MARTALSPORTS



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ISSUE 02 2024 \$24.99

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Featuring

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

All Talents, All Ages, All Levels and All Skills





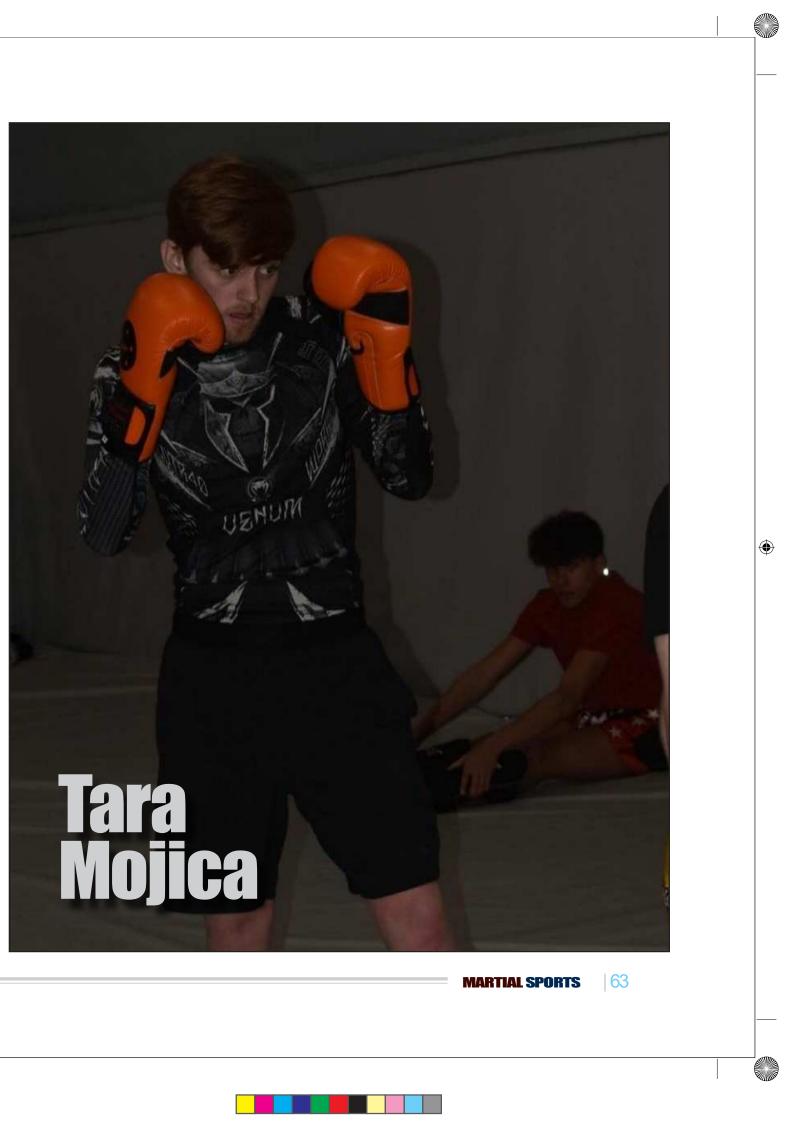
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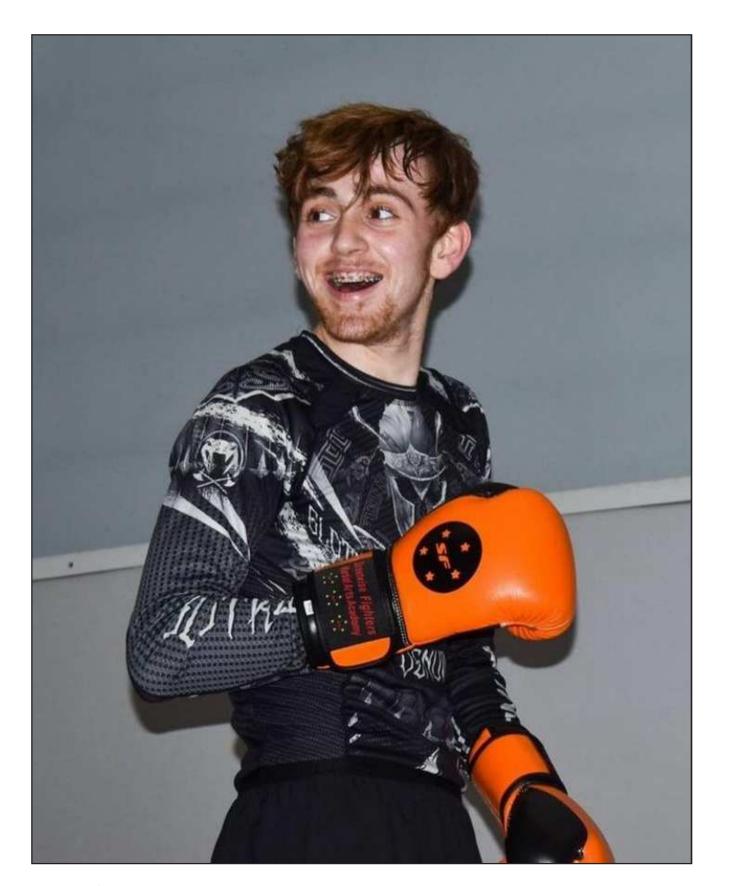
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2 MARTIAL SPORTS











