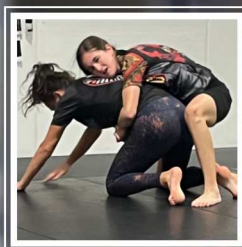


MARTIAL SPORTS

Magazine



Sandra Phonlasouk

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Martial-08-2024



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Isabel Garcia

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Zoe Blando





Title: "Zoe Blando: A Rising Martial Arts Star Powered by Dedication and Family Values"

Meet Zoe Blando, a young martial artist with a passion for Brazilian Jiu-Jitsu, nurtured under the guidance of Tiger Schulmann since the tender age of 4. Zoe credits her relentless drive and unwavering commitment to her esteemed instructors, Sensei Stine and Sensei Etienne, who have consistently pushed her beyond her limits, shaping her into the formidable competitor she is today.

For Zoe, martial arts transcend mere physical training – it's a transformative journey that has instilled in her the virtues of confidence and courage. Every class and tournament presents an opportunity for growth and self-improvement, a challenge she eagerly embraces with the unwavering support of her family.

Guided by her parents' unwritten rule of seeing things through to the end and their timeless mantra, "Family comes first," Zoe embodies the values of dedication, perseverance, and respect both on and off the mat. Her unwavering spirit and tenacity serve as a testament to her sheer determination and unyielding passion for the sport she holds dear.

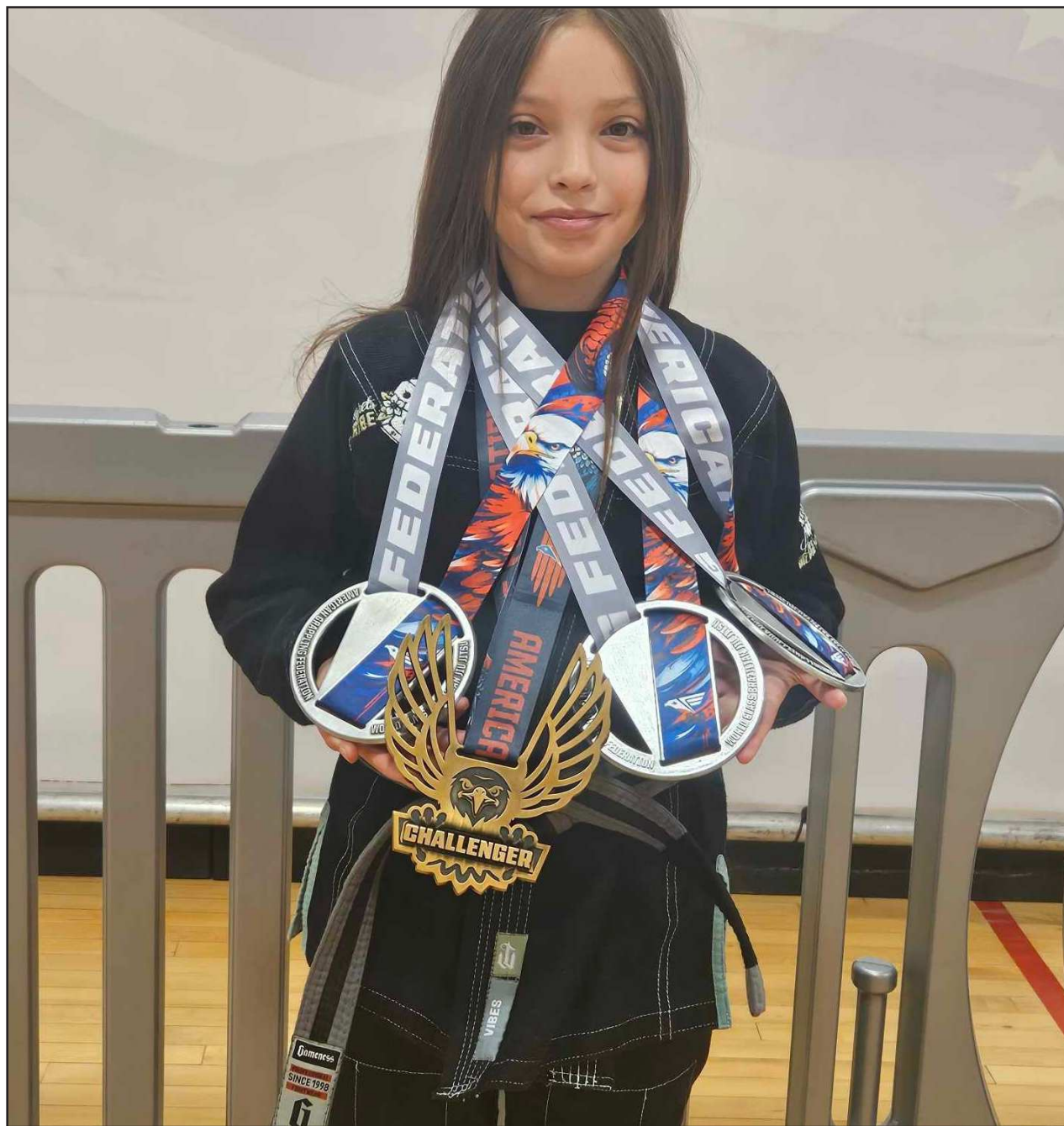
As Zoe continues to hone her skills and compete at the highest levels, she hopes to inspire others with her journey of hard work and dedication. With a desire to be recognized for her achievements and showcase her talent to a wider audience, Zoe eagerly anticipates the chance to be featured in magazines, sharing her story as a testament to the power of martial arts in shaping young individuals into champions both in sport and in life.

