

# MARTIALSPORTS



# Jamaal Jenkins

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# Featuring



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# Preview





Don't let her small stature and sweet smile fool you, Abby Rosenberg's round house kick will knock you out! The two time US National Champion started her karate career at the tender age of 7 with the long term goal to become a WKF World Champion. Abby travelled with her Sensei, PKF Champion Ashley Davis, to Paris to watch multi-World Champion, Rafael Aghayev, fight in the prestigious annual K1 tournament and was thrilled to have the opportunity to meet and talk with the Olympic athlete. Inspired by Aghayev, Abby didn't let recent injuries keep her from going to her dojo, A + Martial Arts, daily even if it was just to watch classes. COVID-19 wasn't able to slow Abby down from daily practice and lessons either at A+ Martial Arts or through ZOOM instruction at her home workout area. A perennial gold medalist at local NY, State and National competitions including a win at the USA Karate Open, Abby, who is sponsored by Punok, has her eyes set on earning a spot on the US Jr. National Team when she turns 12. This young star no doubt has a bright future ahead of her.



Photographers Credits: Raya



# Abigail Rosenberg



# Abigail Rosenberg

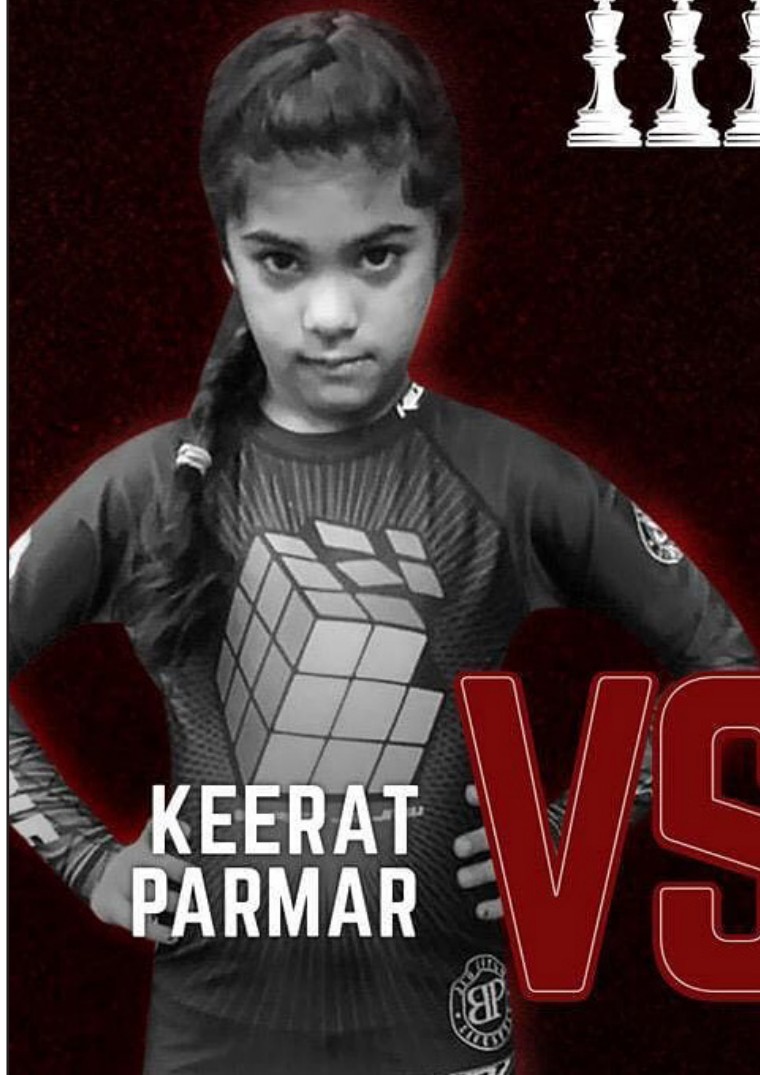




# Aspen Blue Ljubinkovic



# PARA BELLUM QUINTET



**KEERAT  
PARMAR**

**VS**



**ASPEN BLUE  
LJUBINKOVIC**

I am 8 years old so you can imagine how many dreams I have. I started with BJJ when I was 6 years old and Wrestling at 7. My Coaches believed in me which made me believe in myself. I was able to find strength in myself that I didn't know I had both physically and mentally. I competed in several BJJ Tournaments winning

Bronze Medals and Gold Medals in Wrestling. One really proud moment I had was when I grappled at the PARA BELLUM QUINTET, being the youngest girl and with least experienced in a crowd that size I knew right there I had to face this challenge head on. I am proud of my achievements so far, they are few

but it will grow. I don't know how far or how long this road will be but its one that taught me to be humble and to think fast, that's not always easy when you have 3 minutes on a clock and your a white belt. My Coaches are the ones who believed in me so I could believe in myself.



# Aspen Blue Ljubinkovic





**Audrey  
Vaillancourt**



### My sport, my fight

I am an MMA fighter in Quebec City. I love training and competing but I like to think that I am not just an athlete. I work hard to set an example for kids, to promote physical activity and respect. I also aim to give women the skills and confidence to stand up for themselves against any aggression.

### My teams

I am a coach for the children's classes at Nova Gym, MMA Fitness Center in Quebec City. I give private and group classes.

### My style

I would like to leave a legacy behind. I have a hard time finding opponents of my weight, since

the sport is not popular enough in Quebec. I dare to believe that talking about it will one day give me the chance to open heavier weight classes in Canada. My next project is teaching self-defense for women.

