

# **MARTIAL**SPORTS



## **Top Notch Muay Thai & Kickboxing**

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Our Mission is to Encourage Talent Promote Self-Esteem and Recognize Achievements without any Discrimination

OUR MISSION STATEMENT

All Talents, All Ages, All Levels and All Skills



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PROMOTING SELF-ESTEEM

& RECOGNITION



**Ashlyn  
Kendell**

My name is Ashlyn kendell and I am a 12 year old female that is a yellow and black belt in BJJ.

I have been doing jiu jitsu for around 3 years. I got into jiu jitsu because of my dad and my brother.

I do jiu jitsu because I truly have a passion for this martial art, like no other!

My dream is to compete in a big kids tournament something like " Pan kids" . I just do local tournament but I am travelling for a few this year that are in Canada. Another dream I have is to become a black belt. I really hope I stick to this sport and achieve my dreams.

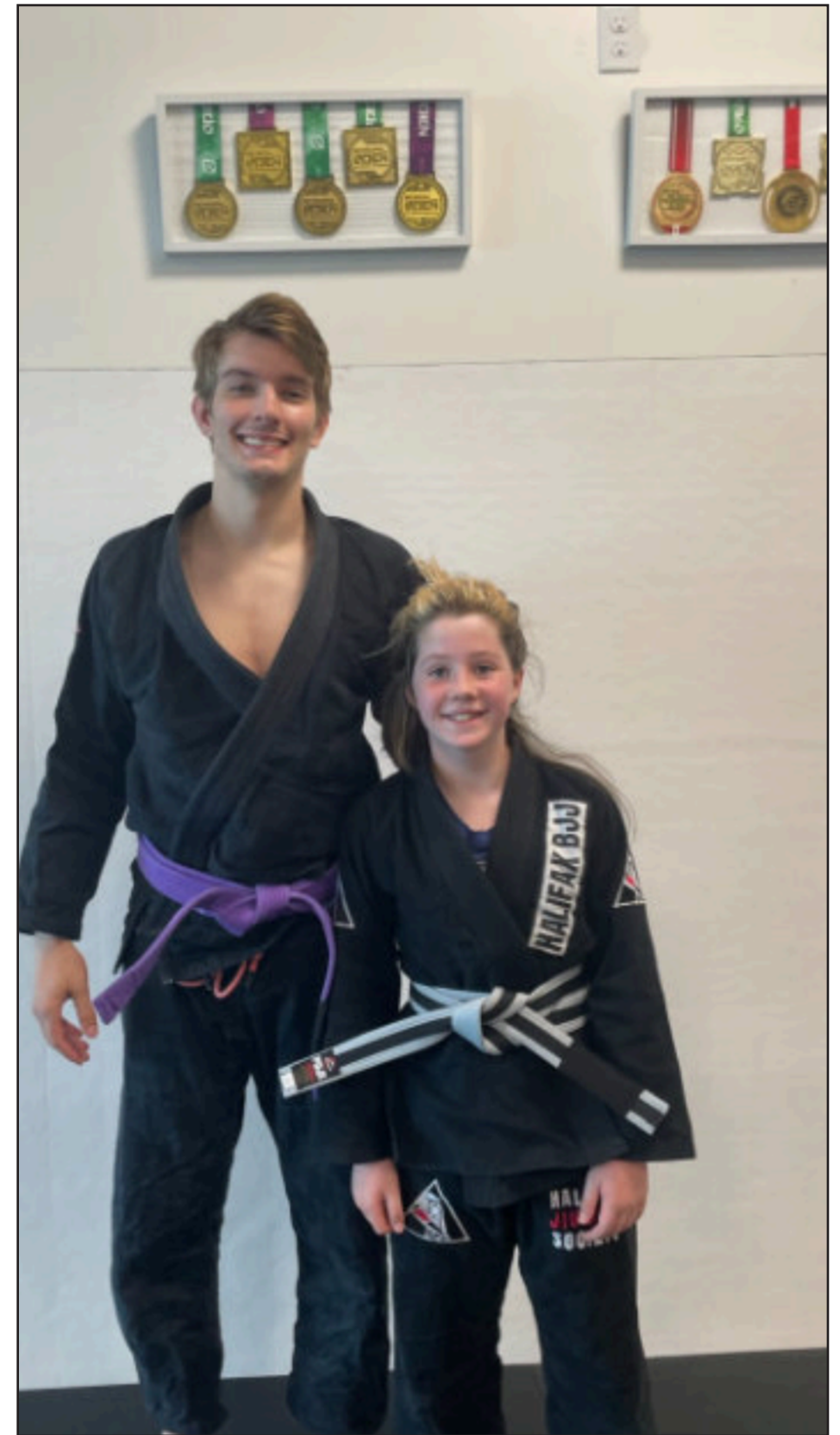
Some goals I have this year is to get to as much tournaments as I can, I really love competing!