Our Mission : to Encourage Talent, Recognize Achievements, Promote Self-Esteem



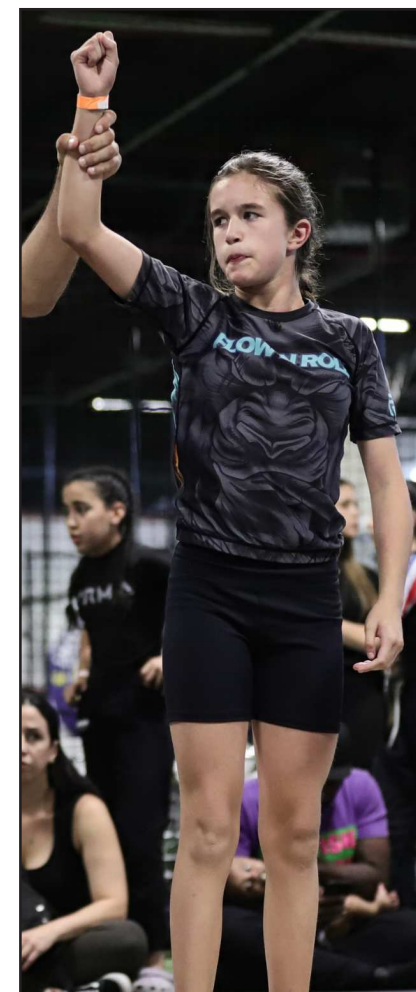
Notre Mission : Encourager le Talent, Reconnaître l'Accomplissement, Promouvoir l'Estime de Soi





My name is Arianna Armijo, I train at Silverback Jiu-jitsu in Clovis New Mexico. My Professor is Daniel Casarez, a Black Belt under Marcus Antelante in Dallas. Our gym is a Ares Jiu-jitsu Affiliate. I've been training in Jiu-jitsu for almost 5 years now here in October. I am a sponsored athlete with Grappling Industries and recently had my first tournament with them, I can't wait to help them promote the organization as it

continues to grow! I appreciate their opportunity they have given me to represent them! I also have a SuperFight coming up in Houston here in November so currently I am in camp preparing for the special opportunity that I have with Submission Hunter Pro SuperFights! If you'd like to follow my journey go follow me at @silverbackgirlbjj on Instagram









Toni Tineo

My name is Toni Tineo. I am 13yrs old and have been a Brazilian Jiu-Jitsu Practitioner for 10 years. I am currently an orange/black belt.

I have competed in numerous tournaments: PANS, Jiu-Jitsu World League, NAGA, NEWBREED, AGF to ADCC and have won

numerous medals. Challenges throughout my Jiu-Jitsu Journey have been overcoming a larger opponent than me, whether it's a girl or boy and knowing that size does not matter.

My dreams are to become a Black Belt and World Champion.








Arianna Armijo





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My name is Arielle Murillo. Born in Arizona and now residing in Texas, I am a passionate JiuJitsu athlete and a proud small business owner. Currently holding a grey/black belt.

My journey in JiuJitsu began almost three years ago. I remember stepping onto the mat for the first time, with nerves bubbling in my stomach as I anticipated the struggle of learning something new. Yet, I didn't want to live with regrets, so I pushed myself to give it a shot. Much to my surprise, I fell in love with the sport and the incredible community that embraced me. It truly feels like being part of a big family, all united by our shared love for JiuJitsu.

