

MARTIAL SPORTS

Magazine



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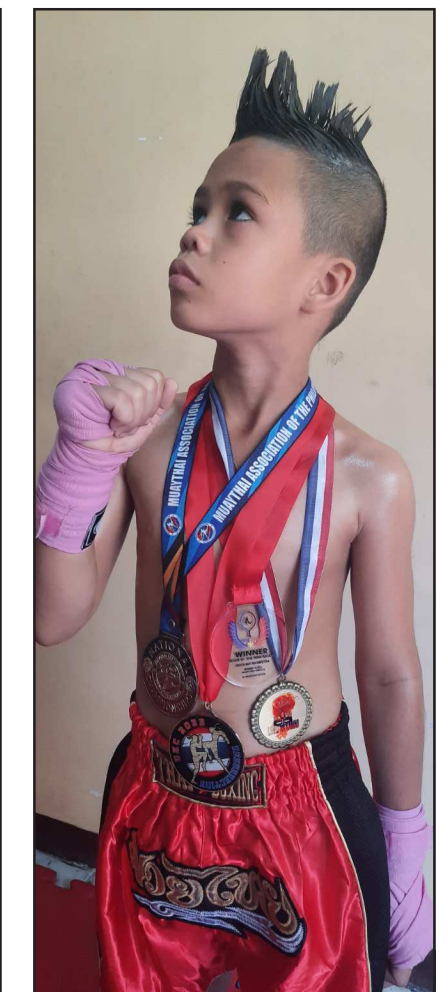
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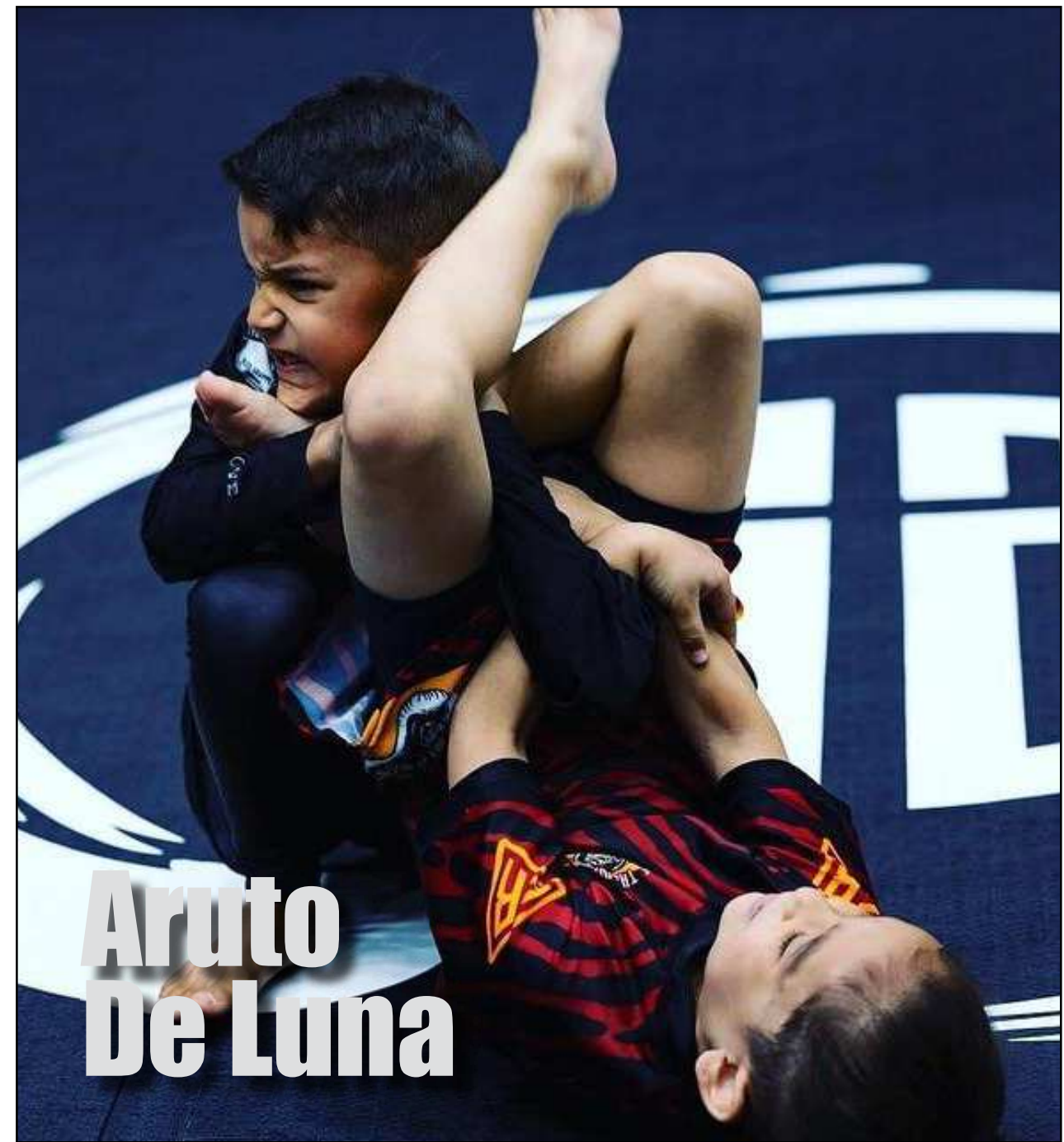