Some challenges I have faced were fighting people with advantages. I have fought higher belts, heavier and older people and most of the time I come out as the winner.

Jiu jitsu has show me the value of discipline and how hard you have to work to come out as champion!

Thanks for your time

-Ashlyn





**Ashlyn  
Kendell**



**Ashlyn  
Kendell**

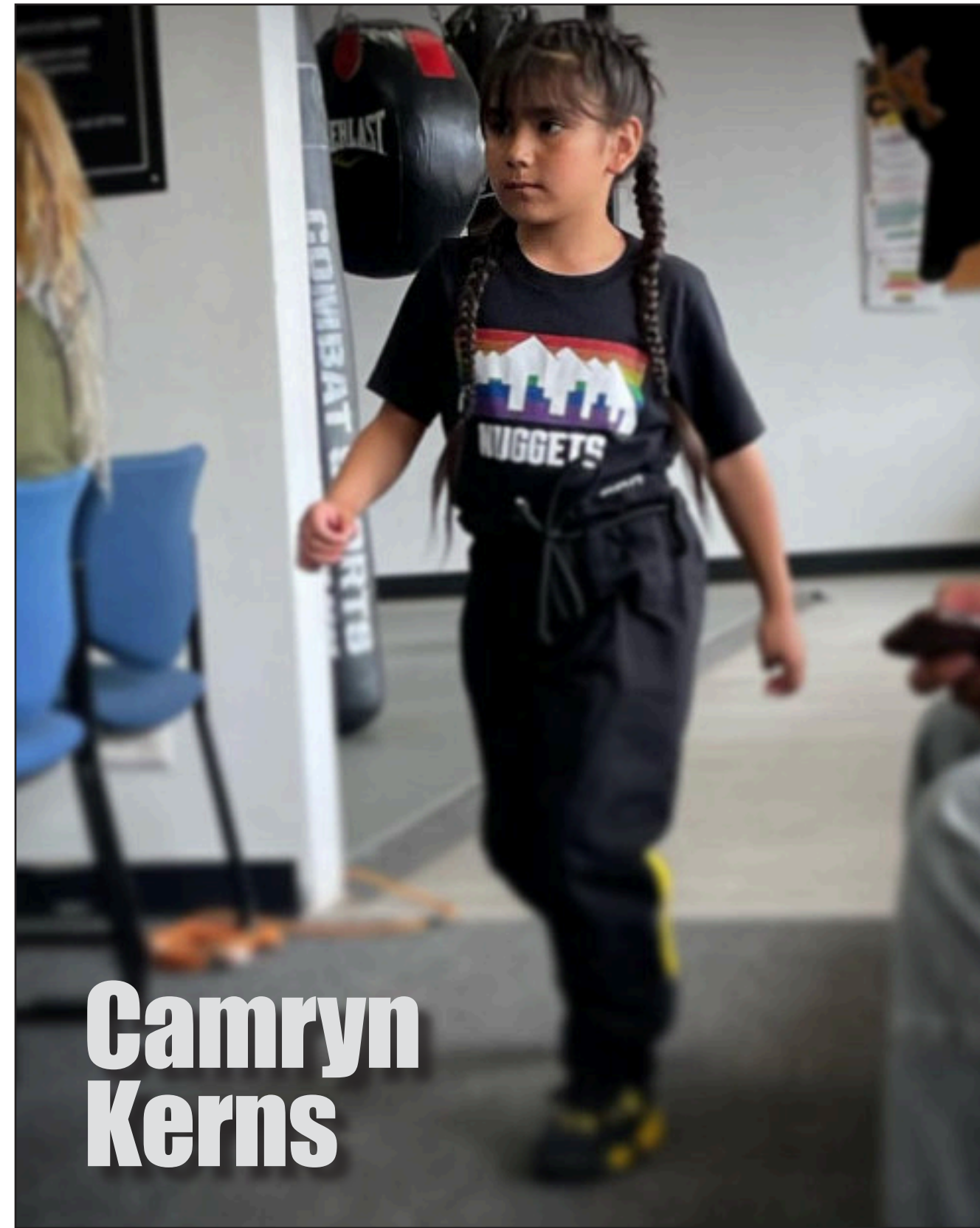


# Camryn Kerns

My name is Camryn Kerns. My team is team Easton. I laugh, live, enjoy, roam with my teammates. I am happy to share with you all about my team. Last year, I won many silvers but this year goal is to convert them to good, atleast as many as possible.

I want to unlock my full potential. I like to roll my nuggets before my practice. It gives me confidence. My dream is to win a gold medal in every tournament.





**Camryn  
Kerns**



# Camryn Kerns







"A Triumph of Determination: Navigating ADHD and Autism on the Brazilian Jiu-Jitsu Mats"

In the vibrant city of Southampton, a young warrior is quietly pursuing his dreams within the world of Brazilian Jiu-Jitsu (BJJ). Meet Clay, a nine-year-old dynamo with aspirations of becoming a UFC fighter, embarking on a remarkable journey despite facing the challenges of ADHD and Autism.

At the age of six, Clay took his first steps onto the mats at Phoenix MMA, a hub for aspiring martial artists. Little did he know that this would be the start of a transformative journey that would not only shape his physical prowess but also become a testament to his resilience.

Living with ADHD and Autism has presented unique hurdles for Clay, but his love for BJJ has proven to be an anchor, providing structure and focus in his life. The discipline and routine inherent in martial arts have become invaluable tools in managing the daily challenges that come with neurodiversity.