Just four months into my training, I decided to test my skills and entered my first tournament in Lubbock, Texas. That experience was exhilarating, and I haven't stopped competing ever since! I currently train multiple times a week at Vagabond BJJ (@vagabond_bjj) where I've found my second home and have recently started JiuJitsu focused workouts at Elite Pride Performance with Coaches David (@thepridecoach) and





Chase (@_coachweb_). This year alone, I've competed 12 times, with more competitions lined up before the year ends. My goal and dream is to become a black belt world champion and, hopefully, inspire other kids and adults to see that we can achieve anything we set our minds to. Until then, I will keep working harder towards that dream, and I know that with

the help of God, my coaches, and my family, it will happen one day.

I feel incredibly blessed to have amazing coaches who believe in me and support me every step of the way. I know for a fact that my JiuJitsu journey wouldn't be the same without them—they truly are the best!



**Arielle
Murillo**



A little over a year ago, I took a leap of faith and launched my own athletic and no-gi brand, Menace Athletix (@menaceathletix). After a year of planning and overcoming setbacks, I finally brought my vision to life. I'm proud to say that we've released four limited edition collections so far, with exciting plans for new collections and apparel for the 2024 Fall/

Winter season on the horizon.

As I look to the future, I'm filled with anticipation for what's to come, both as an athlete and a small business owner. I am grateful to God, my family, my coaches and my friends for their unwavering support of my dreams and my business.

