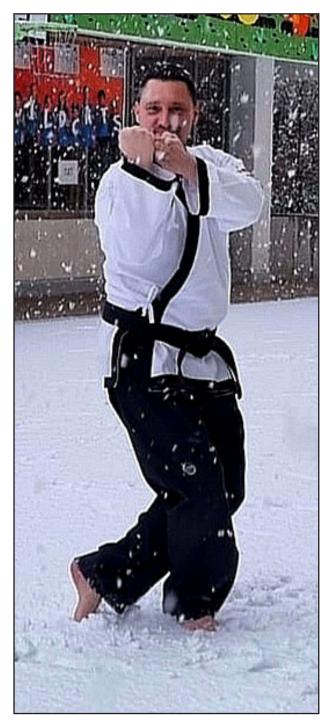


Featuring Preview





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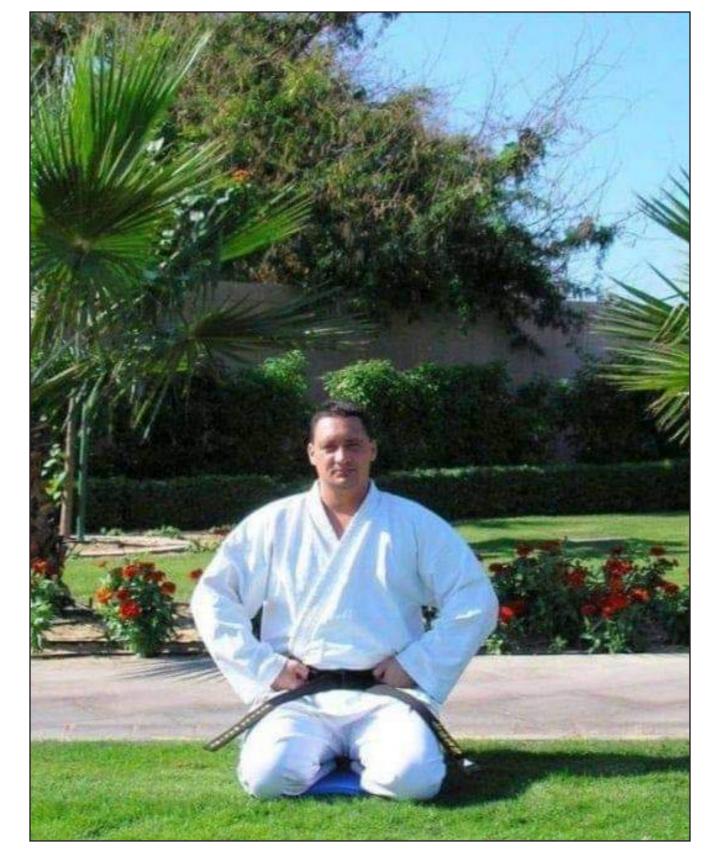