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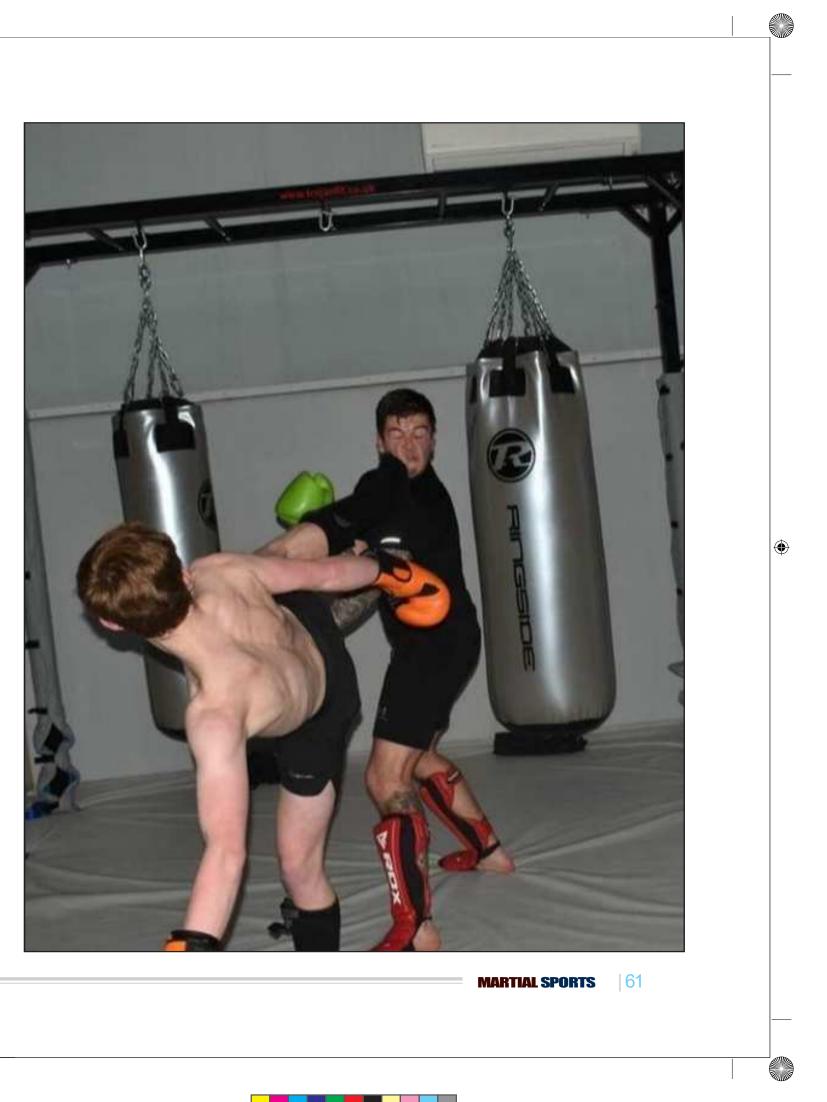
My name is Ariela Swafford. I am 11 years old and have been practicing Jiu-jitsu for four years. Working with my incredible coaches at Iowa Martial Arts and Wellness Center has provided me with an abundance of selfconfidence and awareness.

My dream is to become a Jiujitsu 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.

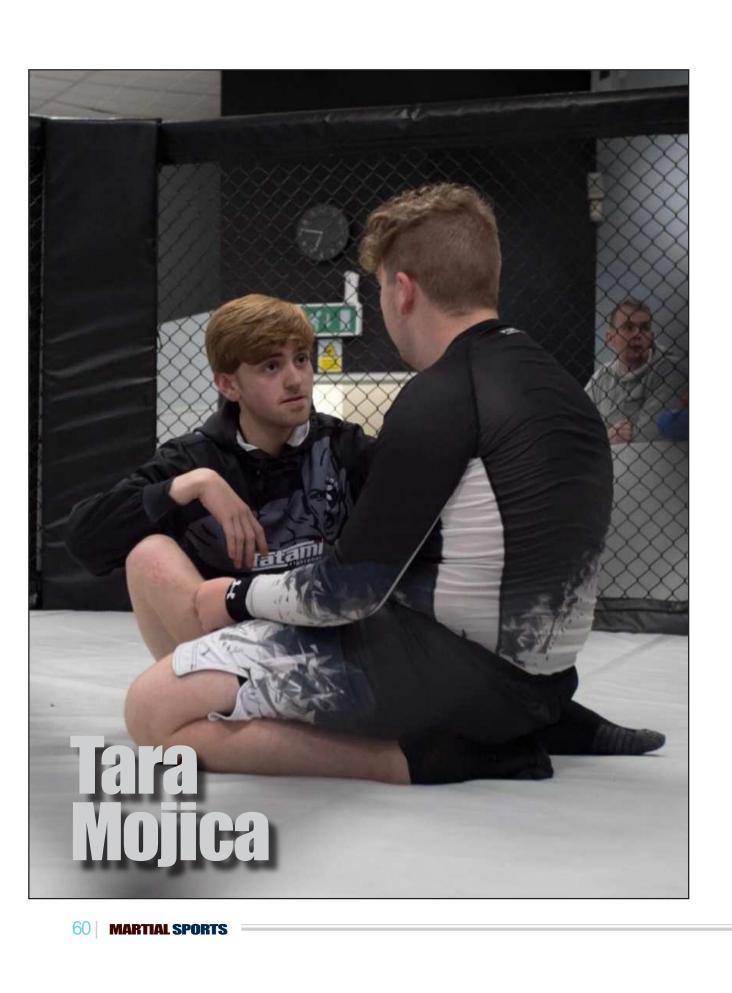
I am a beginner yellow belt, and with that comes new challenges. My coach always says, "The higher the belt, brings the larger target." This is true for me because as I step into this new bracket, I have changed my target to reach new goals. Now, shifting focus to become the best yellow belt I can be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

