

# **MARTIAL**SPORTS



# **Parker Academy Martial Arts**

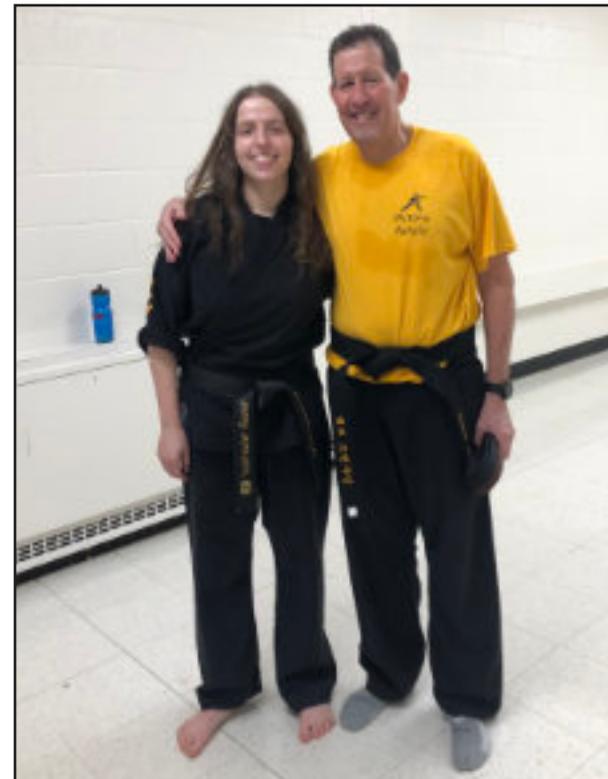
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# Featuring