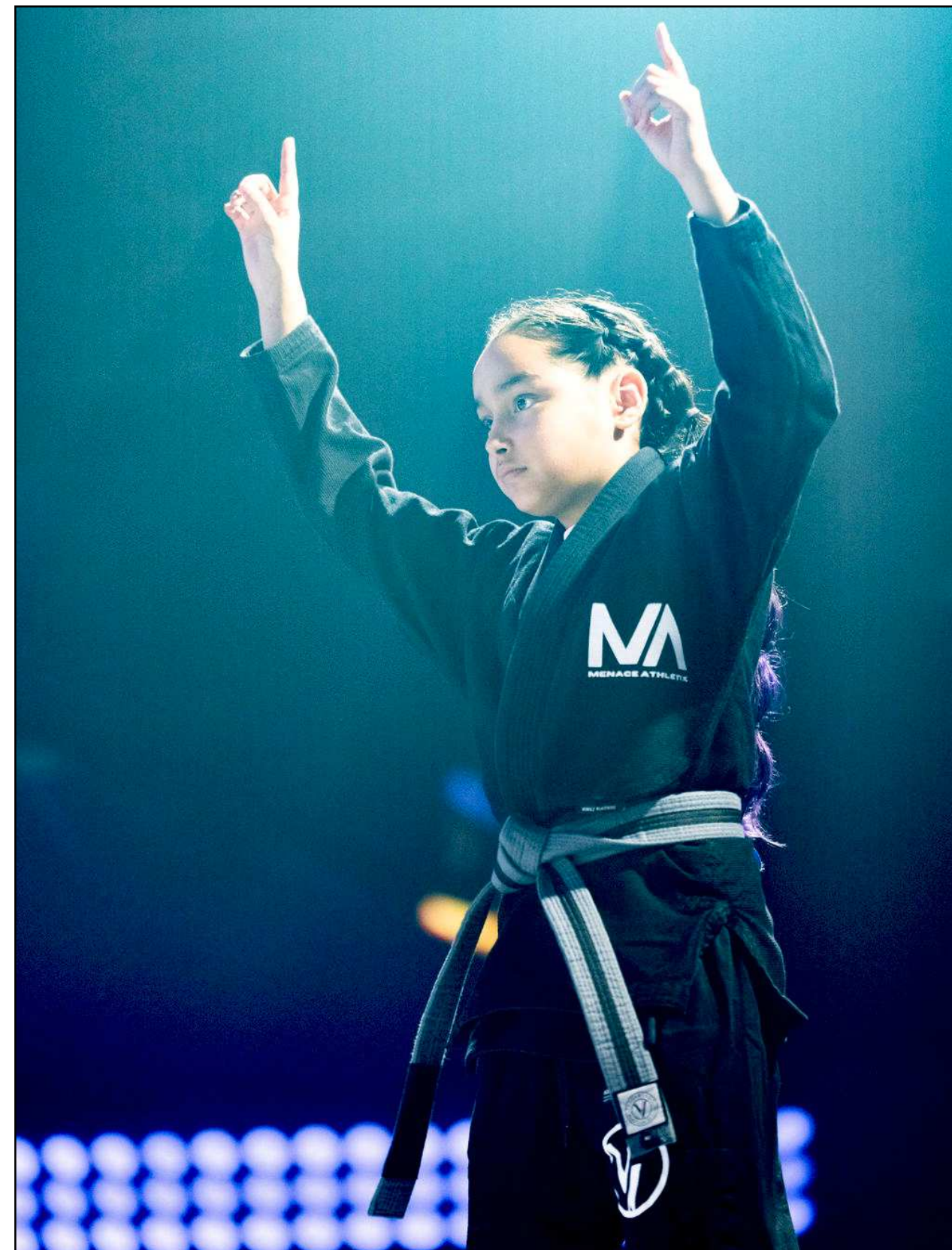


Arielle Murillo



Sandra Phonlasouk



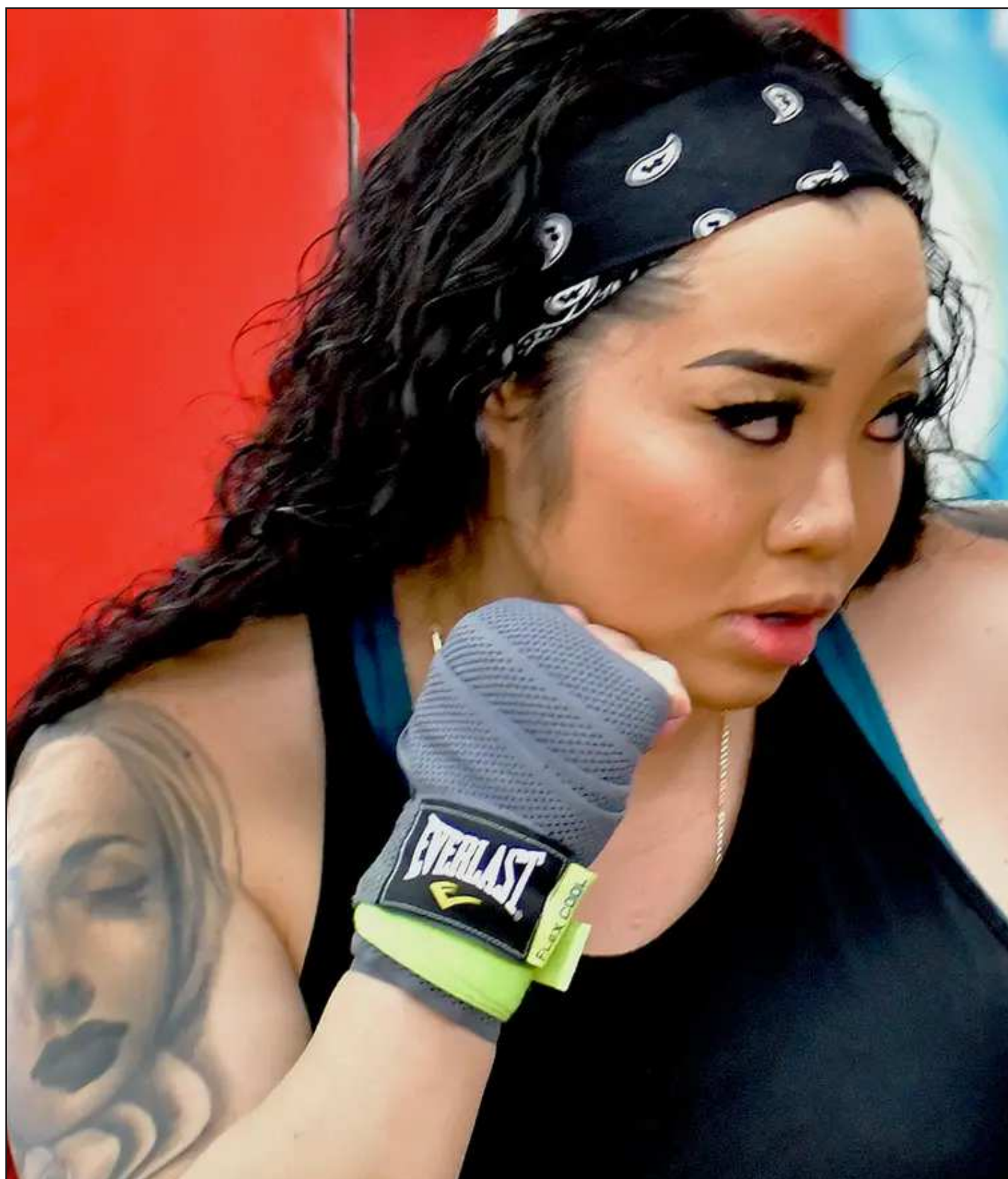




My name is Sandra Phonlasouk. I am a fighter in a local Gym in Elgin. I do work hard and accept all challenges which are coming in my way. I want