Web site : [onlyfight.ca](http://onlyfight.ca)

Photos by  
Gino Vaillancourt Oeil Artiste





**Audrey  
Vaillancourt**



**Bradley  
Hoecke**



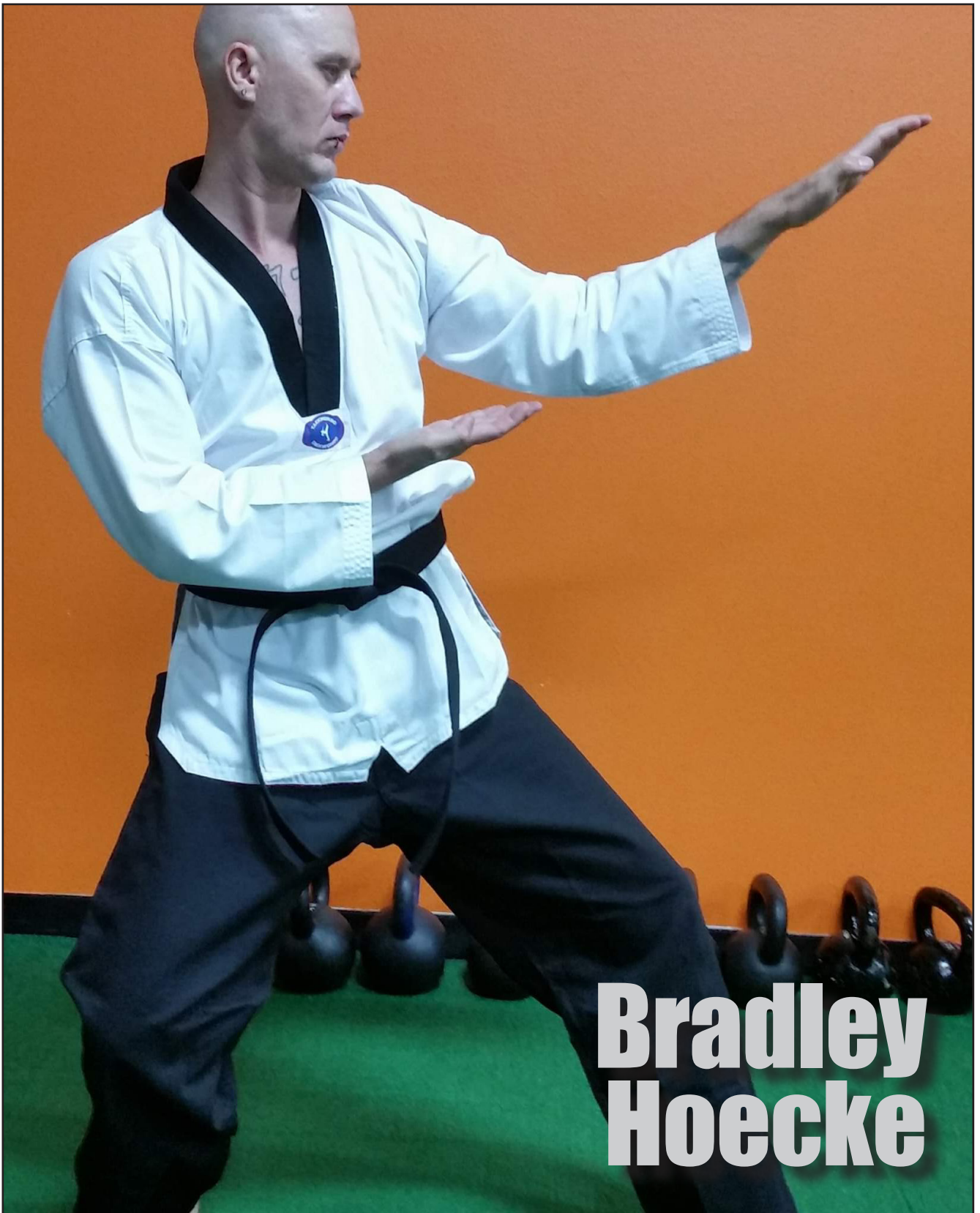


My name is Bradley Hoecke. I'm a 42 year old Native American from the Lower Sioux reservation. My goal in life has always been to teach martial arts. I am currently the assistant Instructor of Redwood Falls Tae Kwon Do, and I'm trying to open my own martial arts studio on my reservation.

It all started when I was young. I grew up watching every martial arts movie I could find. Unfortunately, I lived in a very small town, so I had no way to learn, except for trying to imitate what I saw on television. I used to buy every karate book at our book fairs. I thought that might help me learn. It wasn't until I moved in with my aunt and uncle that I had the opportunity. My aunt paid for me to join St. Cloud National Karate. I continued to go there 5 days per week, until I finished high school. Unfortunately, I didn't continue after graduation. Fifteen years later, I joined Redwood Falls Tae Kwon Do. That was nine years ago. Now, I'm a 2nd degree blackbelt, and the assistant Instructor. Since joining Tae Kwon Do, I've competed in the Diamond Nationals in Minneapolis four times. One day, I'd like to run my own martial arts school. That's been my dream since I was 16 years old.







**Bradley  
Hoecke**

# Cassidy Smith



My name is Cassidy and I am going on 23 years old. I've been a martial artist since the age of 9 years old. I have experience in Taekwondo, Karate, Jiujitsu, Krav Maga, and Hyper. My goal in life is honestly to be the difference in this world by being the voice for those who haven't found their voice yet. I am a mental health advocate who absolutely loves helping others. I was going to college for Electronic Engineering but I am currently on a break for personal reasons. I am also part of the National Technical Honor Society and I was the only one chosen from my class to be part of the NTHS. I have faced MANY challenges in life, but by the grace of God I have won every battle so far and I know you can too! Just keep your head up and keep fighting!