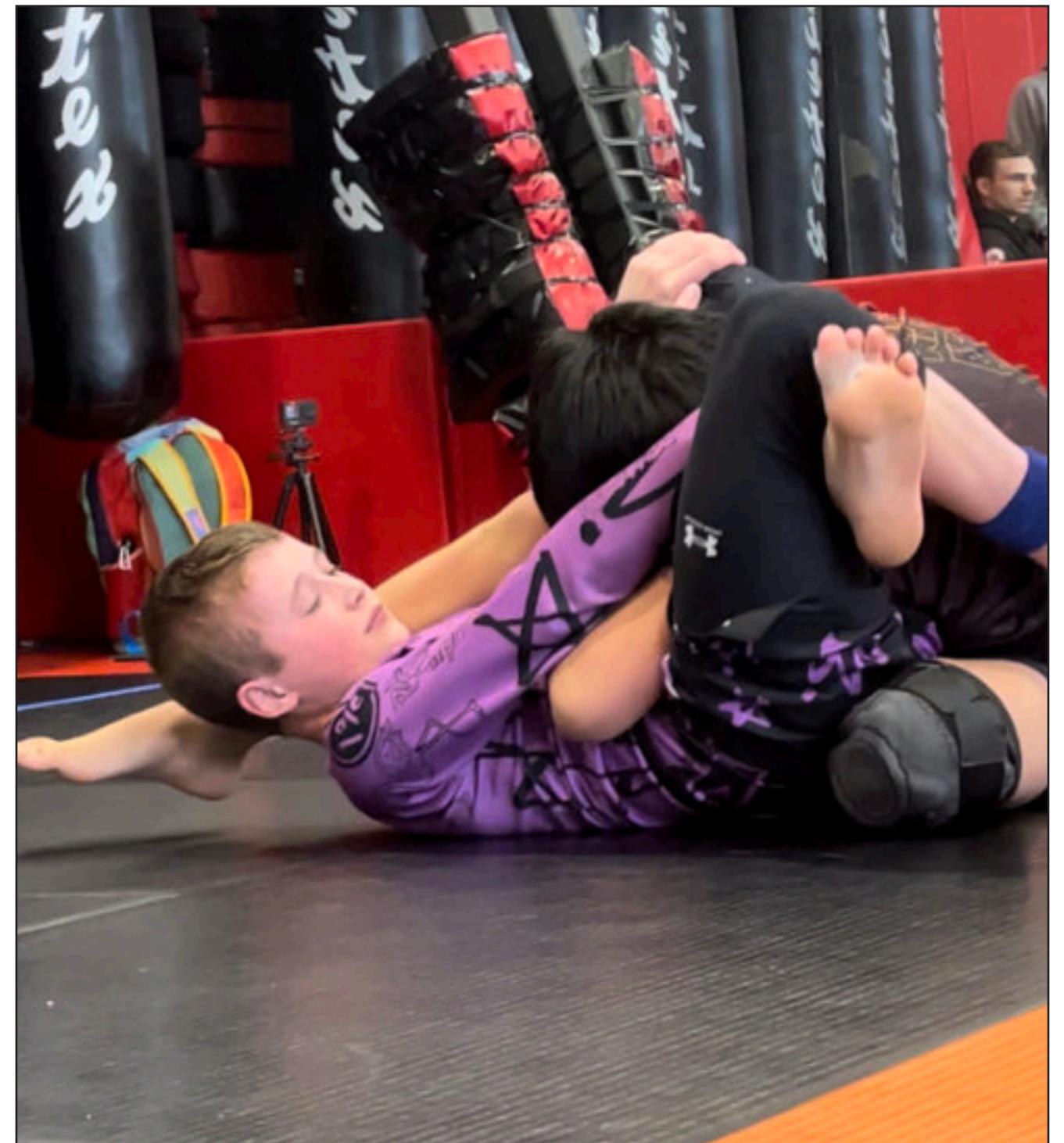
# Preview



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**Caleb**



My name is Caleb Trudeau my dream is to win three UFC belts and my goal is to win the wrestling nationals this month and my challenges are going against bigger and stronger guys and my achievements are winning a bunch of jujitsu

championships and titles and coming second in the provincials for wrestling.

Photos Credits: I won the belts and medals and the fights



Caleb



Caleb

# Cesar Nicholas Salinas



My name is Cesar Nicholas Salinas. I am 7 years of age, from Mission,Tx, a small town in the Rio Grande Valley. My parents signed my 2 brothers and I, at Combat Sports Institute about 2 years ago. As time passes, my passion for martial arts, Jiu Jitsu in specific, grows more and more. I've

been in a few competitions , Gi also No-Gi. I am now a grey belt, but my goal is a black belt. I hope one day I am an inspiration to many children my age, and I hope to make my parents proud.

Photos Credits: \_studiosixteen\_



**Cesar  
Nicholas Salinas**

# Dawna Lee Heising



Dawna Lee Heising has acted in over 210 feature films, including Param Gill's "Bad President", starring Eddie Griffin, and "Alien Storm", starring Tom Arnold. She has won over 380 film awards, and 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