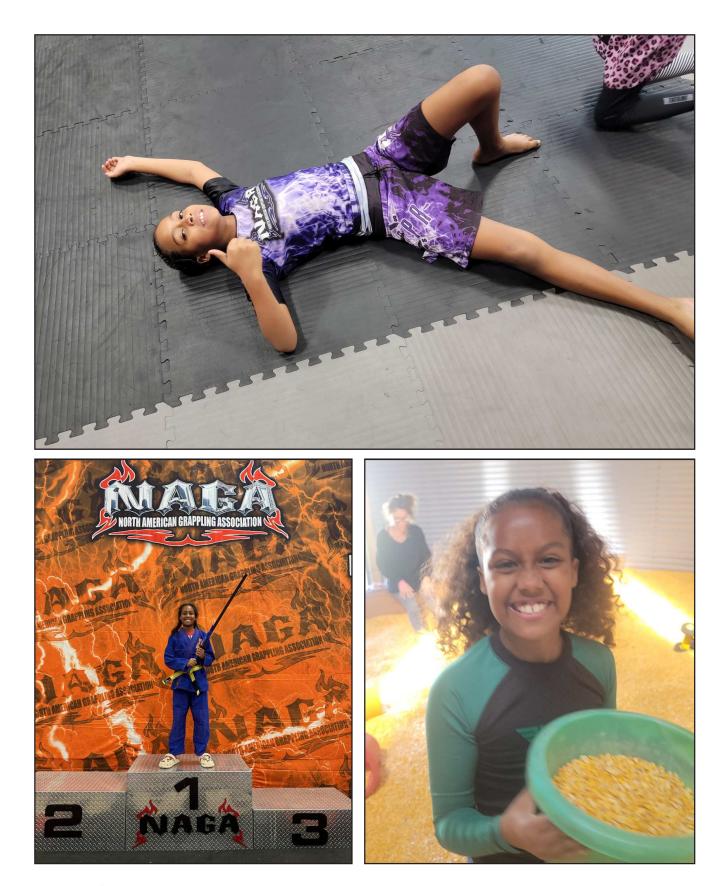
Photos Credits: Draya Swafford

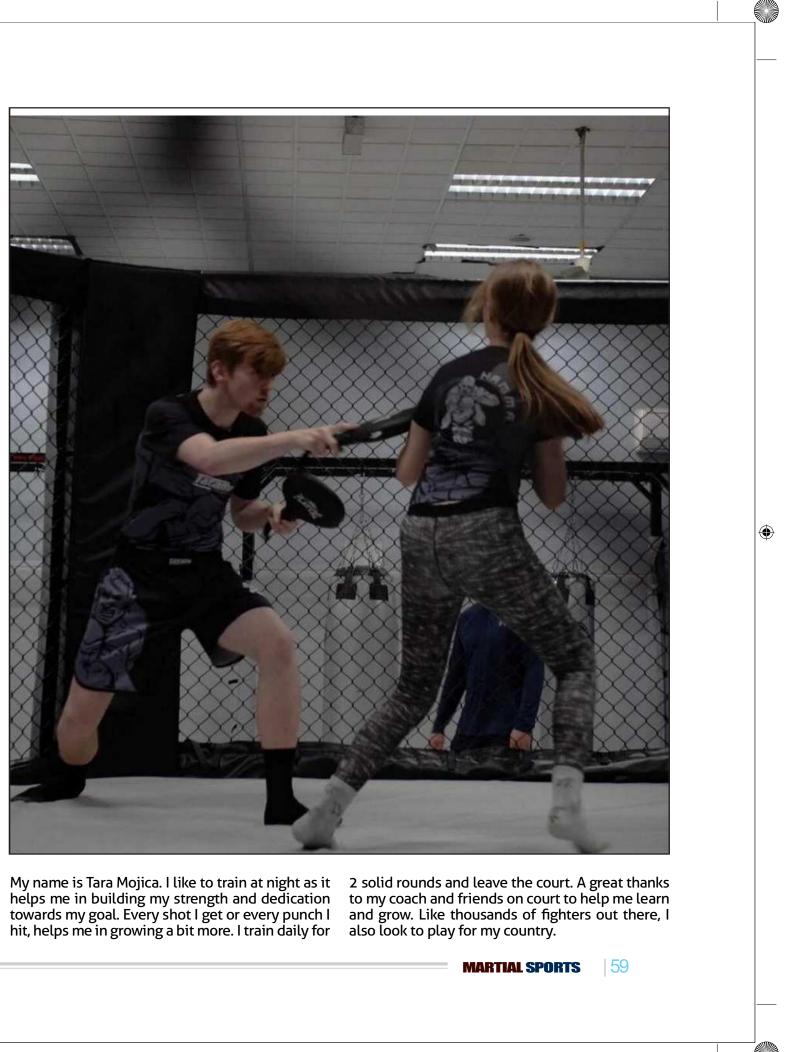


4 **MARTIAL SPORTS**

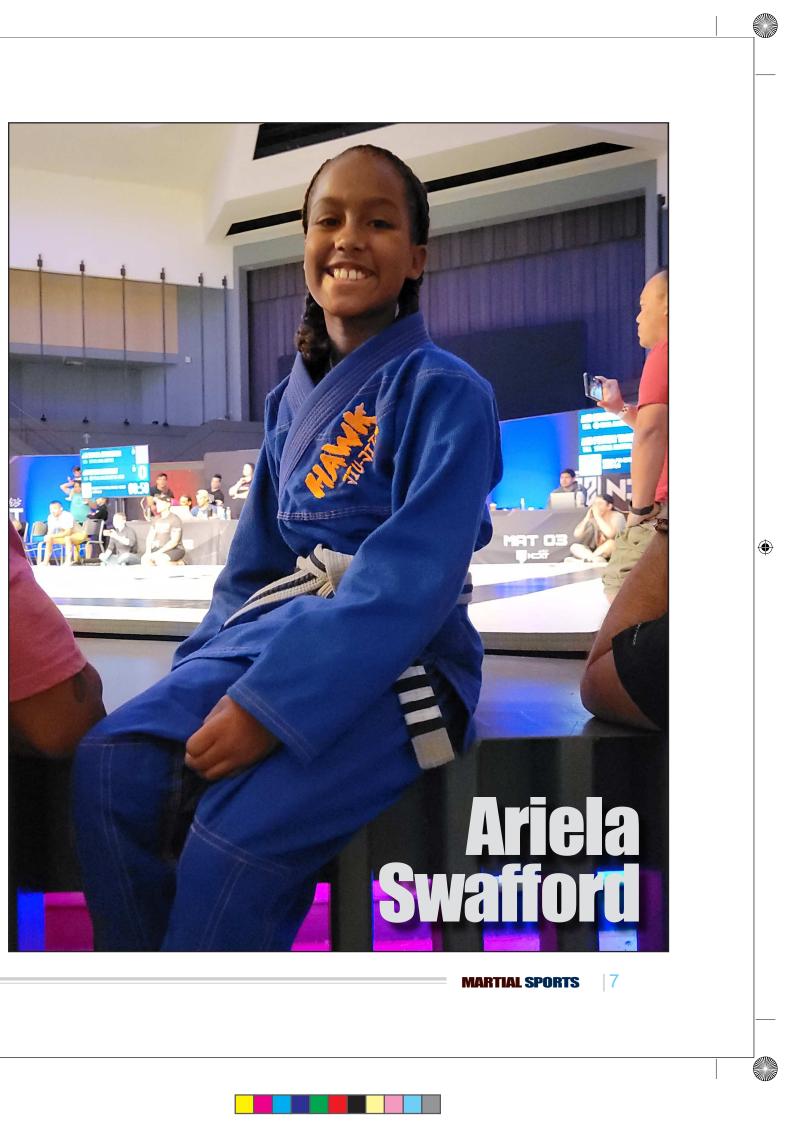




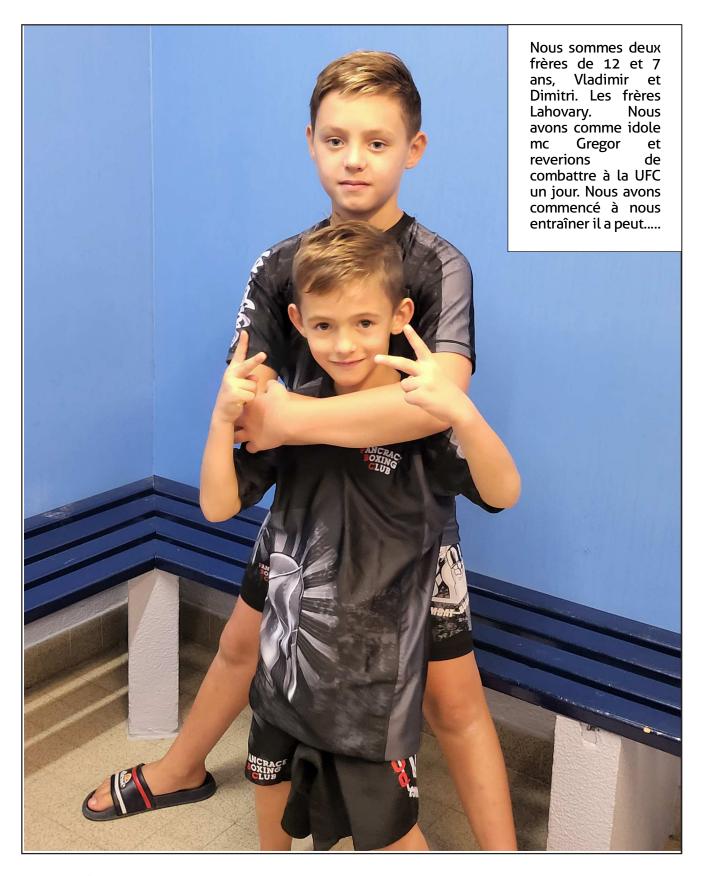