to become a true Champion with inner and outer strength.
 Photos Credits: Deepak Rana

Sandra Phonlasouk







Kelly Descamps

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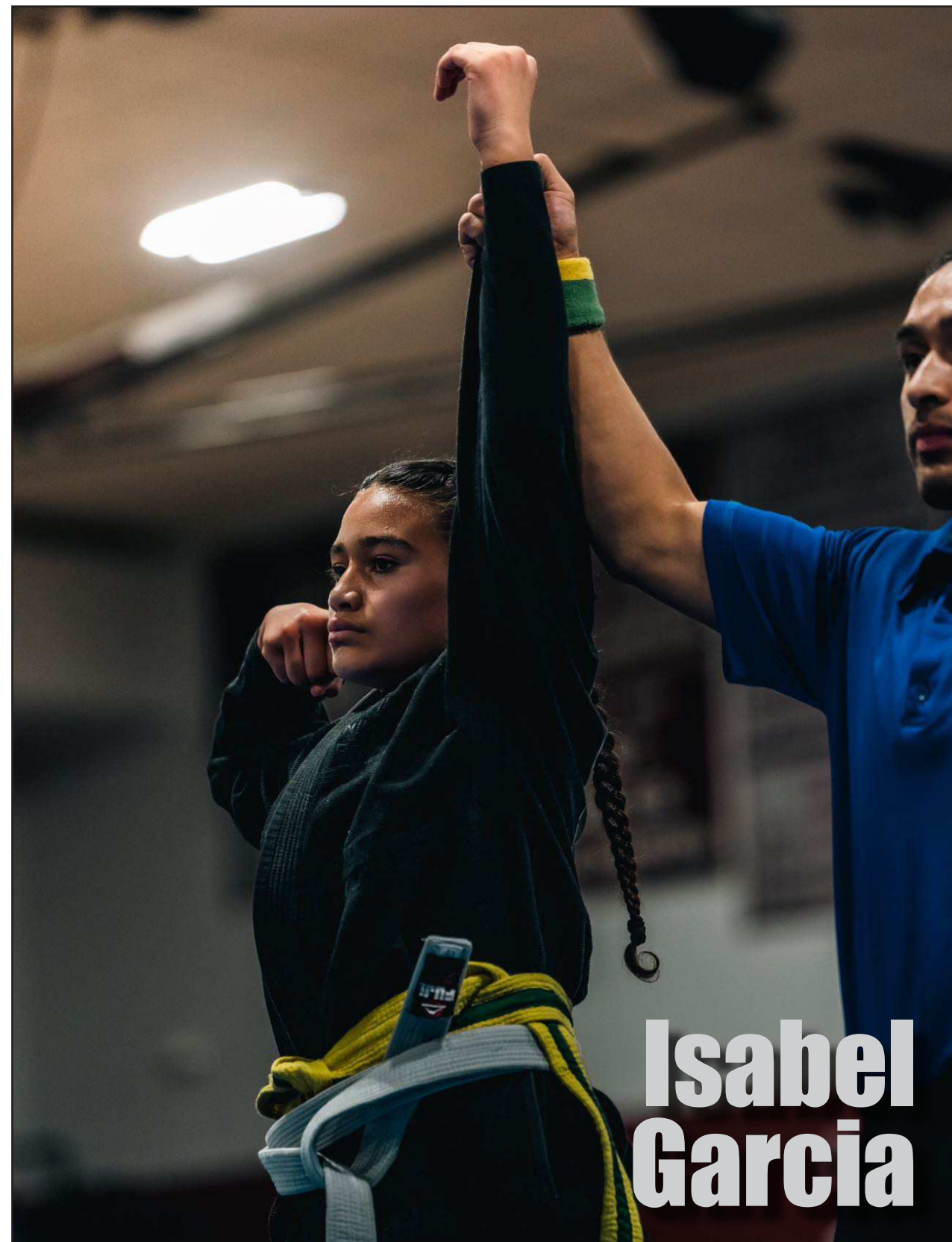
Dawna Lee Heising
Elite Martial Art Spirit Award