Starting as a novice in Brazilian Jiu-Jitsu, Clay quickly rose through the ranks, earning his grey white belt. His progression speaks volumes about his dedication and the unwavering support from the instructors and peers at Phoenix MMA. The gym has become more than just a training ground; it's a community that fosters growth, understanding, and encouragement.

Competing in BJJ tournaments became a natural extension of Clay's journey. Against formidable opponents, he showcased not only his technical skills but also an indomitable spirit. Winning gold and silver medals in various





# Clay Grant

competitions became milestones, not just for his athletic achievements but also for triumphs over personal challenges.

The support system at Phoenix MMA has played a pivotal role in Clay's journey. Instructors have adapted teaching methods to accommodate his unique learning style, creating an inclusive environment where every child, regardless of neurodiversity, can thrive.

For Clay, the dream of becoming a UFC fighter is more than just a desire for physical excellence. It's a testament to the power of resilience, breaking stereotypes, and proving that one's potential is limitless, regardless of neurodiversity.

As Clay continues his journey, he not only inspires his fellow young martial artists but also challenges societal perceptions about what individuals with ADHD and Autism can achieve. Through the art of Brazilian Jiu-Jitsu, he is crafting a narrative of determination, tenacity, and triumph that extends beyond the mats and into the realm of endless possibilities.