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**Warrior
 Wyatt**



**Aruto
 De Luna**

Meet Aruto, a dedicated martial artist with a passion for Jiu Jitsu and wrestling. Training six days a week, he tirelessly hones his skills, driven by the dream of one day competing in MMA. With each session, Aruto pushes himself to the limit, perfecting his techniques and visualizing his path to success. Despite the challenges, his unwavering dedication propels

him forward, inspiring him to overcome any obstacle in his way. With a relentless work ethic and a burning desire to excel, Aruto is determined to make his mark in the MMA world. Every moment spent training brings him closer to his ultimate goal of stepping into the cage as a formidable competitor, ready to showcase his talent and passion for the sport.





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**Warrior
Wyatt**



My name is Wyatt Marshall, I am 10yo and I am a martial artist going on 5 years. I started at the age of 5 years and am trained by my father who is a former kickboxer and strength and conditioning specialist. I began in Taekwondo and competed in half a dozen events always going against players 3 to 5 years older and much bigger, but I would never give up. I tried MuayThai a year ago and fell in love with the style, the tradition, the art. It is amazing and I'm more free to maximize my skills and abilities. After just a month of training I won my first fight, a tko in round 2. My 2nd fight I won Gold medal at the National MuayThai Youth Games. My 3rd was a good medal via 2nd tko. Wanting to get better with my hands I joined boxing. And my first fight was a 2nd tko. Now I'm on the Legal Na Kamao Boxing Team. My training schedule is usually 6x a week. 1 day off. 4 to 6 hours training broken up into 2 sections. My goals and ambitions are to make it to UFC and ONE Championship. To win it all and become a world champion. I'm not afraid of any opponent or of hard work. I'm dedicated and motivated to do what's needed. No pain no gain, no retreat no surrender


Photos Credits: Photo credits to my dad. All photos are ours and original









Mon nom est Gabriel, j'espère devenir un très bon footballeur en marquant encore plus de buts, faire plus de passes décisives et toujours prendre du plaisir sur le terrain. J'ai marqué 121 buts en match l'année dernière en U6-U7, seulement 23 cette année pour l'instant en U8-

U9 mais beaucoup plus de passes décisives et j'en suis très fier. J'espère continuer sur cette dynamique et prendre du plaisir sur le terrain avec mes coéquipiers pour un jour peut-être jouer dans un grand club @Manchester united 😊😊.



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Gabriel





of Taekwondo, realistic self defense with Hokido or the elegant way of the Korean Kung Fu Shippalgi. Not everyone can dedicated themselves solely to the pursuit of martial arts. In this modern world though there is place for martial arts more than ever because the time you spend in class bring focus, accomplishment and achievement of goals. This lifestyle joins with the other part of business and personal life bringing benefits to all those areas. Martial arts can make you a better person, a better parent, a happier child and give you a sense of teamwork with your fellow students.