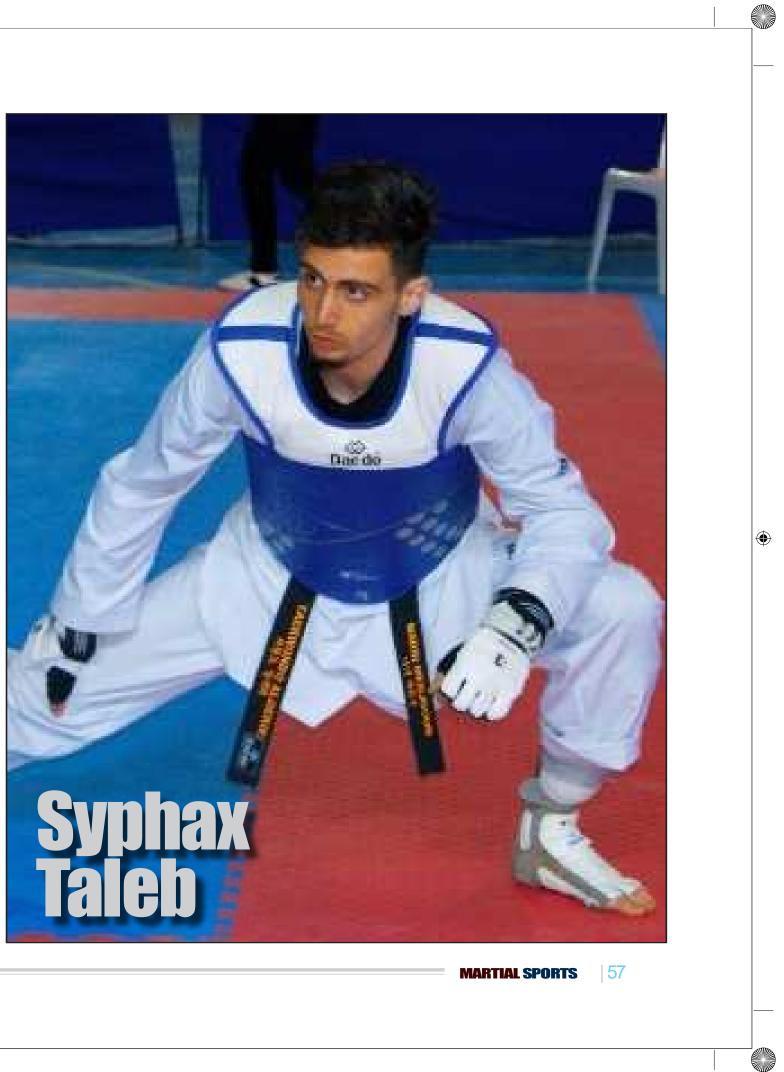






MARTIAL SPORTS





8 MARTIAL SPORTS

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56 MARTIAL SPORTS

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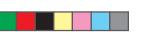