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# MARTIAL ARTS MAGAZINE

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IMPROVED**

**INSIDE STORY:  
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OF THE**

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# MARTIAL ARTS MAGAZINE



Cassidy Smith  
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THE SPARRING CHAMPION

**BEST  
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TOP 10 BREAKS  
OF THE WEEK

# Cassidy Smith

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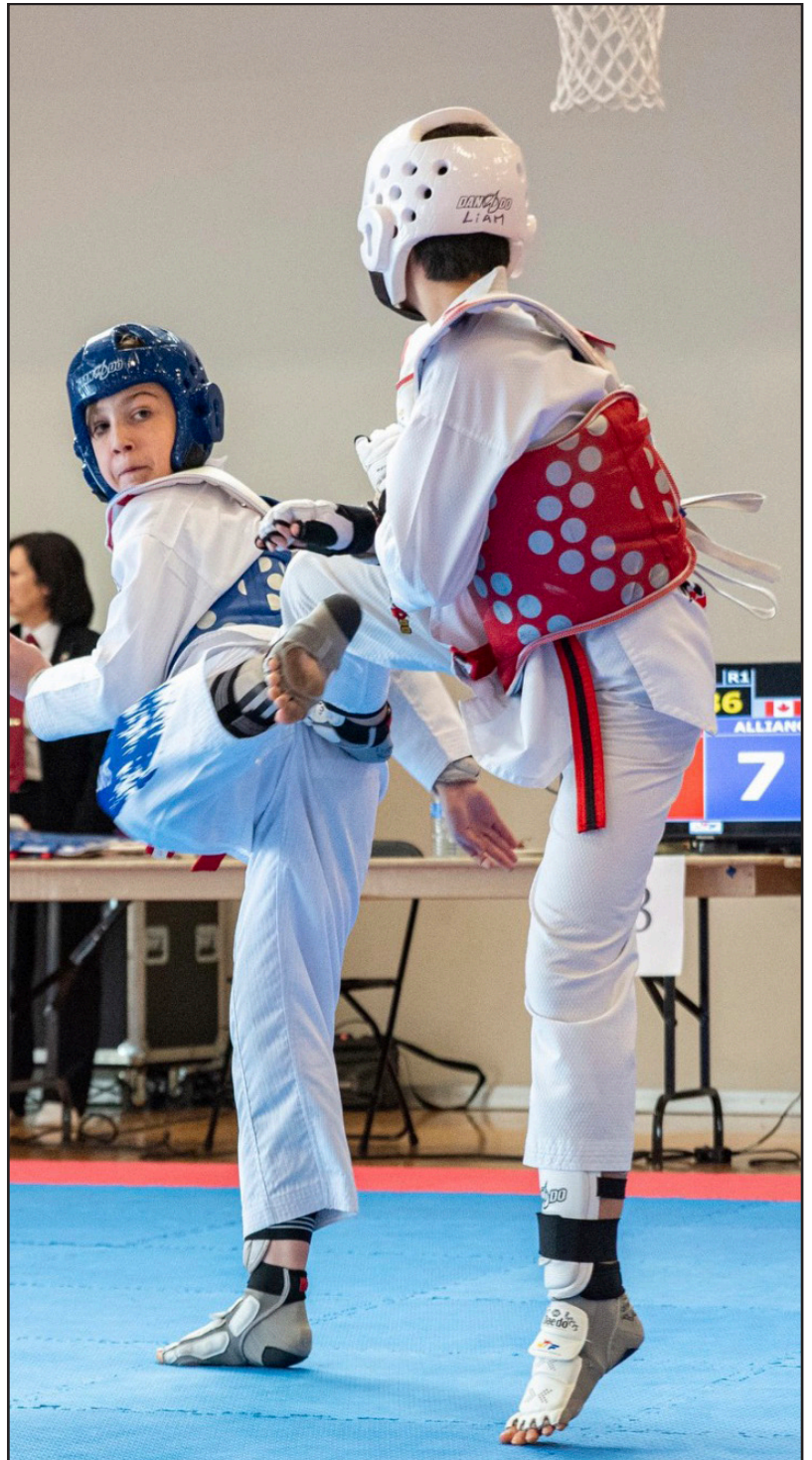
# Fabrizio Jahchan





Started Taekwondo at 3, started competition at 5 and always won gold medal very talented. Dream to be on Olympic team one day. Now, he is 12 wait for the black belt du to the COVID. Has been chosen to play in a Taekwondo movie.

Photographers Credits: Mom





**Fabrizio  
Jahchan**



**Jacob  
E Pate**





-Jacob E. Pate is a Brazilian Jiu Jitsu blue belt under the Pedro Sauer lineage. He trains under his coach, brown belt grappler Derek Davis at Axial Brazilian Jiu-Jitsu in Laurinburg N.C. He began training pro wrestling at 14 with his uncle and that's how this all began. He met Mark Mcrae, a former MMA champion. He trained college style wrestling and kickboxing with his coach. Being a former Amateur MMA heavyweight champion, Jacob has switched his sights to jiu jitsu. Though he hasn't competed in a jiu

jitsu tournament as of yet, he plans to compete Gi and Nogi. Jacob said it will be a great challenge ahead and that he's ready for whatever comes his way next. Though still he trains with Mark, he now trains under the banner of Axial Brazilian Jiu-Jitsu with Derek Davis who has been preparing Jacob for competition in jiu jitsu and all MMA. Jacob believes this training is what he needed to get to the next level. What we do know is this; he will be a great champion one day!