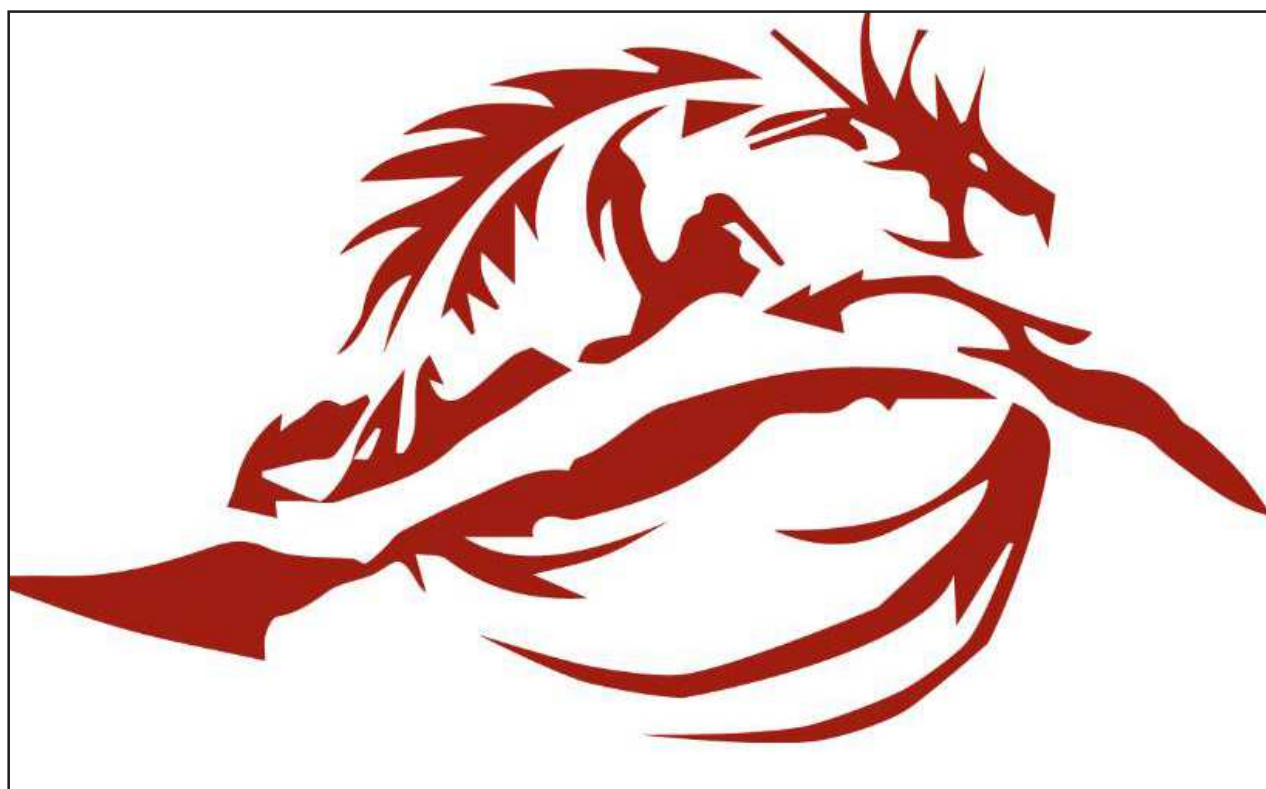
What is Mu Han's promise?

If you accept the Mu Han martial arts lifestyle we promise to train you safely, we promise to

provide you with quality education and instructors, we promise to show you how to become a better person. Everyone that is drawn to martial arts comes with a different starting place. Most everyone is looking to fill something in themselves that they feel needs to be greater. We don't promise to deliver a specific destination but we do promise to teach you how to travel. The framework of setting goals, hard work and practice to achieve the goal is our way. We promise if you apply that framework and apply yourself, you will achieve the results your are looking for and desire. And a funny thing happens along the way, the goals you have in the beginning usually change into something much more important.

Website: www.muhanmartialarts.com





What is Mu Han?