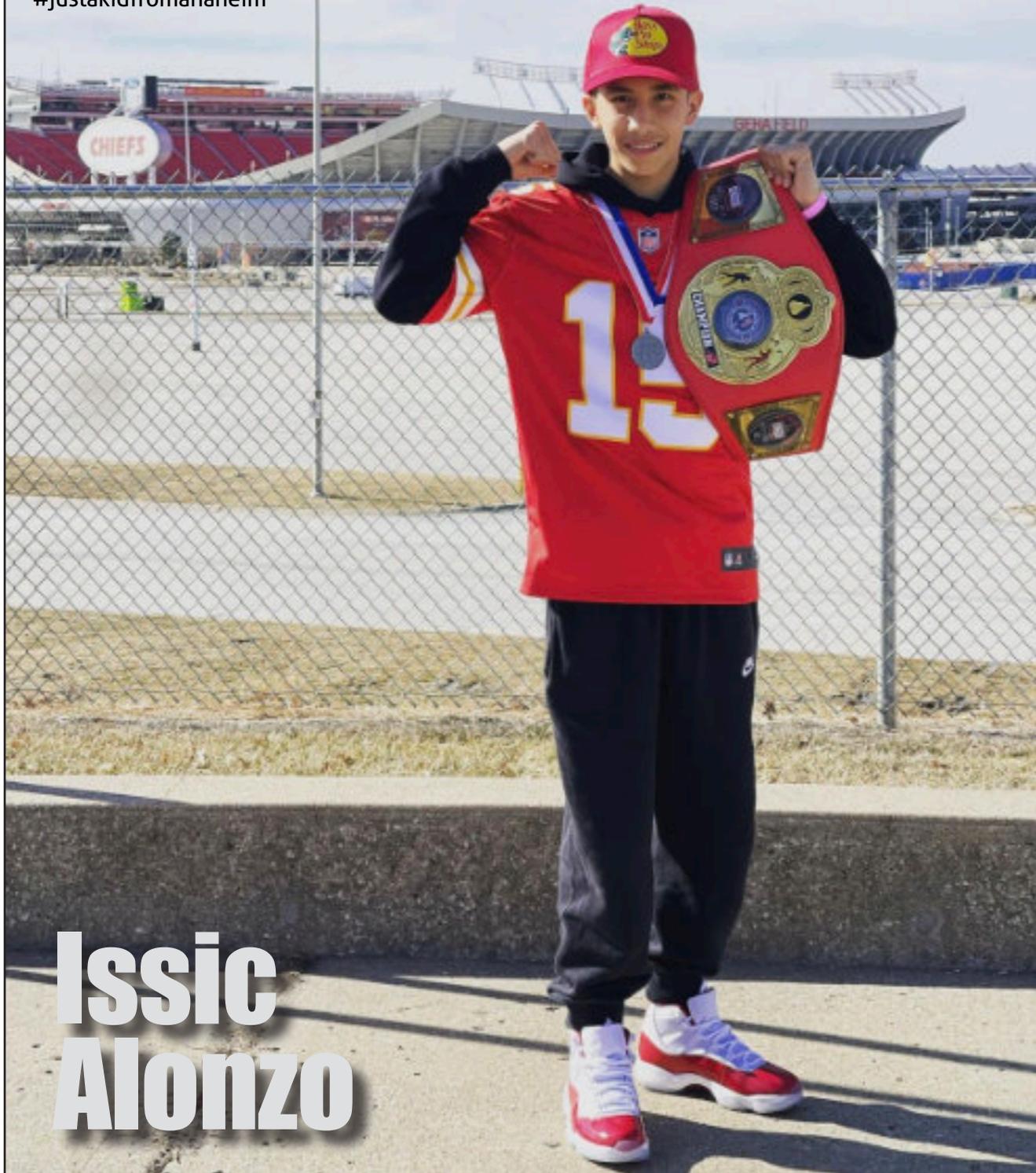
Silver Screen Film Festival Queen, and the 2018 WIND International Film Festival Queen. She has a B.S. Degree in Business Management and MBA from Pepperdine University. Dawna is the VP of Aki Aleong's Mustard Seed Media Group. Her uncle is legendary director of photography Tak Fujimoto ("Silence of the 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