# Jacob E Pate





**MRX**  
BOXING & FITNESS

Fight Sports



# Jamaal Jenkins



JEFFERY JOFFMANN | WWW.FIGHTSPORTFOCUS.COM | IG: @FIGHTSPORTFOCUS



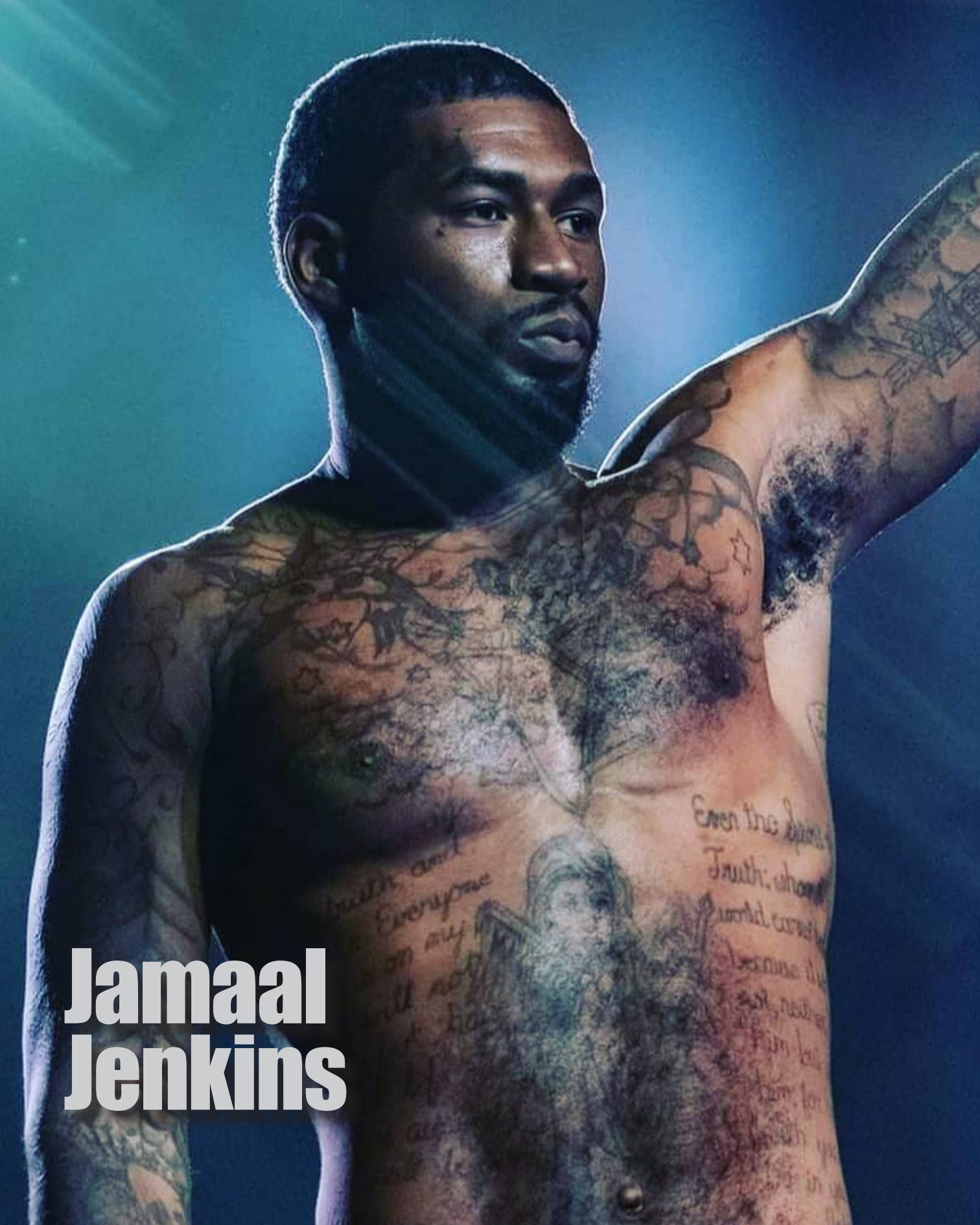
My dream is to make it to the ufc so that I can provide for my family and get us out of Poverty as well as bring martial arts to my community as a way of helping the troubled youth stay out of trouble and learn self defense and how to be humble.

Hardships I've gone through I was incarcerated for a total of 9 years all together the age of 14 to the age of 23 im currently 25 and have been doing mixed martial arts for 2 years MMA has saved my life as far as putting my negative energy into something positive I've been hand cuffed and beaten just because of the color of my skin shot at just because I supposedly fit the description of someone taller African American and it's also been a journey just to live and pursue this dream with no sponsors or people who really want to see me and my family out of this predicament...

I've had 3 mma fights and I have won them all in under a minute in the first round im a blue belt in BJJ and a pretty good wrestler I don't have to many big things I've done other than that but im continuously progressing in this craft and I will be one of the people that show the world that you shape your own future no matter your back ground or the obstacles in the way move them and keep pushing because greatness cannot be stopped....