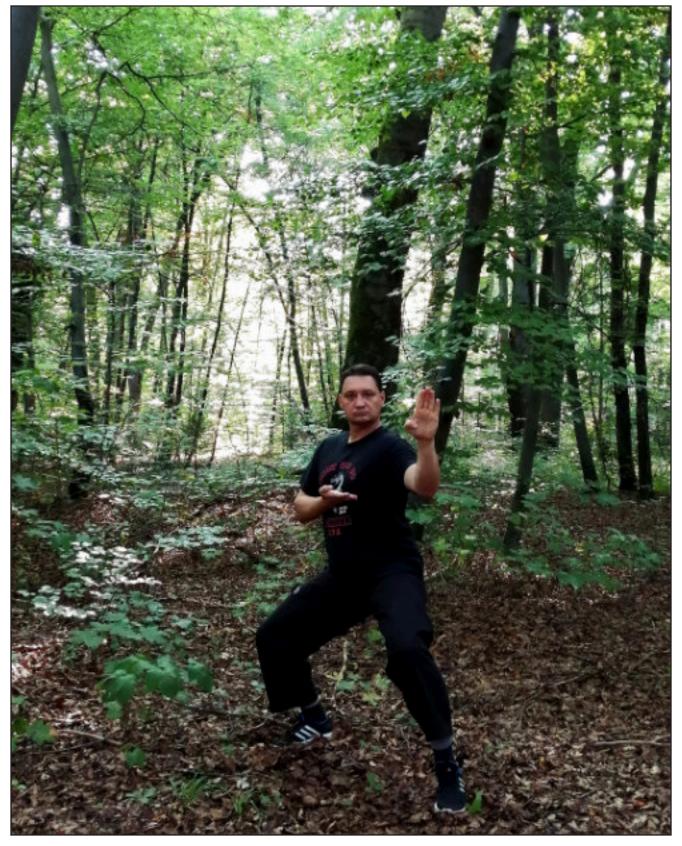




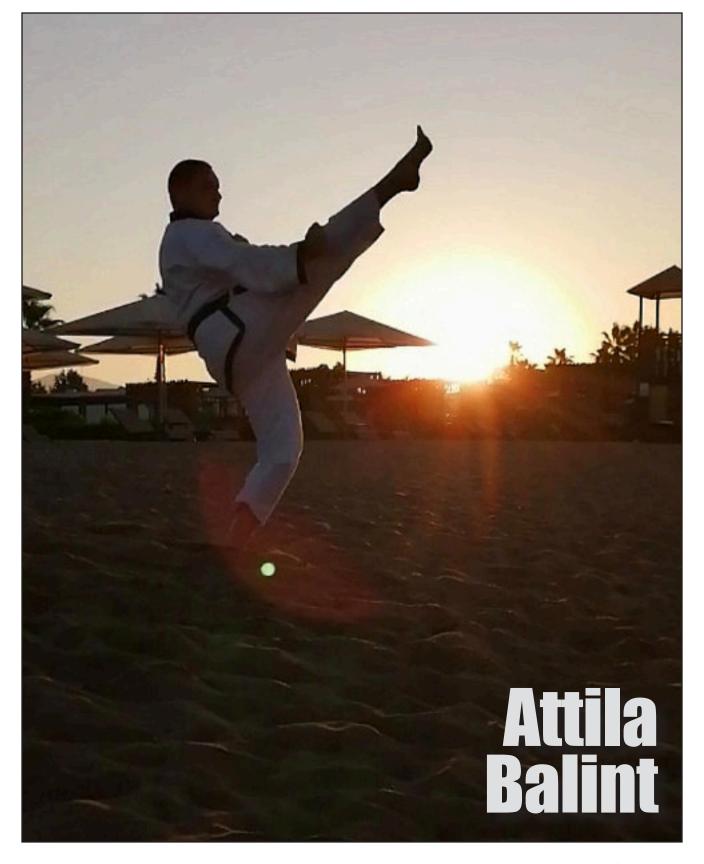








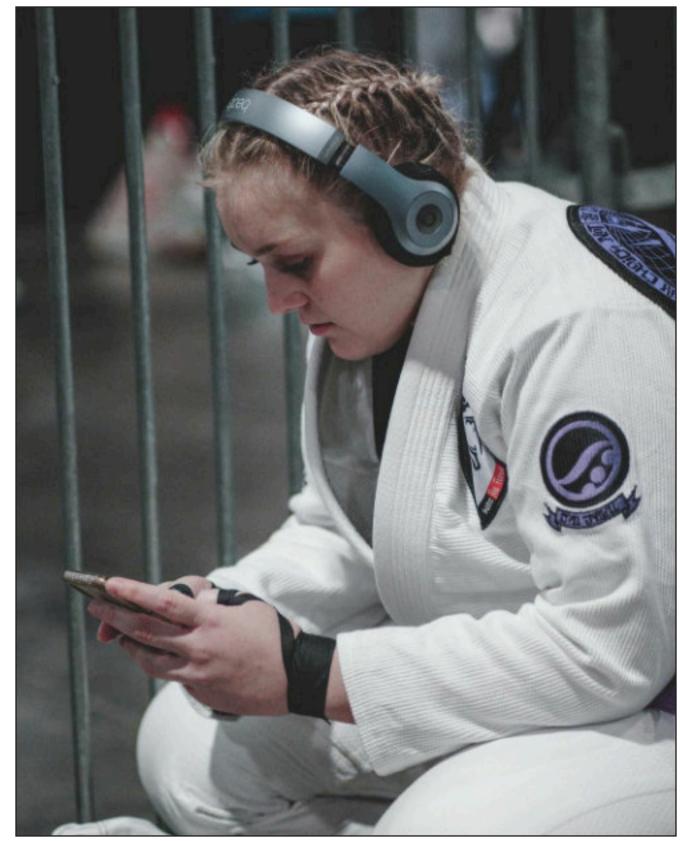




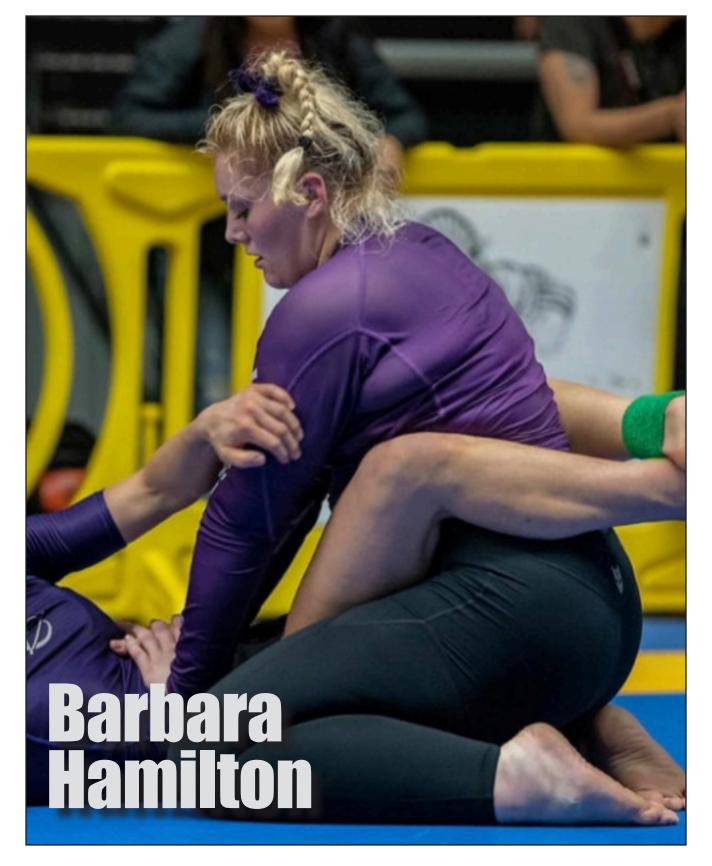














When I was a child, I didn't like sport. At that time I didn't know martial arts yet. But it's never too late if you want to do something. Today I think my former sport teachers would be surprised!