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Dawna Lee Heising has acted in over 250 feature films, including Param Gill's "Bad President", starring Eddie Griffin, and "Alien Storm", starring Tom Arnold. She has won over 730 film festival awards, including over 440 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 Orange County Universe, Miss California Hemisphere and Mrs. California United States, among many other titles. She was the Queen of the 2021 Kaiju Film

Festival, the 2019 Hollywood Silver Screen Film Festival Queen, and the 2018 WIND International Film Festival Queen. She has a B.S. Degree in Business Management and MBA from Pepperdine University. Dawna is the VP of Aki Aleong's Mustard Seed Media Group. Her uncle is legendary director of photography Tak Fujimoto ("Silence of the Lambs", "Sixth Sense") and her cousins George Daugherty and David Wong won a Primetime Emmy Award for "Peter and the Wolf on Broadway".

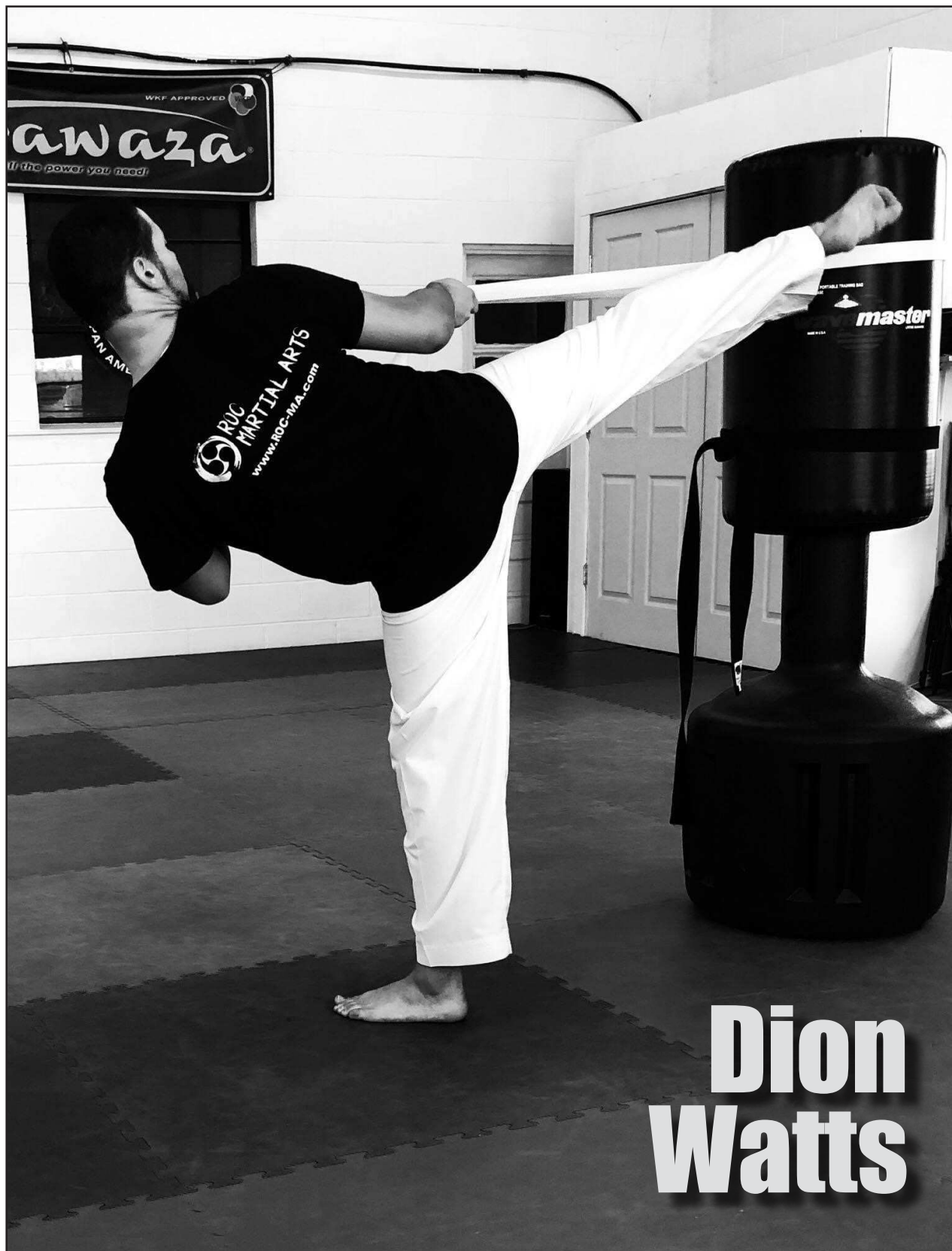
Photos Credits: Dan Kennedy, Kevin Le





**Dawna
Lee Heising**



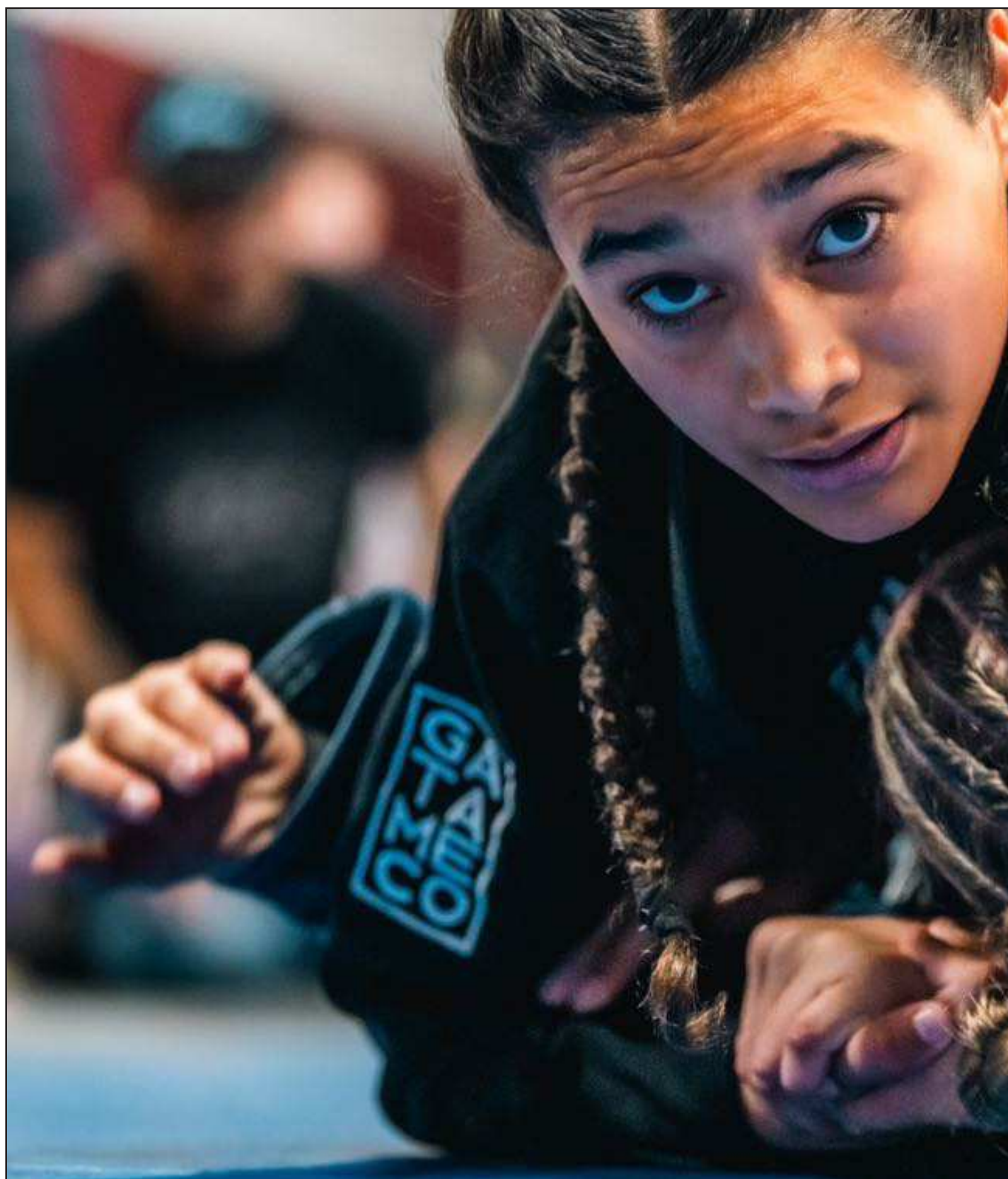


**Dion
Watts**



**Isabel
Garcia**






My name is Dion Watts, I have been doing karate for about 7-8 years. My dream is to be on the USA team and to compete for them. My goal is honestly simple I want to be the best martial arts by competing and training. The only challenges is trying to learn new things and using them in competitions.