Mu Han is defined by our approach to life. We use the martial arts as a way to seek improvements in many dimensions of our life. We are not only focused on Taekwondo, we also look at the Mind, Body and Technical Knowledge integration. What this means to a student is that we have a common framework that all of our students can adopt to become their personal path to improvement. In the beginning we set a goal (learn martial arts, get in shape, improve self confidence, etc.) we practice together to achieve these personal goals. Practicing with others is very motivational but you are focusing on your improvement not competing with other students. Along the way you learn discipline, confidence and how to practice. When you achieve your goal, you are in a better position to set new goals. You will see the whole landscape with a more experienced view and will set better goals. So the cycle repeats again and again, always improving always changing. So Mu Han is about living a martial arts lifestyle, with the cycle of improvement reaching into

other areas of your life. If you focus on improving every day, at the end of the year you will have improved many times over. With this philosophy it doesn't matter where you start or how fast you progress, it is about living the lifestyle of a true martial artist.

What is the Mu Han difference?

There are many martial arts schools today and like things there are a wide range of quality and experience. Three things make Mu Han different; the quality of the Korean masters that lead the schools; the integration of martial arts systems and the focus on the lifestyle of the martial artist. No other school has the number of senior Korean trained masters as Mu Han. We continue this heritage with instructors recruited from Korea and transfer that knowledge to our students. Our quality is our promise. We use Taekwondo as the foundation of our martial arts. We are part of the World Taekwondo Federation. We build on that foundation with additional martial arts systems; Hopkido, Shippalgi and Kumdo. In this way we can fulfill the needs of people pursuing the athletic way



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- ✓ **Faire des travaux d'entretien:** Profitez de la période estivale pour régler les petits problèmes d'entretien, comme les robinets qui fuient, les ampoules grillées, les portes qui grincent, etc.
- ✓ **Jouer avec la lumière naturelle:** L'été, la lumière naturelle est abondante. Ouvrir les rideaux, les stores et les volets pour laisser entrer la lumière. Assurez-vous que les fenêtres sont propres pour maximiser la luminosité à l'intérieur.
- ✓ **Créer une ambiance estivale:** Des coussins colorés sur le patio et une table dressée pour un barbecue imaginaire dans la cour peuvent aider les acheteurs potentiels à visualiser leur vie estivale dans la maison. Ajoutez des touches décoratives comme des lanternes, des plantes en pot et des meubles d'extérieur confortables afin de rendre votre extérieur plus chaleureux et accueillant.
- ✓ **Une pelouse verte:** Un beau gazon peut augmenter la valeur de votre maison, assurez-vous de bien l'arroser et le fertiliser lors des canicules.

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My name is Gia I 8 yrs old, my journey in BJJ started in Aug of 2023. I asked my mom at the age of 6 if I could join. She made me wait until I was 8. I was playing softball, along with taking gymnastics. As soon as she said I could join Genesis bjj I was hooked. I quit my other sports totally focusing on jiu-jitsu. I got to do my first competition literally almost a month later in

September winning a 3rd place medal. I fell in love. Competing is such an amazing feeling. My confidence has grown so much. I have the best coaches. I am now 8months in with a grey white belt. I am so proud. I am in the gym 6 days a week. I compete every chance I get. My ultimate goal is to be a professional ufc fighter by 18. I'm just a little girl with big dreams.



**Michelle
Santoyo**



My name is Michelle Santoyo . I am 12 years old. Thank you all for giving me this wonderful opportunity to bring my story to the table. It was a great to compete with my friends and learn from them. Though the finals went as a draw, also the match ended 5 minutes before

time. It was disheartening for me but this is how you learn things. I can't wait to compete in further tournaments and further elevate my game. I am all set roll in. Also arrived my new kit and jursey . Hopefully want my team coaches to further guide and protect me like always.