So at 20 years old, I joined a Vietnamese martial arts club. There, I met my first master and kind people who helped me to improve. I first joined the club to do some sport, I didn't think martial arts would become a passion so fast. I practiced every day, as much traditional training as fight training. I like training hard to go of my limits.

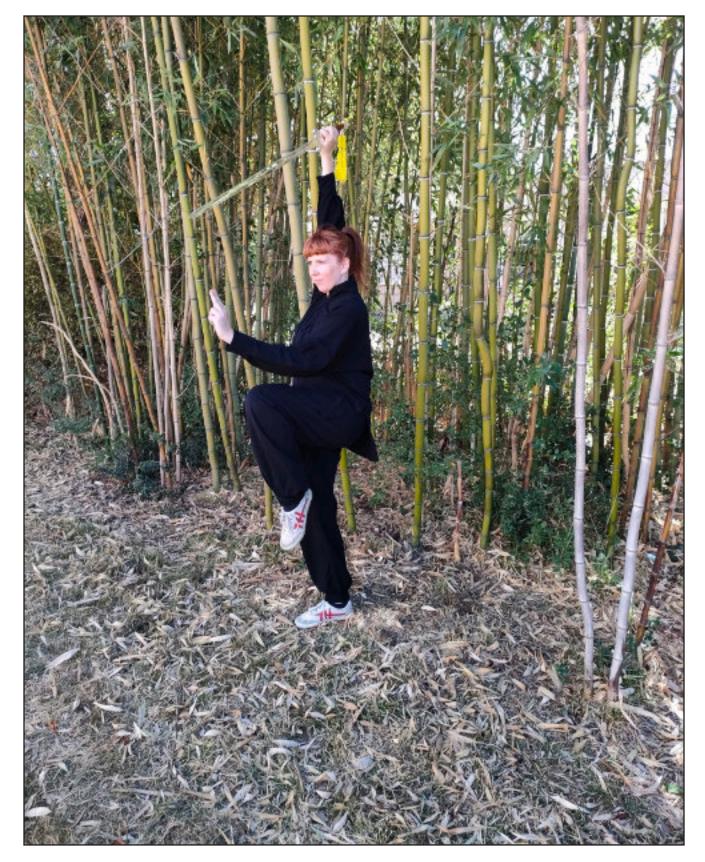
Martial arts gave me confidence. I did national