**Dion
Watts**



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and I never stop learning. Sometimes I have great days on the mat and other days I feel like nothing I do works. On the days where I feel frustrated at practice, I learn the most. I just hit three years in Jiu-Jitsu and was surprised by my coaches with a grey and black belt during one of our big promotions. With every new belt that I

receive, I know the competitions gets harder and more is expected of me in the gym. I try and be a leader at my Jiu-Jitsu gym and I hope to open my own gym when I get my Black belt.

Photos Credits: @4k_az_ (Instagram) @issybj (Instagram)



My name Issy. I'm known as ISSYBJJ. I started my Jiu-Jitsu journey in May of 2021, when I was 8 years old. My dad put me into Jiu-Jitsu because I was bullied by bigger kids and he wanted me to gain confidence in my self. I was always into combat sports. When I was four years old, I would go with my dad to the boxing gym and watch him train. I always asked him to train me and once in a while he would hold the pads for me and I would hit them for a few rounds. I always sat next to my dad during boxing and MMA fights and we would bet snacks on who was going to win the fights. I won a lot of snacks. One day while watching fights, my dad asked me if I wanted to try Jiu-Jitsu. He explained to me what Jiu-Jitsu was and I said I wanted to try it. My first day of Jiu-Jitsu at Mako Brazilian Jiu-Jitsu in Tucson Arizona, I was nervous but the coaches were great with me and the teammates helped me learn the techniques. I fell in love with Jiu-Jitsu and I never stopped going. I started competing after training for four months. Competition makes me nervous but also makes me feel accomplished. I have had great wins and tough losses but I have grown a lot in the sport. Some of my achievements include capturing the Last Warrior Standing Super Fight Championship at grey belt, being a six-time Old Pueblo Open Gold Medalist, and becoming an ADCC Open Champion at the intermediate level. My goals are to win kids Jiu-Jitsu Con and kids Pan American Championships. I also hope to be invited to compete in the ADCC Kids World Championships. My biggest goal is to become one of the youngest female Black Belts. Jiu-Jitsu changed my life. I am no longer intimidated by anyone and I believe in myself. I share my journey through Instagram, so I can motivate other girls like me to be strong and confidents. I also coach little kids class and help the younger kids learn Jiu-Jitsu. There is always a challenge when it comes to Jiu-Jitsu



Isabel Garcia



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 A close-up image of a plate of grilled chicken pieces, including drumsticks and thighs, served with a white dipping sauce.




My Name is Gaeul Isaia & I am 12 years old.
 My short term goal is to improve every day & with every tournament I am entered in, win or lose.
 I am a Jiu-Jitsu intermediate level practitioner training out of Waiuku VR Jiu-Jitsu Academy in Auckland New Zealand.

My long term goal is to become a professional athlete in my chosen sport of Jiu-Jitsu or MMA.

I don't have challenges as I see every opportunity as a learning goal good or bad. Staying focused & discipline is what drives me.

My Achievements:

- 2023 North Island Champs- Won Silver
- 2023 NZ Nationals Points/ Submissions- Won Bronze
- 2023 Submission Grappling NZ Nationals (Gi)- Won Silver
- In-House Interclub VR- Ju-Jitsu Club Competition- Won 2 Gold Medals in two divisions.
- 2023 ADCC New Zealand Grand Prix Event - Won Bronze
- 2023 Oceania Kids Jiu-Jitsu Championship- Gold in the No-Gi & a Silver in the Gi
- 2024 Stealth Sub Series- Tauranga Won Silver & Bronze
- 2024 Stealth Sub Series- Auckland Won Gold & Silver
- 2024 NZBJJF Kids Jiu-Jitsu League Won Silver & Bronze
- 2024 NZ Grappler Won Silver
- 2024 Mitsuyo Madea Cup Won Silver & Bronze
- 2024 Stealth Submission Only Won Gold & Silver
- 2024 Oceania Champs Won Gold & Silver
- 2024 NZBJJF Pacific Competition Won Gold & Silver