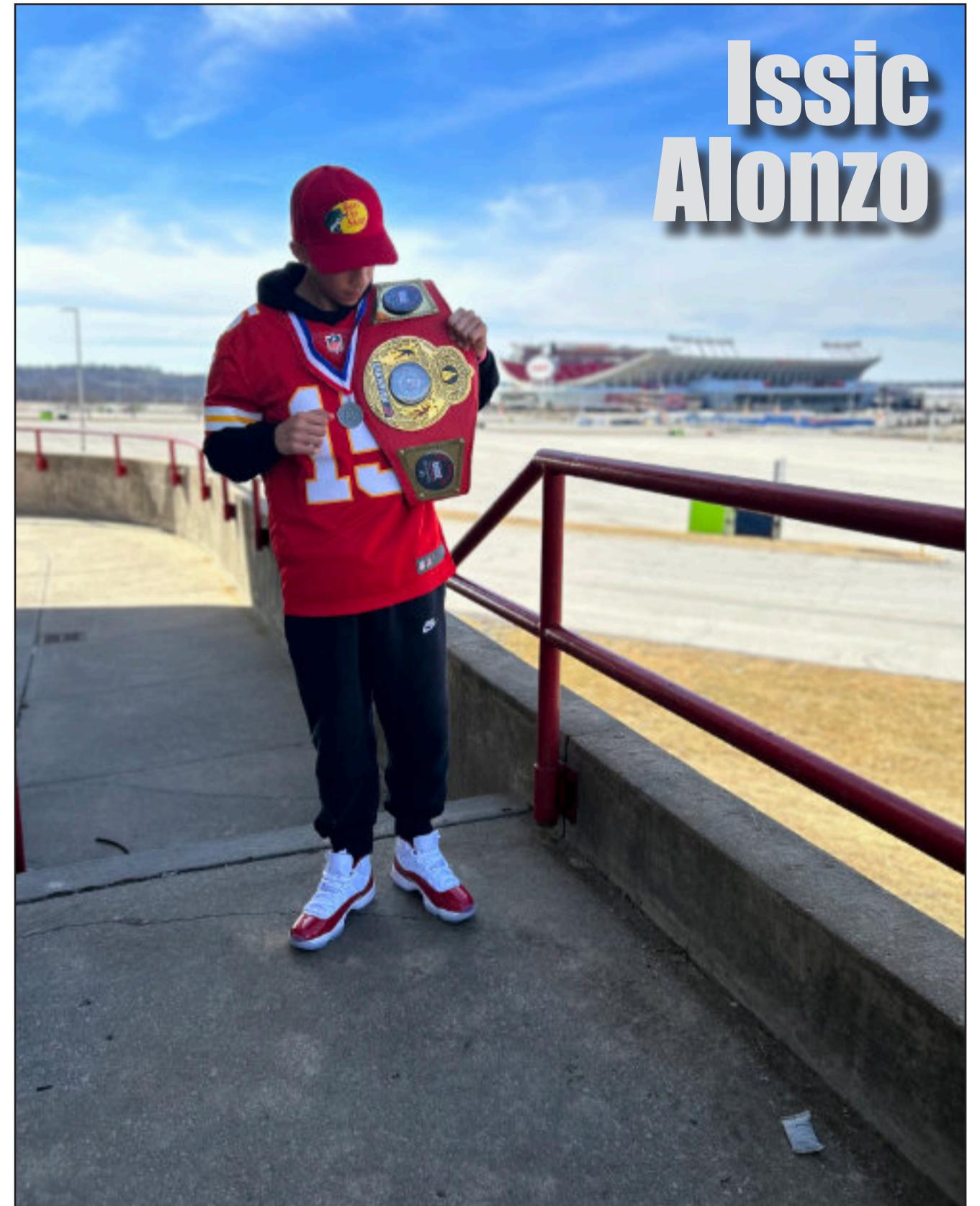
**Dawna  
Lee Heising**

My name is Issic Alonzo I'm 13 years old I've been boxing since the age of 7 I won 4 national titles and I'm rank number 1 in the nation I'm from Anaheim ca #justakidfromanaheim



# Issic Alonzo





# Issic Alonzo



My name is johnnny my goal is to become the next big ufc fighter when i turn 18. Right now the biggest challenge for

me is to break one of my coaches record for doing 100 sprawls each day. I plan on getting better with each match

and everything day i make myself better than the day before.