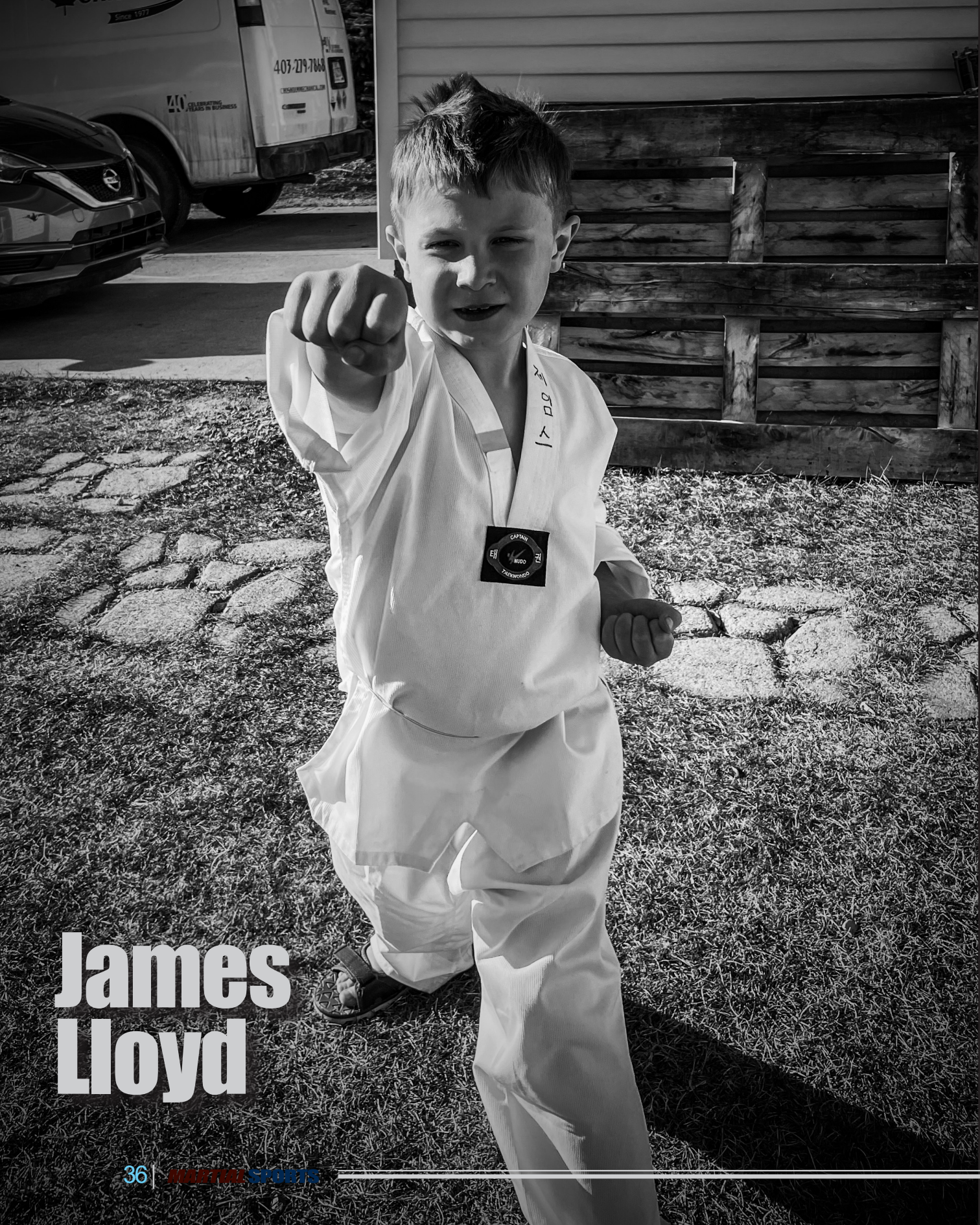
And thats just really in a small summary of some of the things that I have endured and have disclosed I want to get my story to as many people as I can and really get in depth with life share my experiences and thoughts so that the next generation of leaders can learn from it a wise man is made by watching and learning or going through it and learning I've endured my share to be a teacher and motivation to others Thank you MartialSports MAGAZINE for this opportunity to share a little bit about my life