**Clay  
Grant**



**Elijah  
Kaine Martinez**



My name is Elijah Kaine Martinez. I am 7 years old and I started training JiuJitsu when I was 5 years old. I currently have a grey belt and my goal is to have a coral belt one day in the future when I grow up. My dream is to become the best in the world.

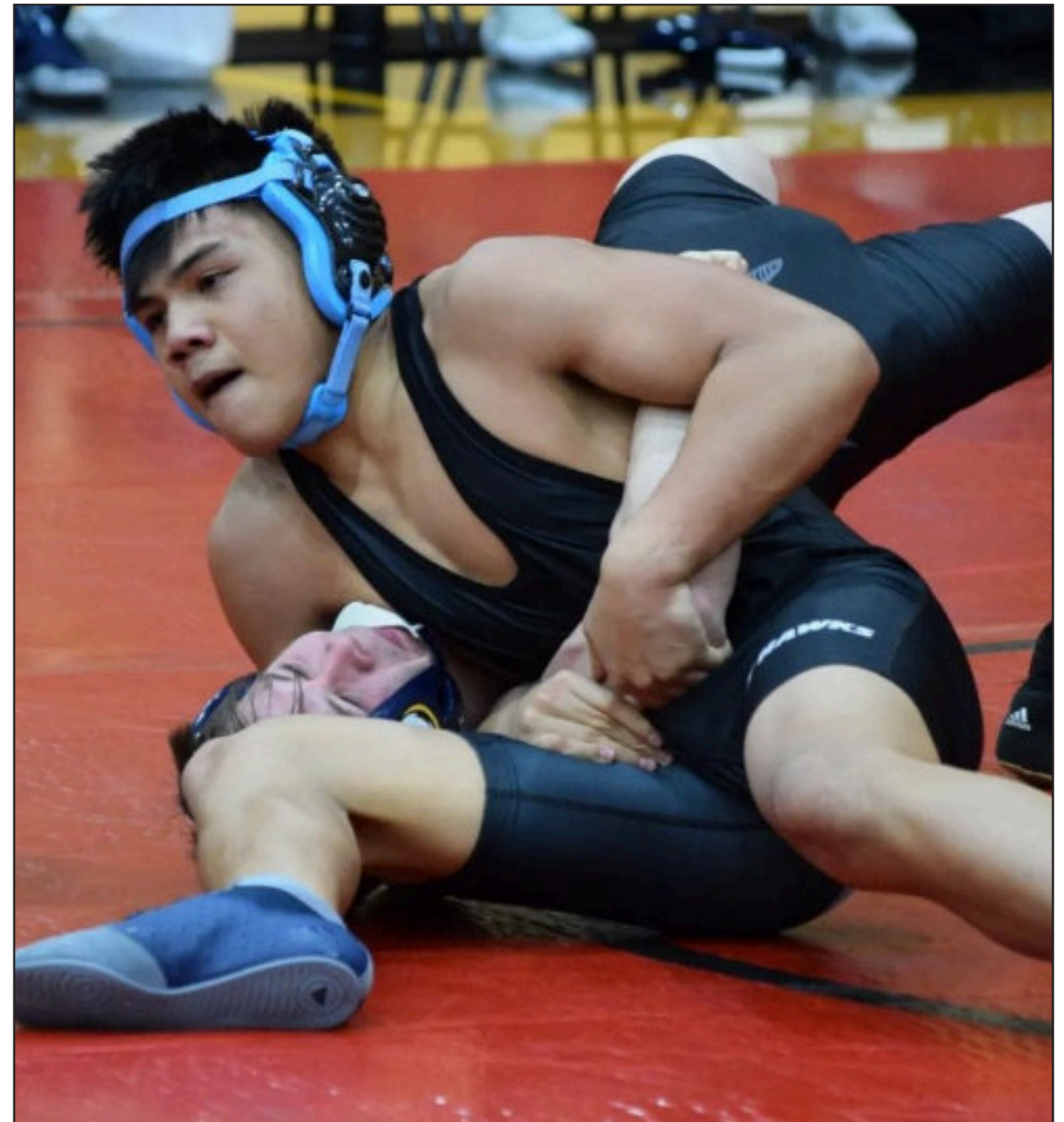
This last year 2023 I was season champion for JiuJitsu world league and I was very proud and motivated to compete more and train harder to get better. My favorite submission is an arm bar. I train 6 days a week and I love it.