competition and I was a bronze medalist. Then I got the black belt. I went to train in Viet Nam and I got yellow Vietnamese belt.

Parallel to this external practice, I wanted to add a more inner dimension to my work and I started Tai Chi. I had sudden awareness of how Tai Chi is beneficial to health. Sometimes I was tired before training and after Tai Chi class I felt in good form!

Today, I still continue to practice Vietnamese martial arts and I'm proud and very happy to be a Tai Chi teacher in my own club! More than a passion, martial arts are a part of my life.

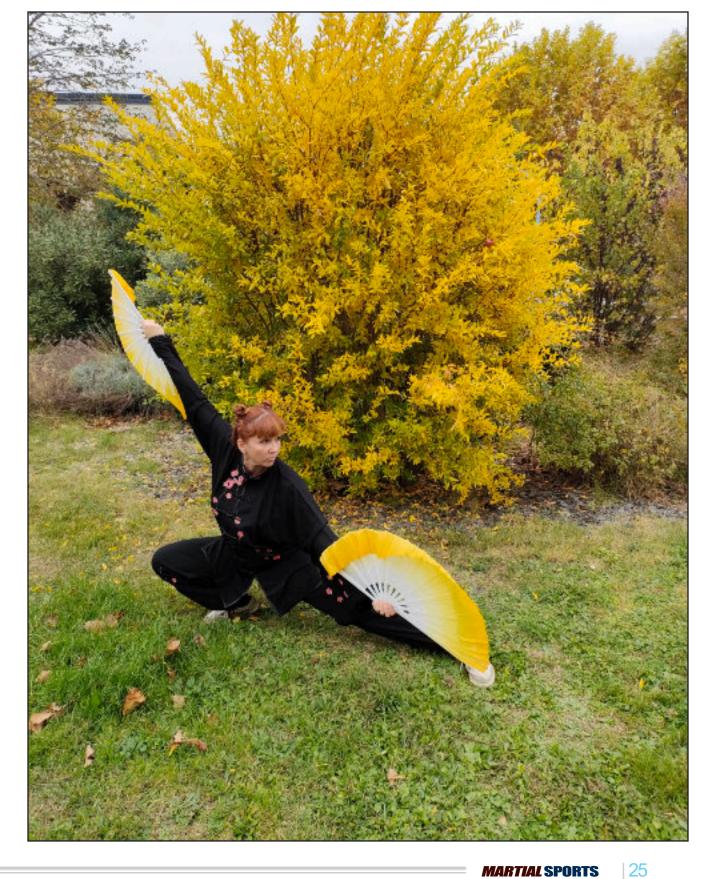


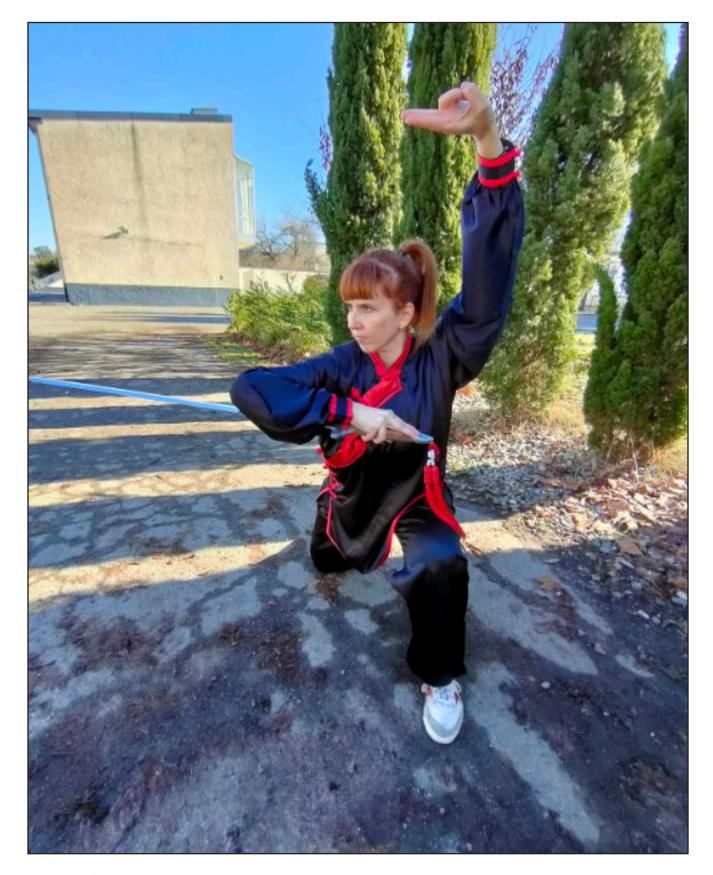




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Everyday I'm learning!
I'm just trying to be
the best I can be as a
person on and off the
mat. I look up to my
brother Carter
because he's a beast!
But most of all a
humble beast!

My goal is to actually be a Singer one day and also the next black belt in Jiujitsu!! I think it's cool to be able to live in a world that I can choose both.