# Jamaal Jenkins

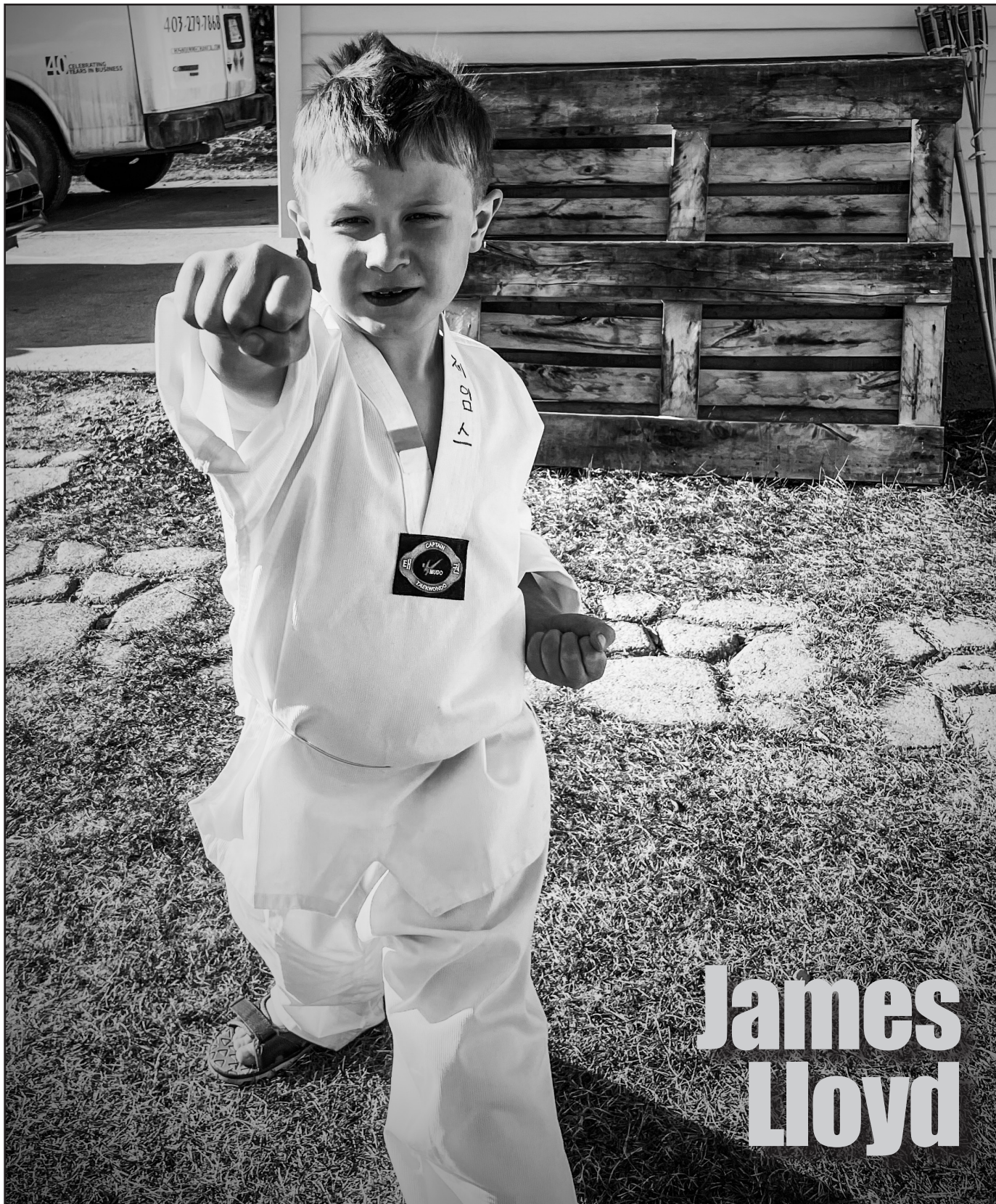
truth, and  
Everyone  
on my  
will not  
be  
Even the Spirit  
Truth: whom  
world crucified  
because it  
not, neither  
him, but  
him, for  
with us  
in



# James Lloyd



My name is James I am 7 years old! I am a very hyper boy that needs to be kept busy! I love hockey and work very hard at it. When I grow up I want to be a professional hockey player! I also have ADHD and emotional processing disorder and sensory processing disorder so I have a hard time regulating myself and sports help keep me regulated. Because of this I have to work harder because things don't come to me as easy as it does for others. So I work really hard to do well. I am still young but it is my dream to get there and I will keep working for that everyday!



**James  
Lloyd**





# Janelle Jay The Kraken







**Janelle Jay**  
**The Kraken**



Jay is now 14 years old. She started martial arts at age 6 . She started with Tae kwondo then kung fu. She holds a blue belt in kung fu. Then her interest in martial arts grew stronger. She then started muay tai with Bruno Lurette, a very known Muay Tai Champion. At age 11 She was training with adults and loving it. She then added to her training Brazilian Jiu-Jitsu with Marco Leblanc, a Brown belt who trained with Shane Rice. In Spring 2020 She was suppose to compete in a kickboxing event in Quebec

but it was canceled because of Covid. Covid didn't stop Janelle from training everyday and working on her goals. She dreams of becoming a police officer and Compete as a MMA fighter. She works hard at school and is a very determined athlete. This would be such an honor for her to be published and to share her love of martial art for other girls! She believes girls can do anything as good as boys and she proves it when she trains with men! Keep pursuing your dreams Janelle. We are so proud of you.

I believe that everyone, no matter the style of martial arts they practice, can achieve their own personal greatness. It was just before my 8th birthday that I entered my first dojo. Since then, some 34 years later, I've approached my training from the perspective that Karate is a "marathon" and not a "sprint".

During my regularly broadcasted episodes on YouTube of my 45 Minute Karate Workout, I often refer to this perspective. You see, what Karate DOES NOT do, is capitulate to today's ever growing need for instant gratification. In this regard, it can be a hard sell to young people. Essentially, Karate's prospectus is, "Do a bunch of really hard work for a really long time, starting now, and never expect any sort of outwards gratification for it." This modus operandi flies in the face of today's social media driven agenda which is, "Do as little as possible now, and try to market the hell out of it."

So, you may be asking (if you're one of those social media types), "What's in it for me?" That is an excellent question. Karate provides a deep well of fulfillment from which to draw upon. It enlightens your character, tempers your spirit and emboldens your soul. Karate challenges your physical bonds and pushes you to break them. It's gratification through blood, sweat and tears. Karate teaches you and humbles you. It provides you the strength you need to challenge your own closely held beliefs. People, when left to their own devices, can drown in anguish and self pity.

Life can be viewed as one big uphill climb, every step more painful than the last. Karate can change your paradigm; it can reset your soul. You see - life is a journey that requires you to rise up from your own failures and start each day anew. Karate provides you the framework in which to harden your resolve. Use Karate and it can truly enrich your existence.

As you reflect on this article, try to imagine yourself floating in a vast ocean. Through self discipline, conquering your fears and self doubt, and most importantly, through persistence, Karate can literally change your life. Train hard my friends.



# Jason Pennell



# Jason Pennell











# Joshua Aguirre

# I GOT MY FLU SHOT



**Protect Yourself.  
Protect Your Community.**

**Joshua Aguirre**  
Taekwondo Champion



**REACH**  
[www.cdc.gov/flu](http://www.cdc.gov/flu)

Made possible with funding from the Centers for Disease Control and Prevention.