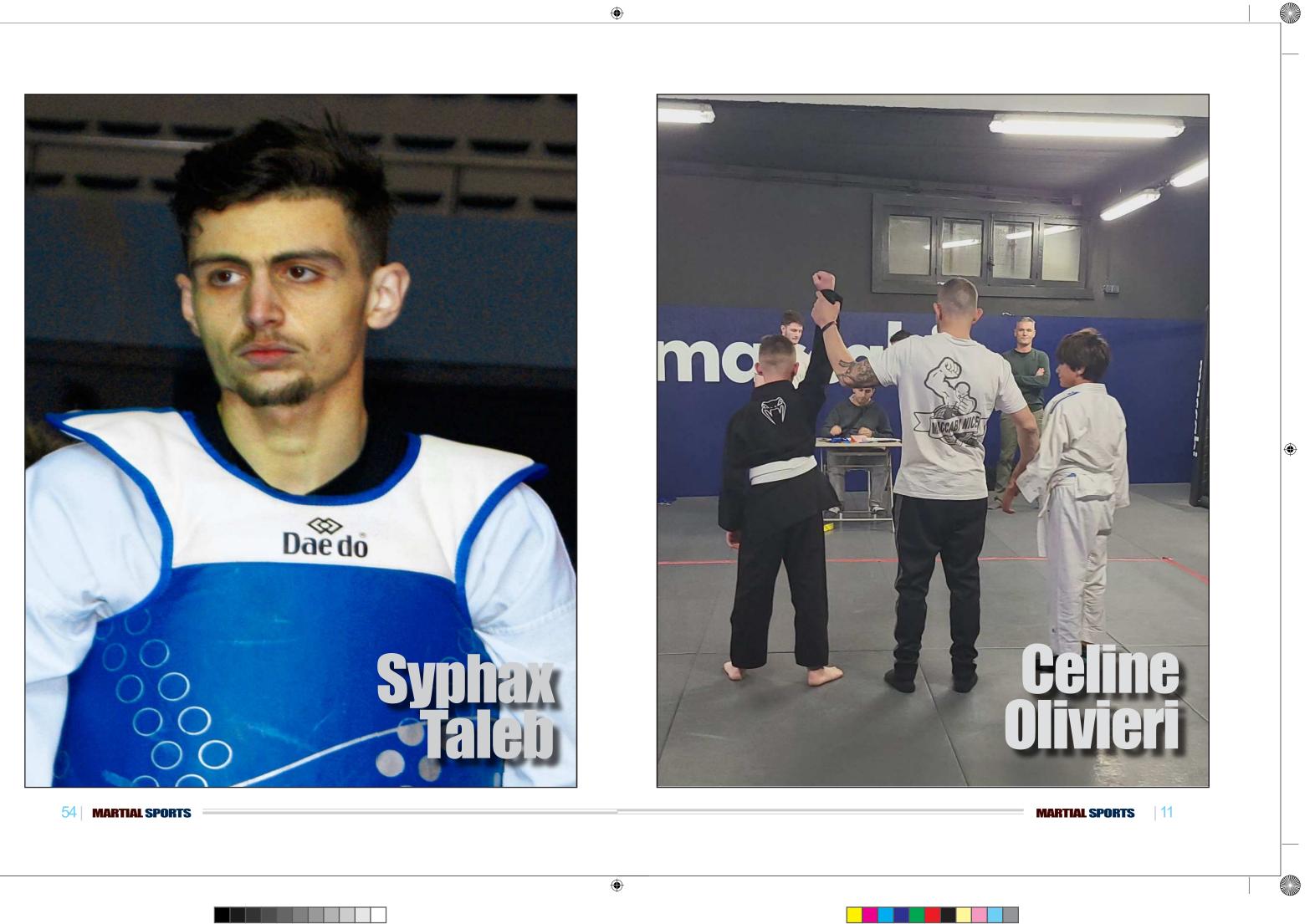
"Mon nom est Syphax Taleb, Mon objectif ultime est de mes aspirations, réalisations plusieurs fois champion décrocher le titre de champion passées et les défis à venir." d'Algérie et ancien membre de d'Amérique du Nord en l'équipe nationale algérienne. catégorie -68. Cela représente

10 MARTIAL SPORTS

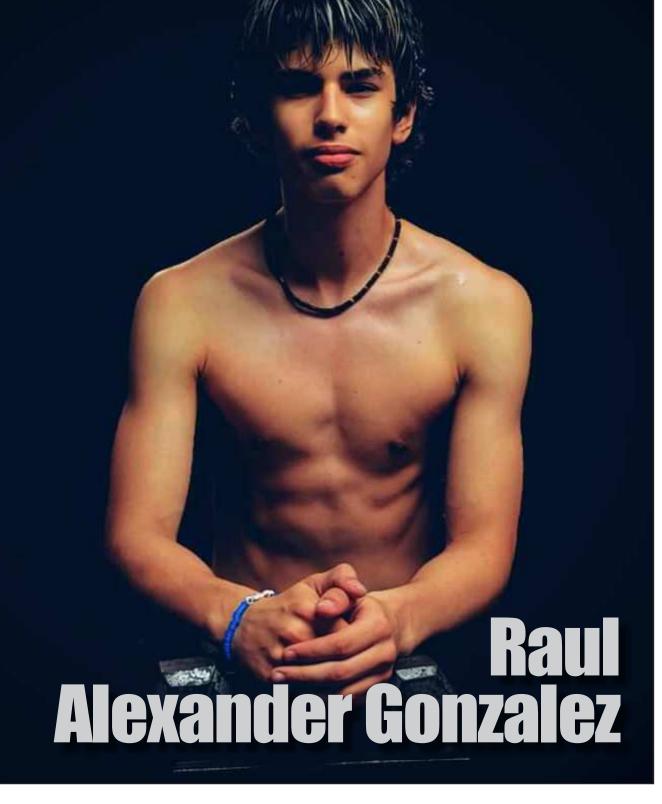
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MARTIAL SPORTS 55









12 MARTIAL SPORTS

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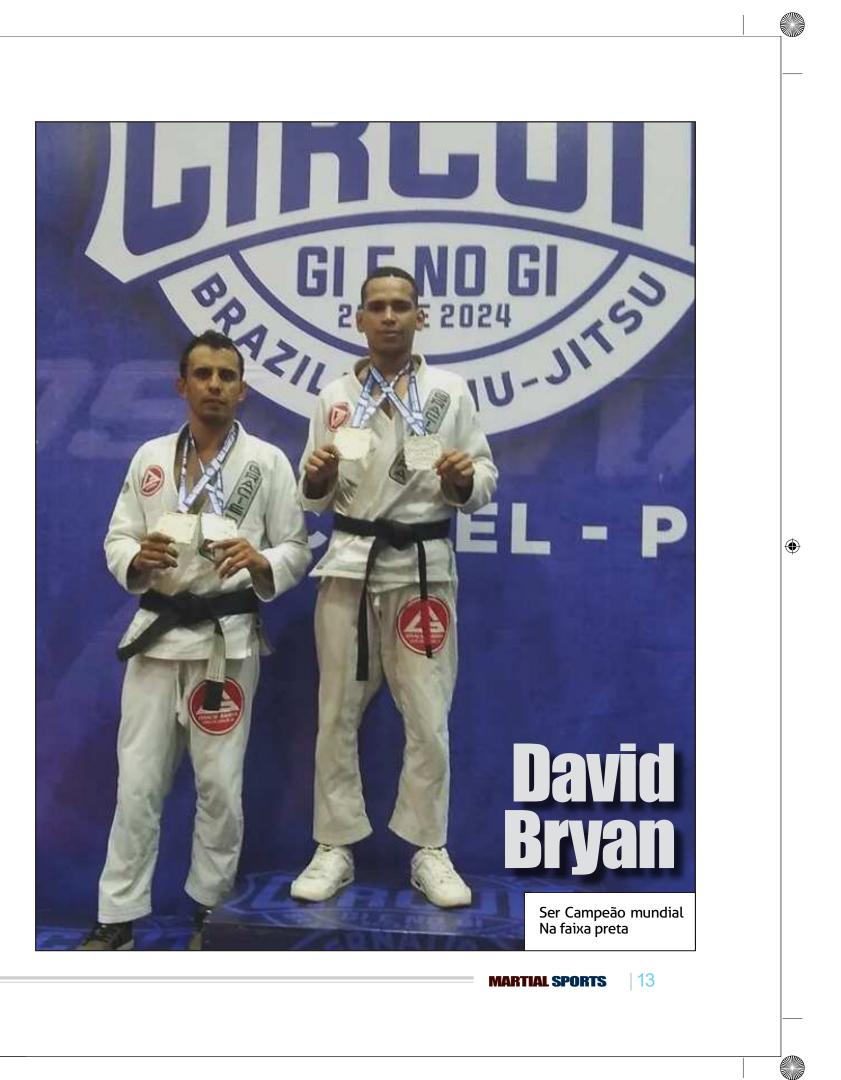
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MARTIAL SPORTS 53