Thank you for this amazing publication! You guys rock!

See you all on the Mats one day!













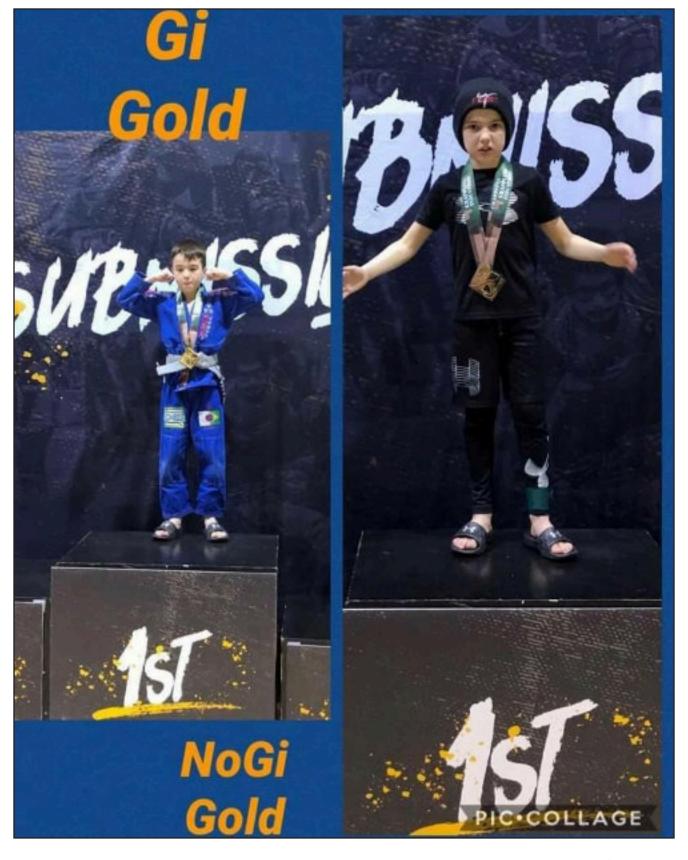




I started my career at the age of 3. Starting with tkd didn't love it as it wasn't enough I have extreme high energy. The age of 7 i tried Brazilian jujitsu after one class i fell in love with it. We put him in bjj as he was severely bullied starting at the age of 5 by a grade 5 student. We had no intention I train 7 days a week. of him competing But i was a natural at it. 2019 he started Olympic wrestling after only 8 classes he competed in the Canadian nationals winning silver. I love both sports has won 35 gold metals, 4 silver from the early days and 2 bronze (from

travelling to the US to compete in folkstyle wrestling. 11yrs old with my future planned. My dreams are to become a UFC fighter and hopes to make it in the Olympics for wrestling.