**Joey  
Lopes**



My name is Joey Lopes. I am 15 years old. I started my practice back in 2020 during lockdown. I found jiu jitsu to be sporting and challenging and a good way to keep myself fit. Since then, I

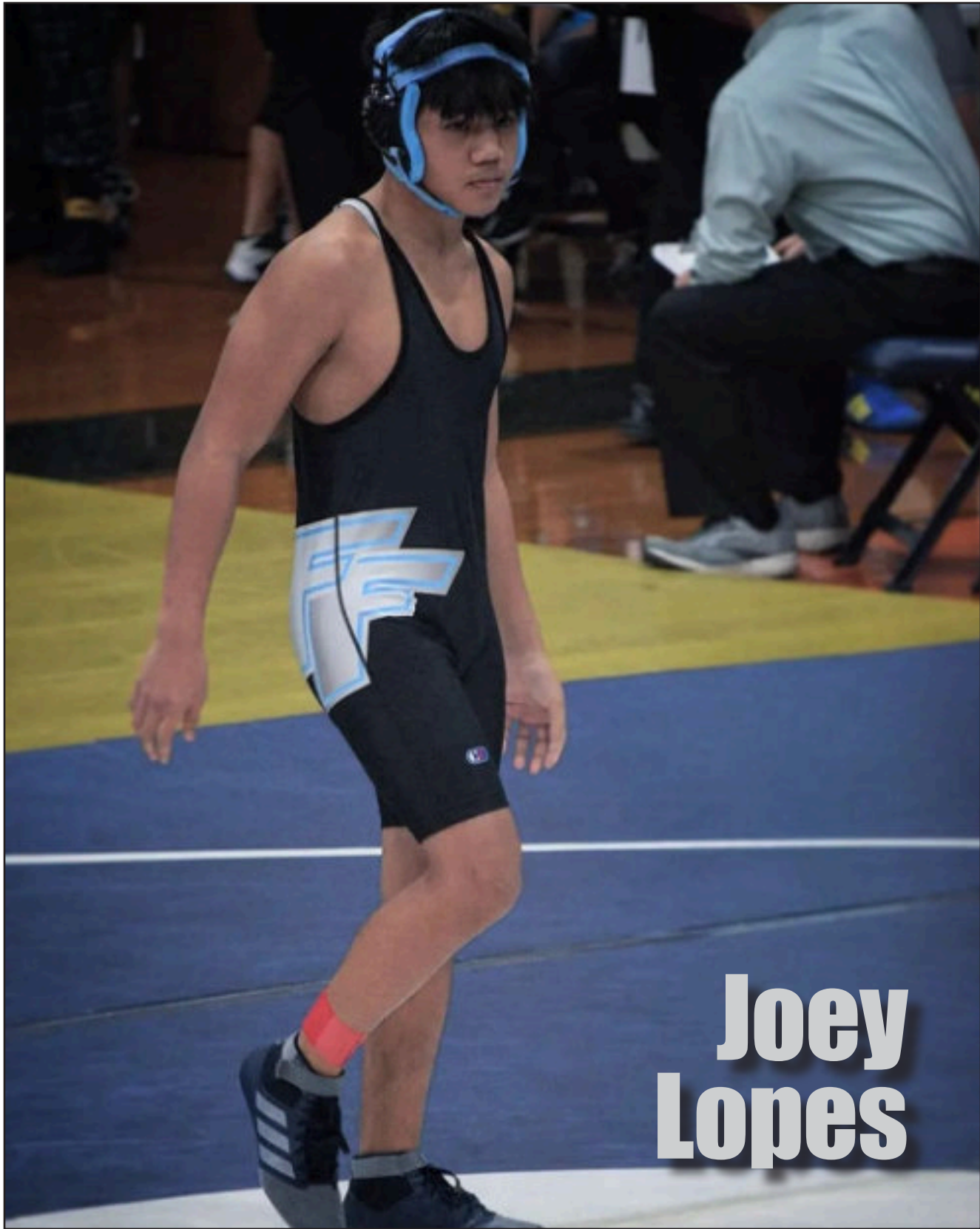
have been regular. My friend Kyle has been a great support and teacher for me in these years. Last year, November, I won silver in BJJ tournament, the last for the year. I won that