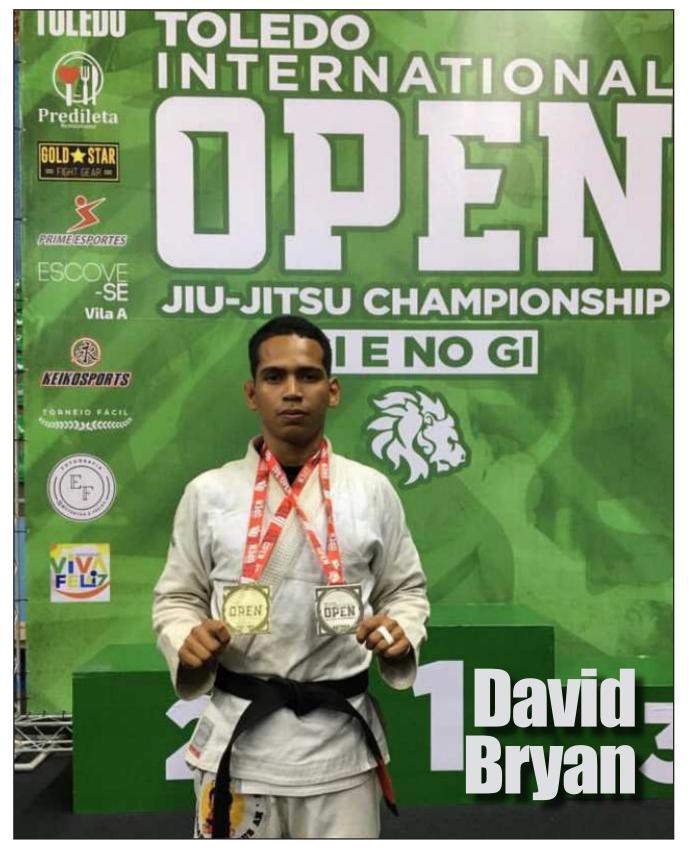








52 MARTIAL SPORTS

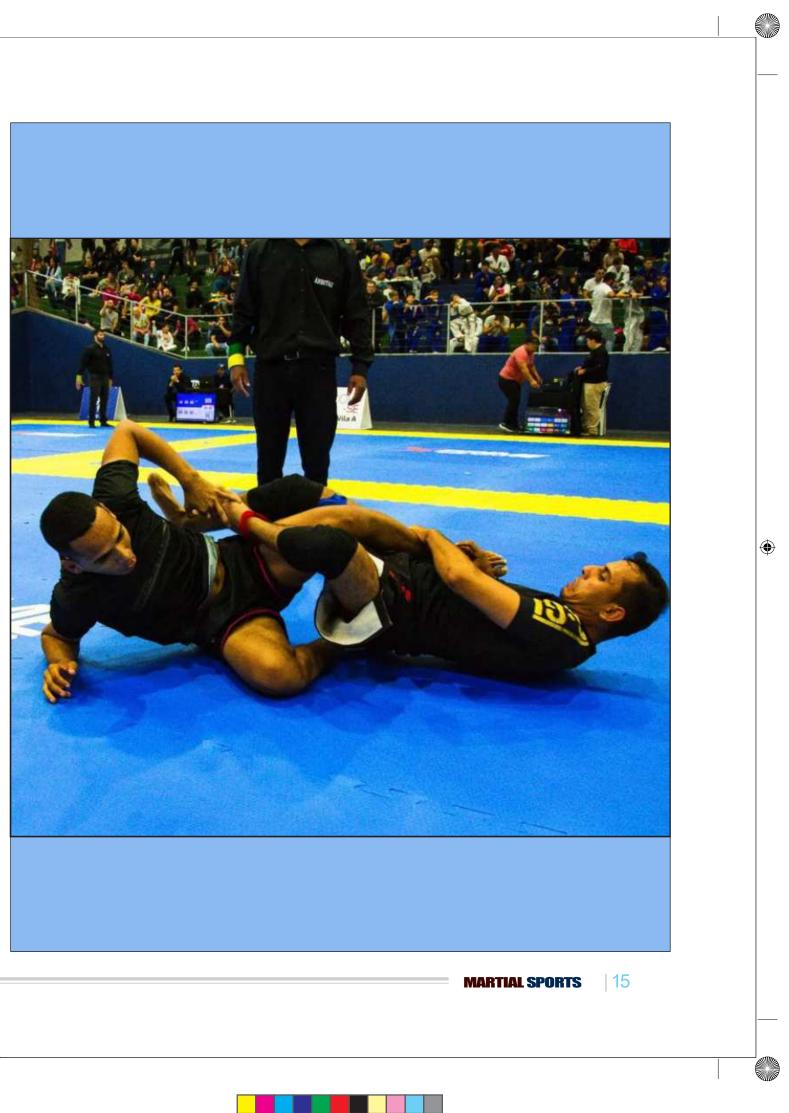




14 MARTIAL SPORTS

Raul Alexander Gonzalez I movies, my dream is to for always supporting me, as started taekwondo participate in a world well as my friends and parents taekwondo championship. I Raul Gonzalez and Maria motivated by the IP MAN thank my coach Master Gianni Gonzalez





50 | MARTIAL SPORTS =



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



16 MARTIAL SPORTS



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uncle is legendary director of Sense") and her KwanJangNim Photos Credits: Oscar Benjamin, photography Tak Fujimoto is Grand Master Rick St. Clair. Kevin Boot Photography ("Silence of the Lambs", Sixth

48 | MARTIAL SPORTS

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MARTIAL SPORTS 17





MARTIAL SPORTS

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

I'm 7 years old and I've been practicing Jiu jitsi 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.