Coaches say he's the hardest worker in the room. He trains in the advanced adult classes because he's so advanced. He can keep up with













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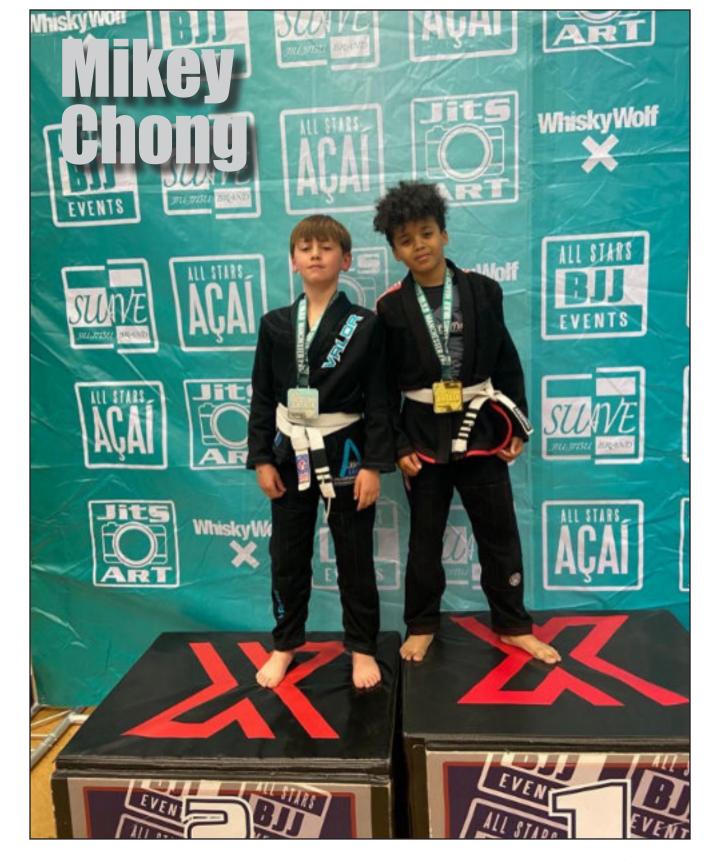






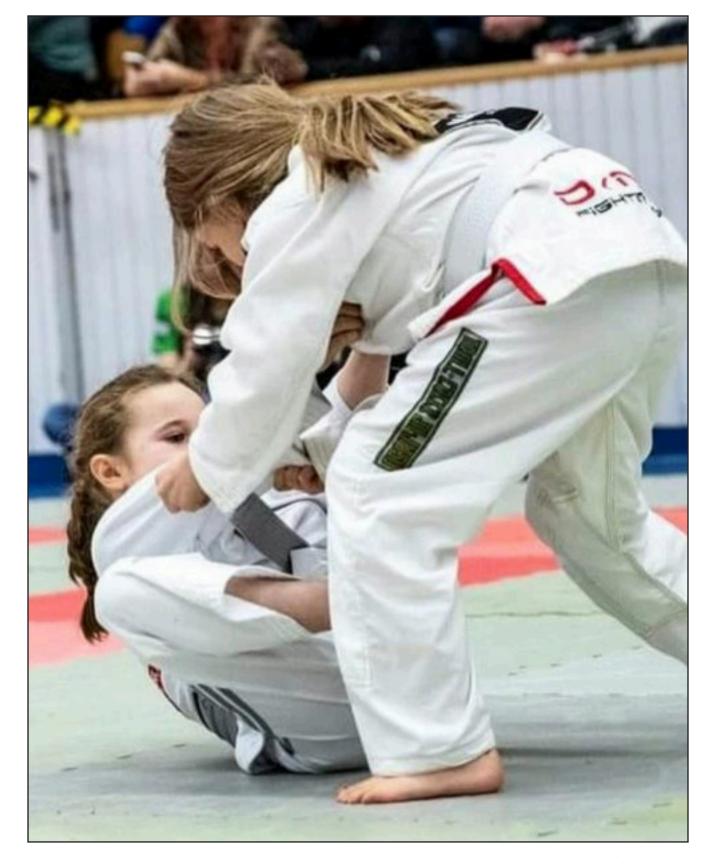
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