match by 3-0. I am always ready for challenges and clicking pictures. My dream is to become a professional jiu jitsu player



**Joey  
Lopes**





**Joey  
Lopes**





# Monica Raquel

My name is Monica Raquel. I started playing jiu jitsu at a very young of 6 , inspired by my father. I drove back early home to practice. I also got black

stripe last month, thanks to my Sensei. More than color, it's a testimony that i am working in the right direction. I like to win matches and collect medals. It's

fun to play with belt and metals. All this has been possible because of my dad. My dream is to represent for my nation.





**Monica  
Raquel**



**Monica  
Raquel**

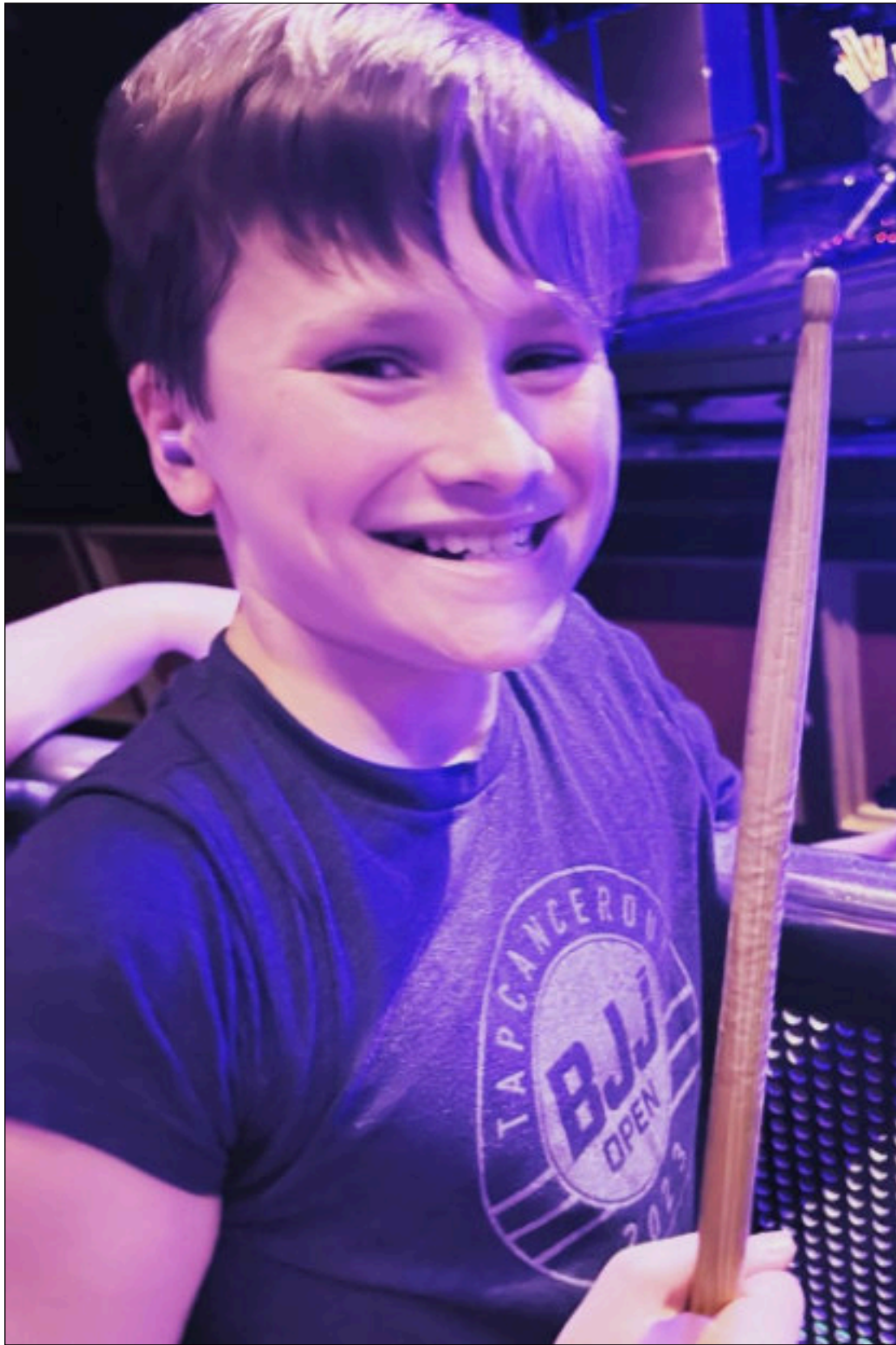


My name is Paulo Emanuel. I have began the new year with high hopes and put in lot of hard work. I want to perform well in every match that i play and win games. Collecting medals is my favorite hobby. I also won black stripe last year. I worked

hard so long to achieve that. My dream now is to get to participate in the bigger renowned events. Sometimes, I also like to visit beaches and have a relaxing time.



# Paulo Emanuel



**Paulo  
Emanuel**





**Shye  
Rivas**



My name is Shye Rivas. I am 10 years old. My dream is to win many gold medals in jiu jitsu. I came second in the turtle guard 2022 championship, I consider this as my achievement.

I want to practice hard and achieve my goals. I don't see any challenge. With the help of my coach and teammates, I can achieve my dreams.