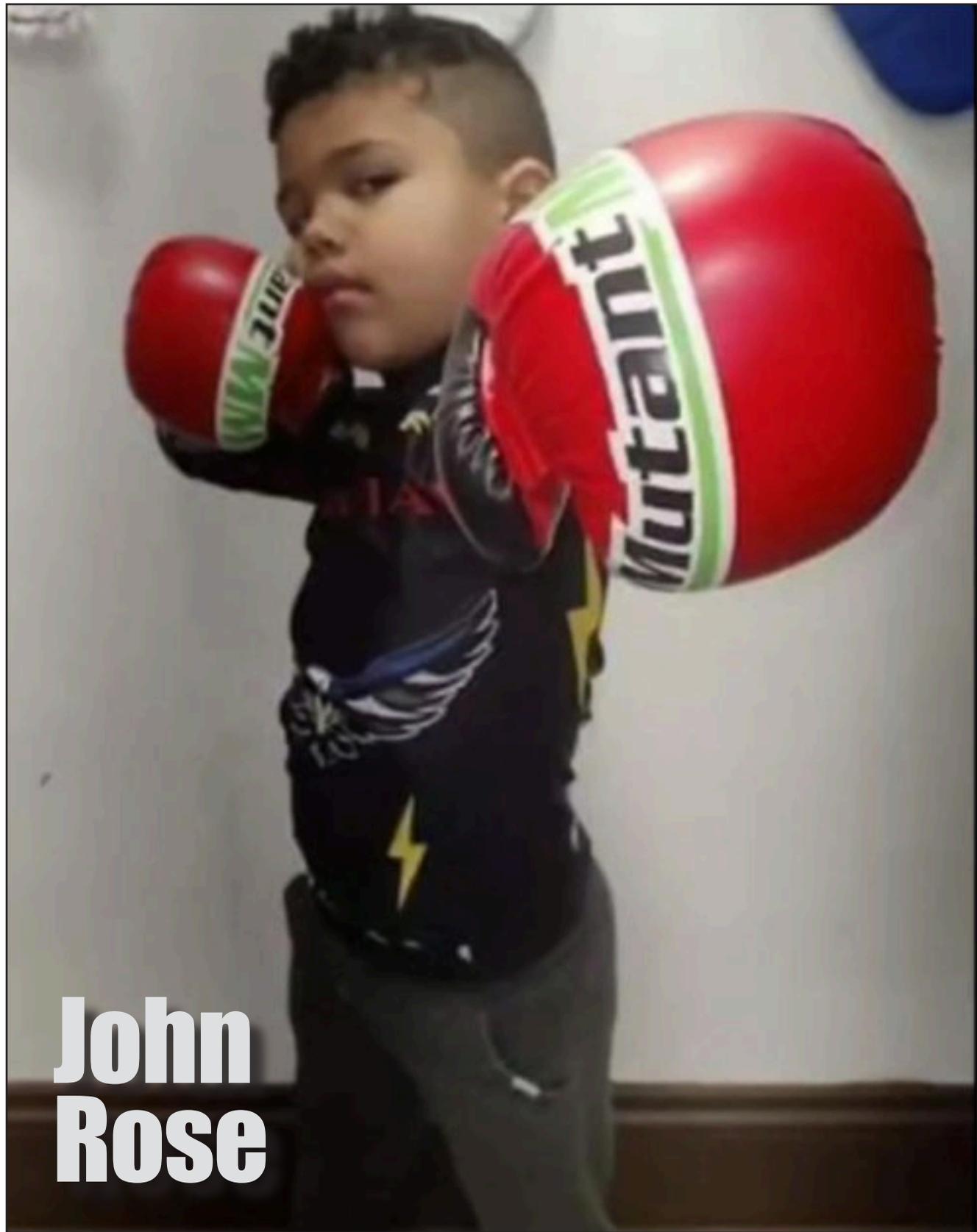
# John Rose





**John  
Rose**





**John  
Rose**





**John Shaddock**



**John  
Shaddock**



**John Shaddock**

Hi my name is Julian Gutierrez I started jiu jitsu at Carlson Gracie Gold coast a little over two years ago I am a Gray belt my sponsor is Braus.