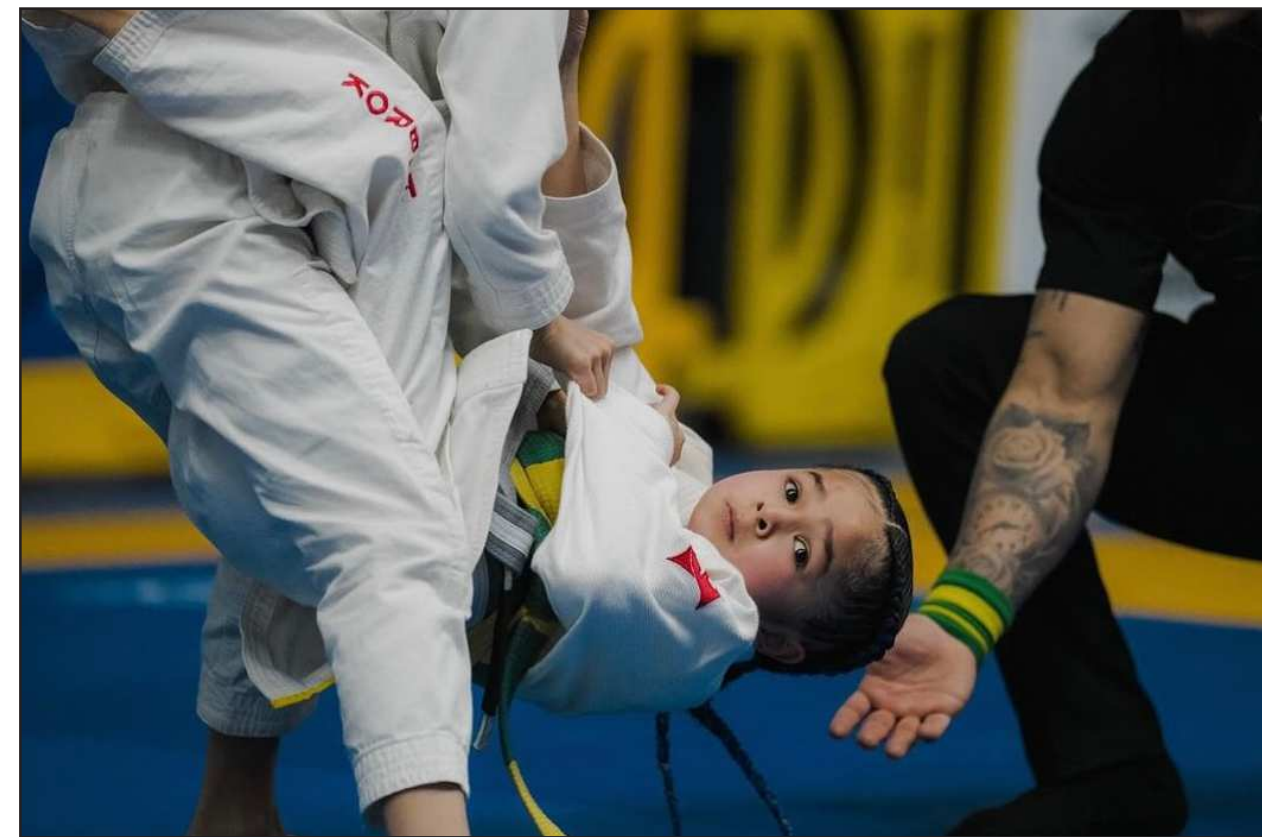


**Gia
Sky Nguyen**



**Max
Petty**







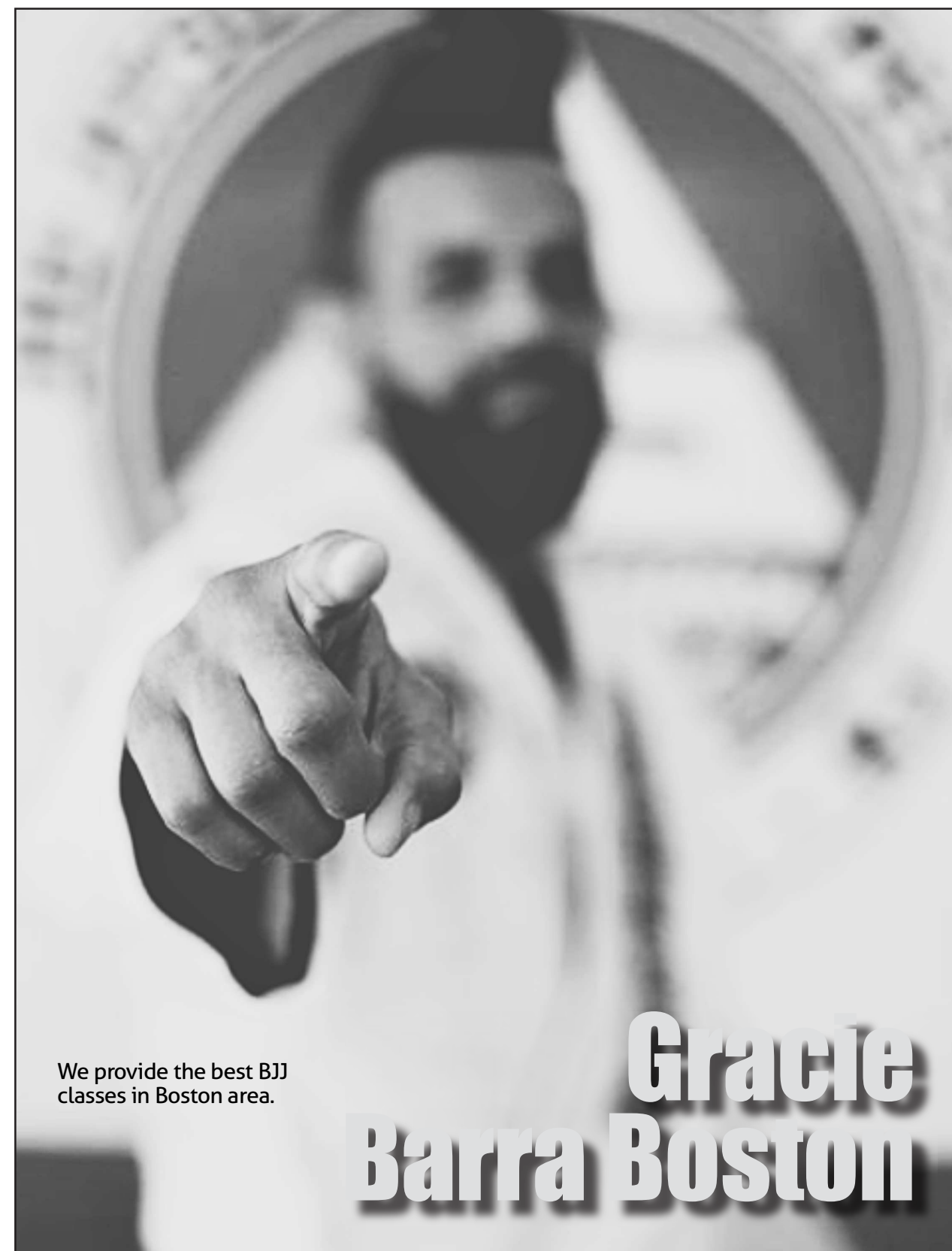
My name is Max Petty. I am very happy to share my story with all you at a time when I just got a grey belt. I like to stick to the basics and keep building up on that. My coach has taught me this really well. Every credit goes to him and he

never comes in the light. My dream is to win gold in BJJ . I can only fulfill this dream with the help of my coach. Apart from USA, I have also participated in the tournaments of Canada.





**Max
Petty**



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Kayli Barboosa

My name is Jase Blevins. I am glad to get such an opportunity at a time when I just got my green belt. It is a testament of my hardwork in the recent times . Still, I think I got this a little late given the amount of hard work I have done in the past. The duration between the orange and the green belt has been a little longer. My

mantra is to stay focused and do all the hard work required to achieve success. I always have fun competing with my opponents and learning from them. A big thanks to my coach as well for imposing faith in me. My dream is to become world number number one in jiu jitsu.



Jase Blevins





My name is Kayli Barboosa. I have recently participated in the orange county tournament . My preparation along with my team was good and thus I secured third spot there. Tournaments are really helpful in learning new things and get exposure. I also want to express

my gratitude towards my coach for always highlighting my scope of improvement and stand by my side. Sometimes, I too don't get the desired result , still I try to come back with a win. My dream is to be the face of Bjj in my region.



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Starter Jujitsu in my life do to been bully at school, and it became my passion. The two sisters Juliana 13 years old and Janel at 14 train 6 days a week three hours a day, they start with wrestling, and Jujitsu after and other days Judo

and jujitsu, they are competing every month at different competitions, and would love to wrestle in college as well as become black belts and become law enforcement agents.



Juliana & Janel



Juliana & Janel







Juliana
& Janel