# Joshua Aguirre

Karate +taekwondo +kung-fu  
= JOSHUA AGUIRRE  
3 words that define this true Martial  
Artist .

A Palcs 3rd grade student ,Born in  
Hershey and hometown Lebanon  
,Pennsylvania has expand his  
knowledge at his short 9 years old.  
Is an inspiration ,motivation and  
support to many.

Joshua has an amazing experience  
in these martial arts disciplines, He  
is currently training Taekwondo at  
Eagles Tkd 42-27 162nd St, Queens,  
NY 11358 with his great Master  
Andrew Park.

Another school that support this  
incredible young boy is Family  
Karate 1640 N 7th St, Lebanon, PA  
17046 with the support of Master  
David Gladwell.

Also was part of this excellent kung  
fu school Dragon MMA Academy 18  
S 11th St, Akron, PA 17501.

He is a athlete, influencer and a  
Olympic champion in the making.  
Currently face campaign for CDC  
Flu shot and soon COVID-19 vaccine  
campaign.

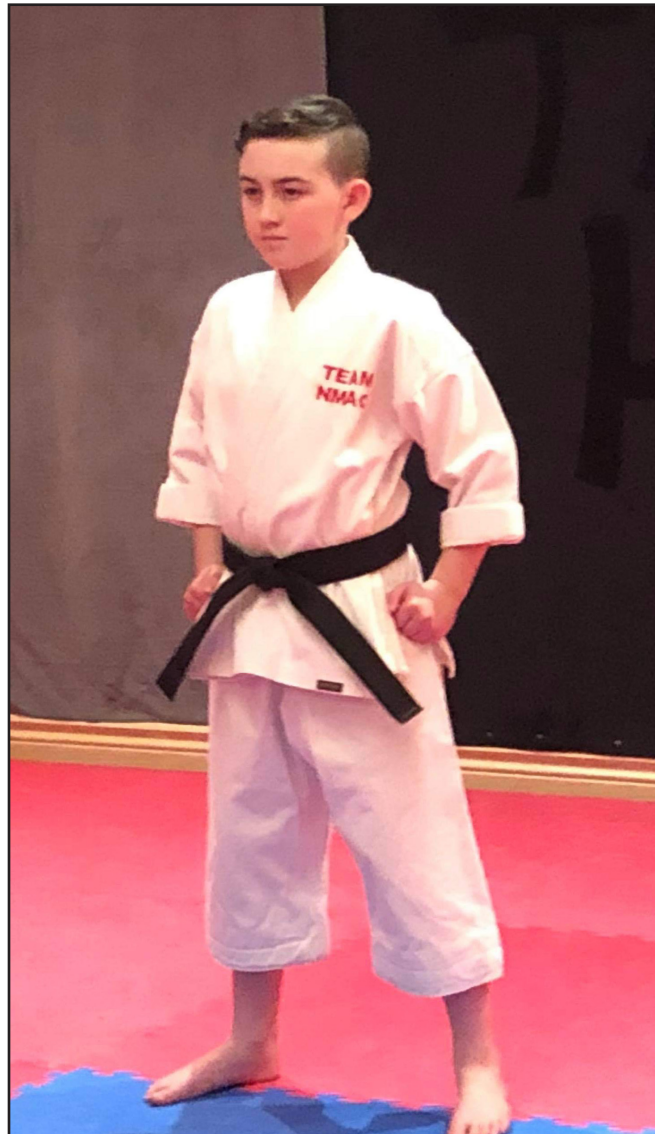
More than 140 medals and 25  
trophies earn in the disciplines. A  
message that Joshua has for other  
kids like him is" keep fighting for  
your dreams and never give up".  
He wishes to continue being the  
support and the port for many other  
children, He is opening a Joshua  
Aguirre Foundation to help many  
other athletes that has a passion  
for exports not only in martial arts  
, He want to find help for the less  
fortunate economic wise talented  
young athletes this project is  
starting soon in Pennsylvania,  
with the hope to be expanding  
with hard work throughout the  
country and then maybe in the  
near future all over the world. If  
you want to know more about this  
young boy you can find him in the  
social media plataforms. Facebook/  
Instagram/YouTube. Or his website  
joshuaaguirre.com

Photos Credits:  
Milly Aguirre (Mother )



# Kaleb Boyle





My name is Kaleb Boyle. I am from London Ontario Canada and I am 11 years old. I hold two junior blackbelts currently. One in Shorin Ryu karate and the other is in Kungfu

I am currently a 14 time world champion in weapons and forms, traditional, extreme and musical forms and weapons are my divisions.

My goal is to make TEAM CANADA for the Olympics in 2028 when I would be 18 years old.

I play baseball competitively as well and really enjoy the skateparks as well. My coach Julian Shamuon of Hotshot Athletics is hands down one of the best instructors and coaches available in the world IMO

I am a proud member of TEAM NMAC INTERNATIONAL

competitive team and am a sponsored athlete by xplosive weaponry.

My journey started the day I turned 4 years old. I was being bullied badly in junior kindergarten. Safe to say to say 7 years of training and 14 world championships later I no longer get bullied.

Now I am part of a group called THE AMIGOS. We are a small group of 8 junior blackbelt world Champions from multiple different countries who have formed a group designed to give back to the martial arts community. We now provide a FREE training seminar once a month from a new world champion to give back to help the underbelts rising the ranks behind us.