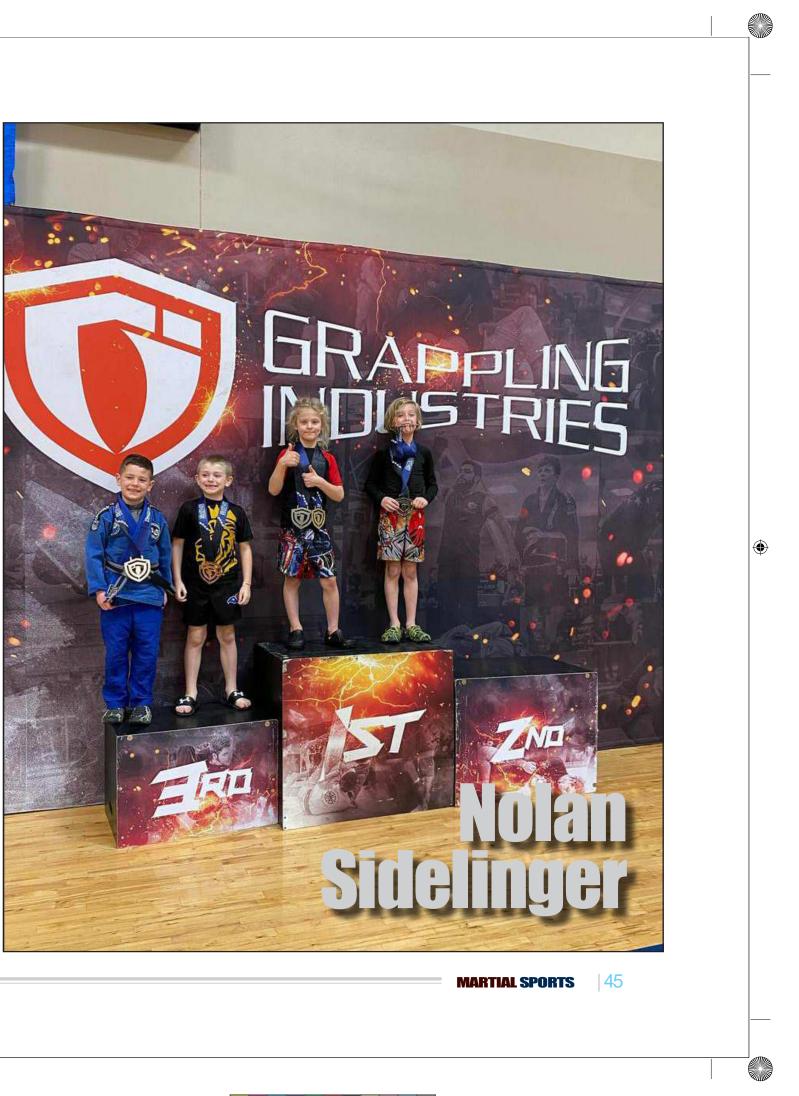




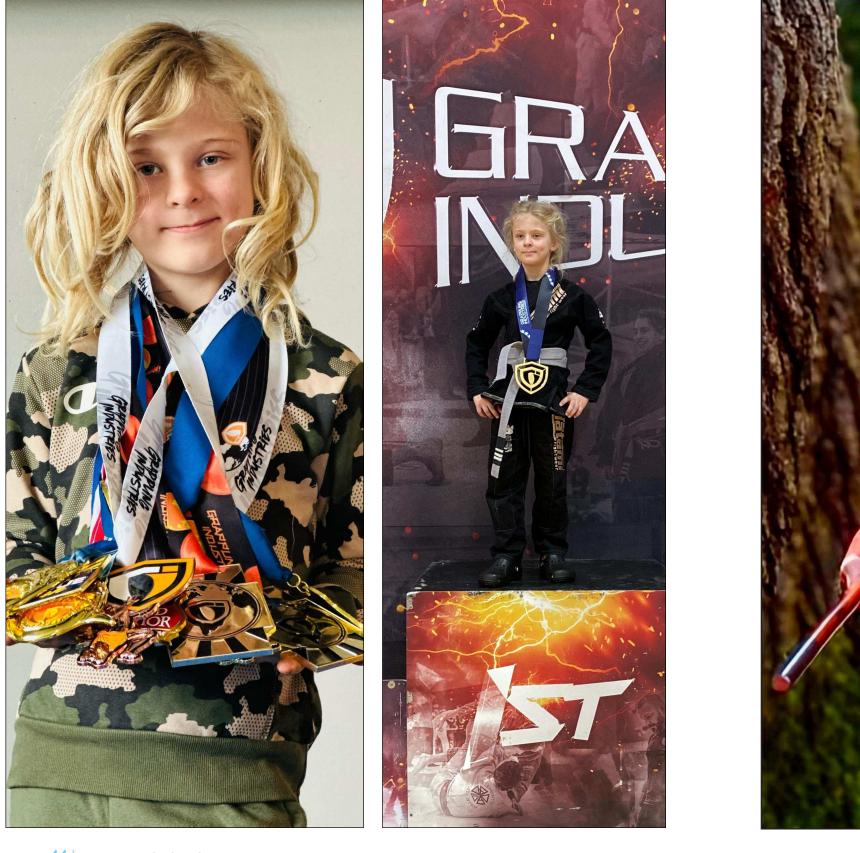


46 **MARTIAL SPORTS**





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44 | MARTIAL SPORTS =

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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 exicted 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.

42 MARTIAL SPORTS



2024-01-27 9:33 p.m.



24 MARTIAL SPORTS







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MARTIAL SPORTS 41

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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.