Jiu jitsu gave me a lot of joy, I

compete a lot and had great challenges such as Pan Pacific 2022 with a gold medal, Gold in 2021 and 2022 Queensland state championship, many more victories. My jiu jitsu is improving every day thanks to

Fabio who is my teacher who also teaches me to be humble and learn values and respect, jiu jitsu changed my life and I dream of being a World Champion one day



**Julian  
Gutierrez**



**Julian Gutierrez**







"The first time I saw Michael roll, my jaw dropped, and I didn't remember to close it again until 30 minutes later at the end of the session. He was both a feather and an 800 pound gorilla; he was a scalpel, a dancer, and a comedian. He had eyes in the back of his head and he absorbed information through his skin. He was a chess master and yet somehow a beginner. Today, he exceeds even that." -Polly Seals Cut to 30 years prior, and you'll find a miniature me, watching Power Rangers, and practicing Ninja Turtle moves. My childhood dream was to be a ninja (and secretly my adult one, too). I love jiu-jitsu because it feels like having a superpower. Jiu-jitsu is dynamic problem solving, like playing 3-D kinetic chess using your body and mind. The problems on the mat mirror the problems in life; if you solve one, it can help you solve another. I love the people connection. Jiu-jitsu gives you the chance of

bonding with people that you might not otherwise. It breaks the standard social circles because there is no norm. In October 2021, my wife, Polly, and I opened our academy, Lexington Jiu-Jitsu & Fitness. The biggest challenge for me has been the transition from being a student to being a leader. I never wanted to own my own school. For me it was all about the practice. But eventually it became a necessity for me to take the leap. The challenge has been worth it. I love seeing the passion for jiu-jitsu grow in my students and it feels good to be building a hub so the jiu-jitsu community can thrive. My hope is that through positive actions and consistency over time I can help to shift the culture of jiu-jitsu. I'd like to be remembered as a teacher who lead by example, that carried the torch of knowledge, deepened it, and passed it on.



# Lexington Jiu Jitsu & Fitness



# Lexington Jiu Jitsu & Fitness



# Lexington Jiu Jitsu & Fitness



**Nadia  
Beltran**

MY NAME IS NADIA BELTRAN, I AM A PRACTICER AND COMPETITOR OF BRAZILIAN JIU JITSU. I AM 10 YEARS OLD AND I AM A YELLOW BELT. ALTHOUGH I HAVE ACHIEVED GOOD RESULTS IN COMPETITION MY GREATEST CHALLENGE HAS BEEN OVERCOMING MY INSECURITIES SINCE I HAVE ALWAYS BEEN A SOMETHING SHY GIRL. I KNOW WHAT I HAVE TO DO TO ACHIEVE MY GOALS OF BEING A WORLD CHAMPION IN ADULT BLACK BELT. I KNOW THAT THE ROAD WILL NOT BE EASY BECAUSE IT IS A LONG ROAD AND FULL OF

DIFFICULTIES, AMONG THOSE DIFFICULTIES IS ECONOMIC, BECAUSE IT IS A MINORITY SPORT AND WE LACK SPONSORS. THIS 2023 I HOPE TO WIN THE AJP WORLD CUP IN ABU DHABI AND BEAT MY THIRD PLACE FROM LAST YEAR. THIS YEAR WILL BE A DIFFICULT YEAR WHERE I WILL HAVE TO COMBINE STUDIES, TRAINING ON THE TATAMI, PHYSICAL PREPARATION AND SEARCH FOR SPONSORS TO BE ABLE TO COVER THE COMPETITION EXPENSES.