# Shye Rivas





## Top Notch Muay Thai & Kickboxing



Top Notch Muay Thai & Kickboxing is a club out of Kelowna, BC, Canada.

Started by Coach Dale MacKnowled in 2021.

Coach Dale started Martial Arts in 1996 at age 10 starting in Karate, Kung Fu and Jiu Jitsu.

After high school he watched Ong Bak for the first time and fell in love with Muay Thai.

So starting in 2005 his Muay Thai journey began.

Right away going into Muay Thai tournaments, smokers and ring fights.

Fought for a number of years up until 2011 and decided to focus on moving towards teaching.

Today at Top Notch we welcome all levels of experience. We have people just starting out in their Martial Arts journey and up to people currently fighting in the ring.

We have a very active fight team, we're always looking for events to put our members into.

One highlight in 2024 we're looking forward to is we have a few members in Muay Thai World Cup in Calgary, Alberta - April 20th 2024





**Top Notch Muay Thai & Kickboxing**

# Top Notch Muay Thai & Kickboxing





Top Notch Muay Thai & Kickboxing we are a gym out of Kelowna, BC, Canada.

Started up 2021. We run classes Monday-Saturday, Kids to Adults and all levels welcome.

We have an active fight team currently getting

ready for a number of fights.

Biggest one so far this year is Muay Thai World Cup we'll have 2 fighters in that takes place April 20th in Calgary, Alberta.