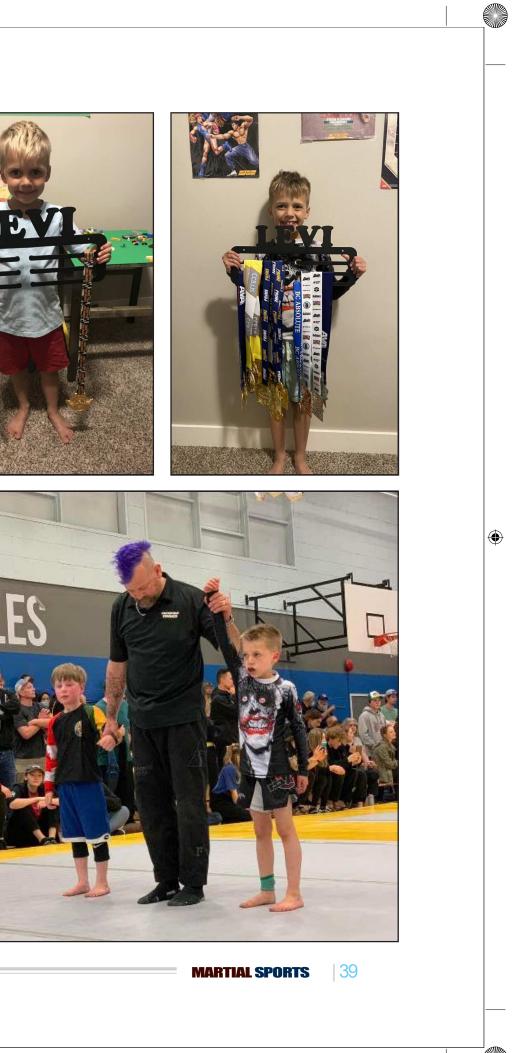
I want to continue challenging my Jiu-Jitsu skills by competing at higher levels and pushing myself to my limits. I hope to continue to improve by showing personal commitment, hard work, and spending lots of hours on the mats. My goal is to continue being a role model and encourage others to be their 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 worldrenowned competitions.

Photos Credits: Benjamen Wiebe

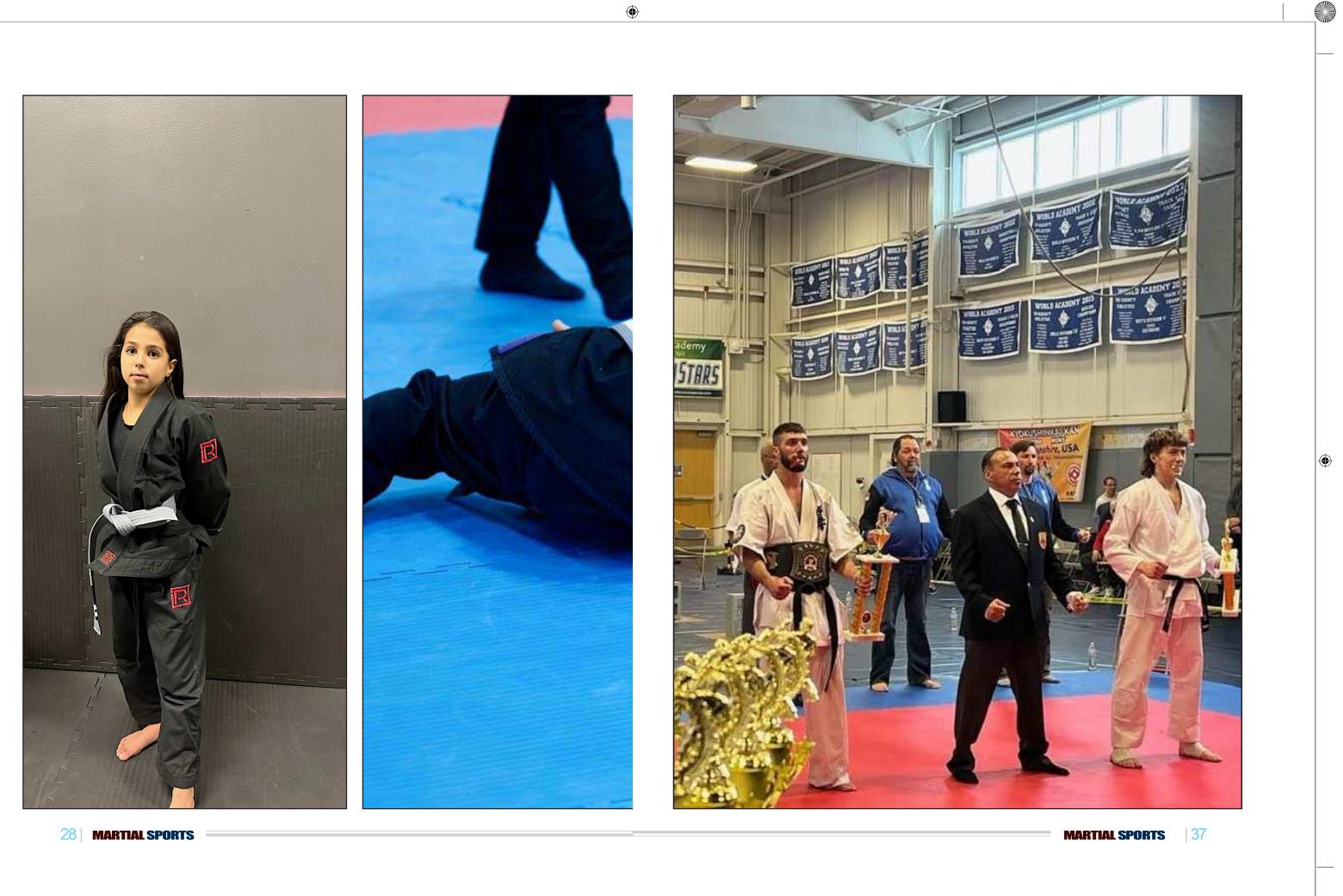
26 MARTIAL SPORTS





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MINIM

My name is Jolie I am 10 years exercise is what gives me life. girl with high self-respect. old and I practice BJJ and boxing Jolie is known for being almost every day. for me, disciplined, deep, and technical Photos Credits: Ok

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





30 **MARTIAL SPORTS**

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MARTIAL SPORTS





34 MARTIAL SPORTS

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