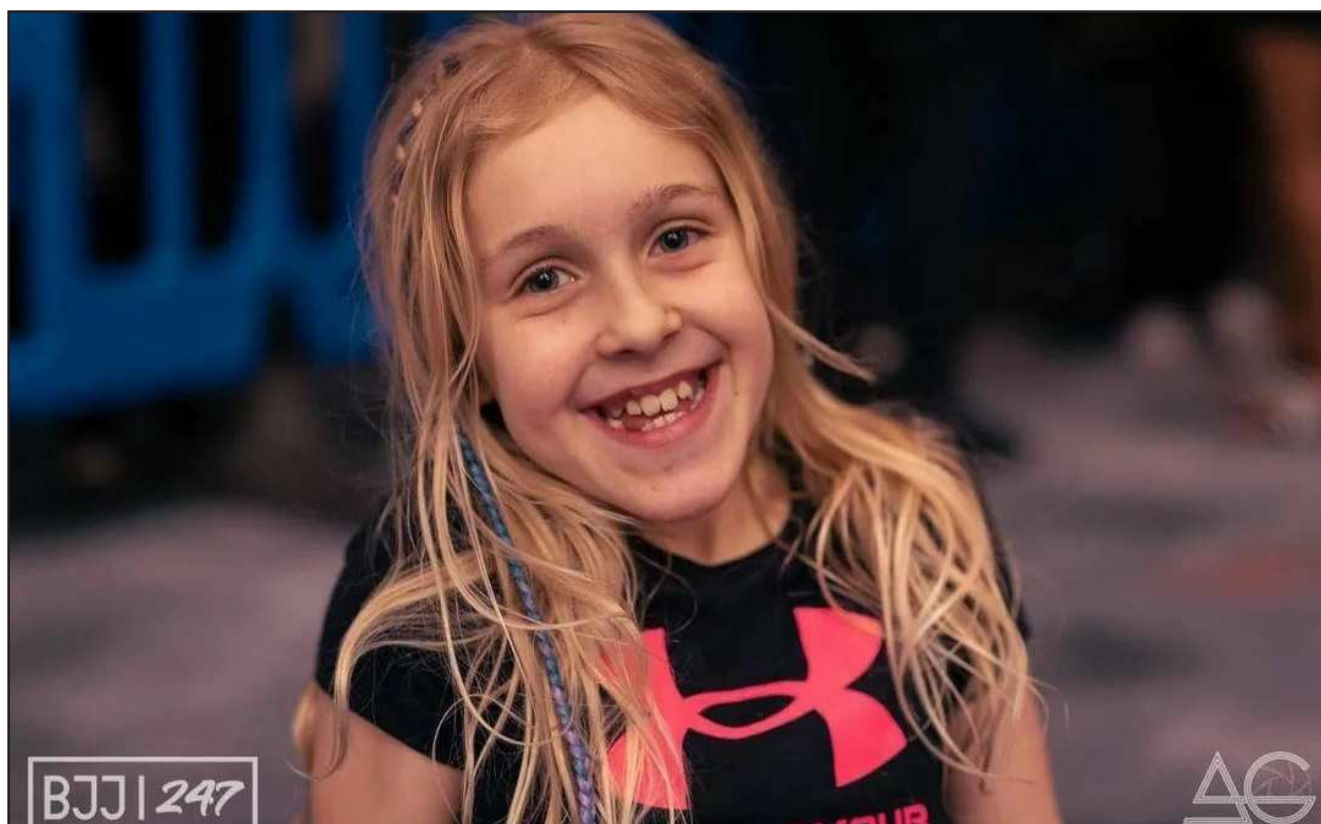


Mia & Flynn



Megan Thyer





Our names are Mia Flynn McNeill. We are jiu jitsu athletes. We are 14 and 11 and we have been training and competing together for 10 years now. Together we have competed in Aus National Titles, Aus State titles multiple times. Our dreams are to become world champions. Our 2023 goals are to hold our titles and continue to dominate

our age divisions at states and nationals . Some challengers we have had to overcome is being moved up weight and age divisions and competing with older people. We would like to say a great thanks to our coaches Daniel Lima, Eamon McNeill and Eric Lemonie for helping us on our journey.





My name is Melina Pecci. I am very fond of competitions. Somedays, I win, somedays, I loose, but it's always great to be in the ring. I also enjoy a lot with

my friends during a match and practice session. Even the smaller things are enough to make me happy. At the same time I am committed towards

my goal of being the best jiu jitsu player of my state. I aspire to be a wolf and also believe in living life by setting and smashing goals.