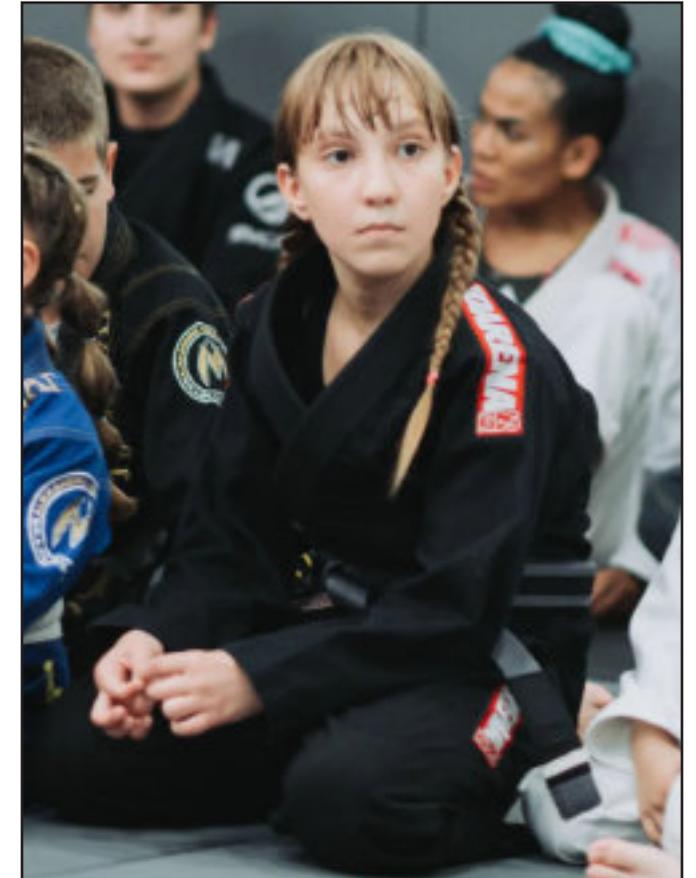


Nadia  
Beltran





**Nadia  
Beltran**







# Parker Academy Of Martial Arts



Parker Academy of Martial Arts (PAMA), United Martial Arts Center (UMAC) and Kicks Martial Arts (KICKS) joined forces to form KicksRus Martial Arts. 3 locations, one family! (locations in Parker, Centennial and Aurora). We are a family run and operated school and are the biggest and oldest studios in town. We believe in providing the best quality training, integrity and family culture. Each studio makes it their mission to make sure your family has the knowledge and training to defend themselves, and gains confidence, respect, fitness and has fun! Our studios offer taekwondo, BJJ, kickboxing, muay thai, adult defense, hapkido and more! We have programs for all ages, flexible schedules, affordable pricing, knowledgeable instructors and no contracts! Although KicksRus teaches much more than martial arts. We teach

discipline, which helps your child do better in school. We teach good manners and to say yes mom and dad the first time they're asked to do something. We teach verbal judo to de-escalate a situation and bullying so that you and/or your child should never need to physically fight in the real world. We teach balance and patience which translates to countless other aspects in life. As a family run and operated business, KicksRus knows how important a great family atmosphere, spacious facility and affordable pricing really is! Martial arts is one of few sports that you can do at any age and participate in as an entire family! That is what makes KicksRus the best place to provide your family with the knowledge, training and life skills they need to enhance every aspect of life! Visit them at their website: <https://kicksrus.com/>

to try some free classes! "This is one of the very best organizations our family has been a part of. The instructors are very professional, and great at working with children. My daughters love going to Taekwondo and I love to watch them learn and grow." -Anna M. "Great martial arts school for all ages. My son started here a little less than three years ago and has thrived with expert instruction

to the point of wanting to be an instructor himself now. Highly recommend this school!" - Gordon H. "Nicest people and the energy is so motivating my 9 year old was scared and nervous and it took all of 5 min for her to feel welcome and excited to try the class. Wonderful group of people and kids!!!"- Melissa L.



# Parker Academy Of Martial Arts





# Parker Academy Of Martial Arts



# Victory Karate



Victory Karate is a family owned martial arts program based in Silver Spring Maryland. We offer classes for children starting at age 5 up through teens, and also have adult classes. We teach Tang Soo Do, and our head instructor is a national

champion in sparring and forms. Victory Karate offers a free introductory lesson to anyone looking to enroll in a martial arts program. We look forward to helping you reach your goals in martial arts!



**Victory  
Karate**



Graduating from yellow to gold belt!



# MARTIALSPORTS



**Issic  
Alonzo**



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