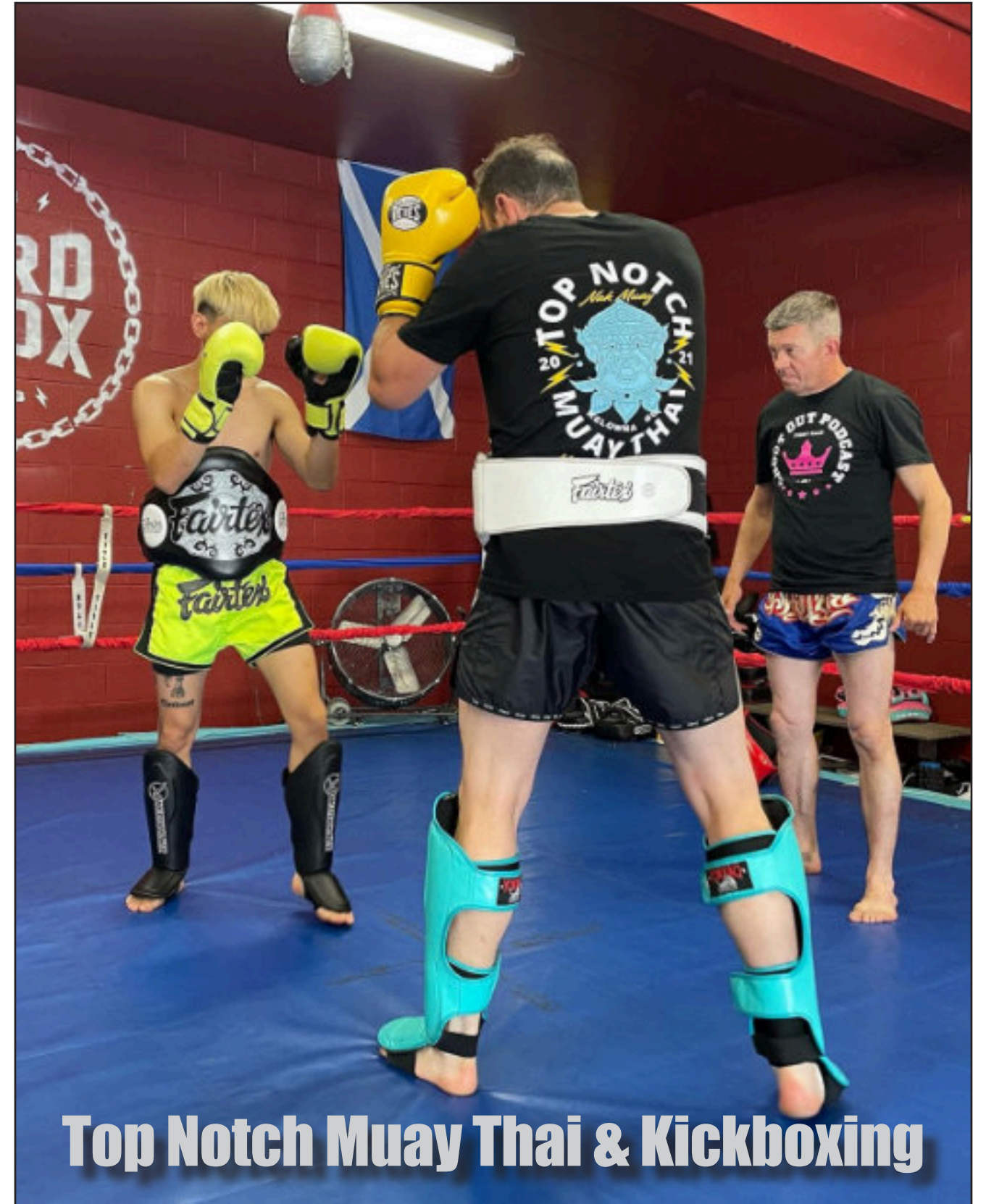
Website: [www.topnotchmuaythai.ca](http://www.topnotchmuaythai.ca)



## Top Notch Muay Thai & Kickboxing







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# MARTIALSPORTS

## Joey Lopes



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