I LOVE THIS SPORT !  
Photographers Credits: Mom



TEAM NMAC INTERNATIONAL



KALEB "THE HYPE"

BOYLE

CANADA

# Killer Mel



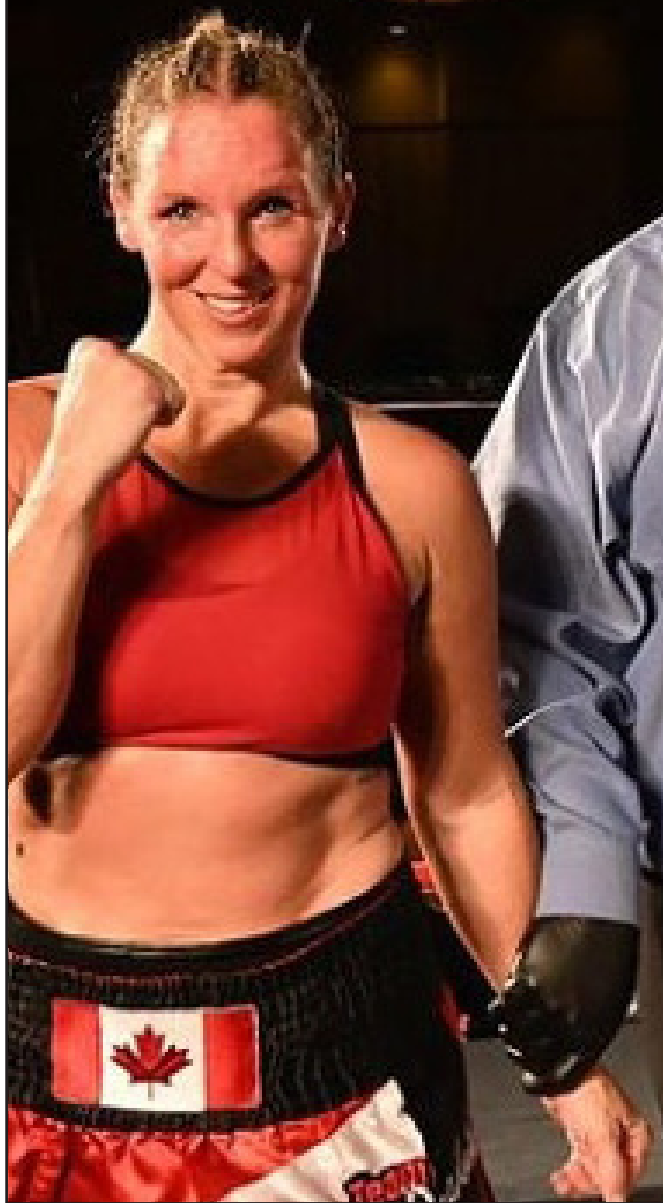




I'm professional boxer first Haitian American champion currently ranked number two in the world at 135 and number one at 140 lb I am an ambassador for autism and my dream is to be able to help bring awareness for autism and special needs and give back to young girls who have been raised in abusive households like myself giving back is my dream



# Killer Mel





In 2020 I earned my first degree black belt in Taekwondo from MadCity Martial Arts in Madison, Wisconsin. The test was postponed once due to covid 19 shut down. But I persevered during the pandemic to achieve my dream of being a black belt.

My main challenge was I have Fibromyalgia. But I also have a herniated disc in my back and mental challenges.

My next dream and goal is to be an assistant instructor at my academy.





# Mary Ann Walton



# Warrick Oz Wilburn



I am 9 year old Warrick Oz Wilburn and now I am living with type 1 diabetes. I have been active in baseball and IOGKF Karate- Selah since before Kindergarten. In 2018 I was accepted to be a part of the traveling karate tournament team, 2019 I became qualified to compete in Nationals. November 2019 I brought home 2 silvers and a bronze medal in sparring, weapons and kata. Then the Covid pandemic happened...I became sick in the beginning of April 2020. A virus had triggered my immune response and my body decided to begin killing off my beta cells that transports glucose for fuel. I was trying to continue my online zoom karate classes but was really feeling down, needing to urinate and drink so much I could really never get enough. My parents knew something wasn't right, within 5 days I had lost 9 lbs. the COVID test came back inconclusive. My family really had no answers to why I wasn't bouncing back to my energetic self. Easter morning I vomited for the first time after breakfast. Knowing that excessive urinating and drinking could be a sign of diabetes my parents knew they were not going to be able to sleep that night. A trip to our local fire department who offered a finger poke blood test revealed that my reading was off the meter "high". Easter night 2020 I was hospitalized for 6 nights with a blood glucose level of 717. My mom was the only one allowed in the hospital due to covid restrictions and she never left my side, learning day and night how to care for me. Learning from step 1 what type 1 diabetes is and what it entails. My parents learned that I would be 100% insulin injection dependent and going low I could die quickly and going high I could have horrible long term complications as well as go into a coma if left uncontrolled. As a family we made a gameplan that works best that includes the proper diet and amount of exercise to keep me as healthy as possible. Today, one year later I am an avid motocross dirt bike rider (just to see how far I can push my moms limits) I am finishing my season on the Selah Minors Little League Team Red, I have obtained my blue belt in karate and I am thriving as a role model to everyone around me. I have learned that life isn't always fair but my winning spirit has never failed me. My answer to everything hard that I encounter is "I was born for this". My mom tells me often that God does not give you anything you are not intended to use and I live by those words every day. I am here to show you and others that may have an added struggle like me that we can overcome anything with the right attitude. As far as karate goes, I plan to go get qualified and bring home that gold as soon as the pandemic restrictions lift and one day have that black belt around my waist. Today is ball game day! Its time to go warm up, see you out on the field!

Photographers Credits: Emily Wilburn  
Photography, Goju Ryu Karate of Selah

# MARTIALSPORTS



## Abigail Rosenberg



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