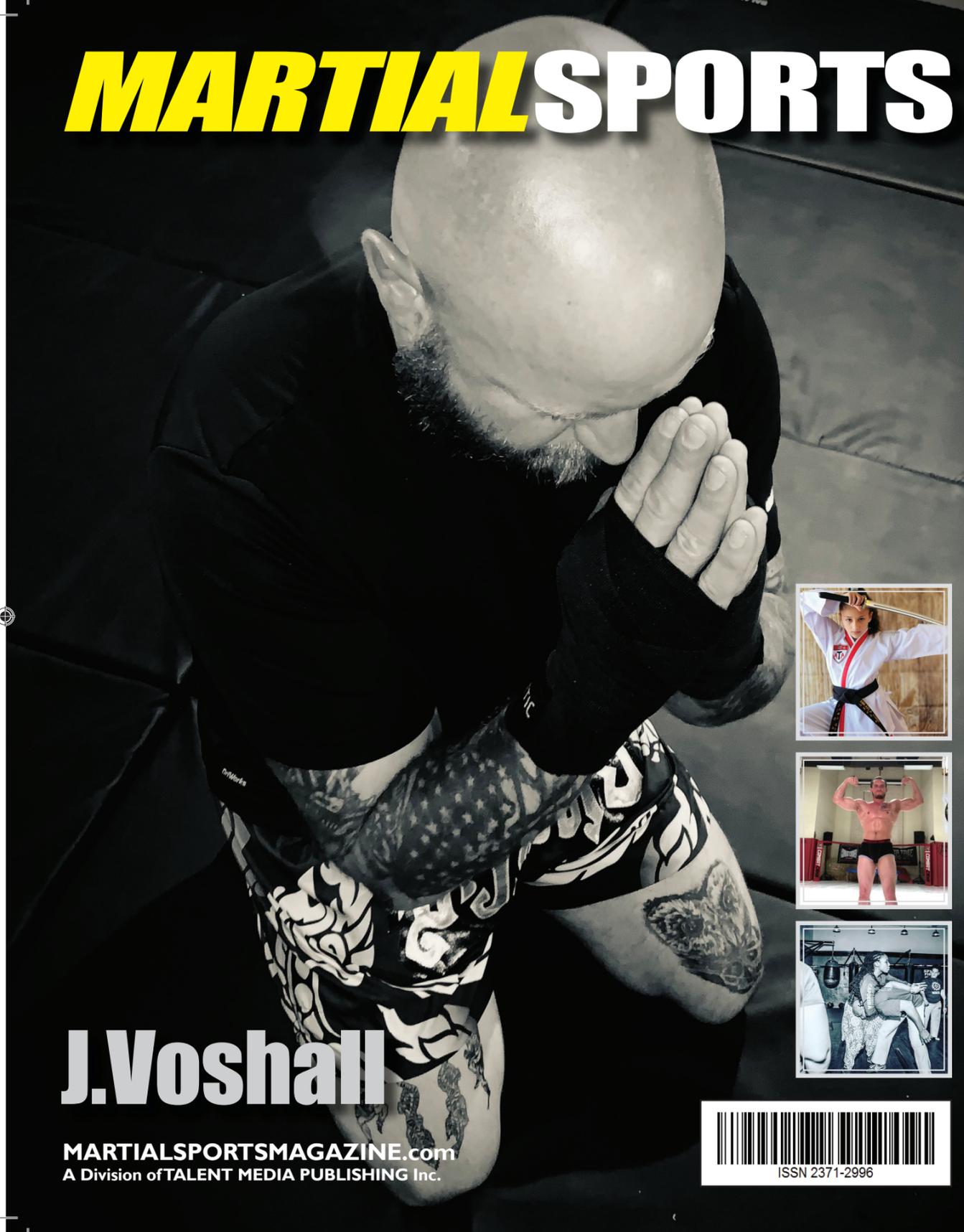


MARTIALSPORTS



J.Voshall

MARTIALSPORTSMAGAZINE.com
A Division of TALENT MEDIA PUBLISHING Inc.



ISSN 2371-2996

MARTIALSPORTS

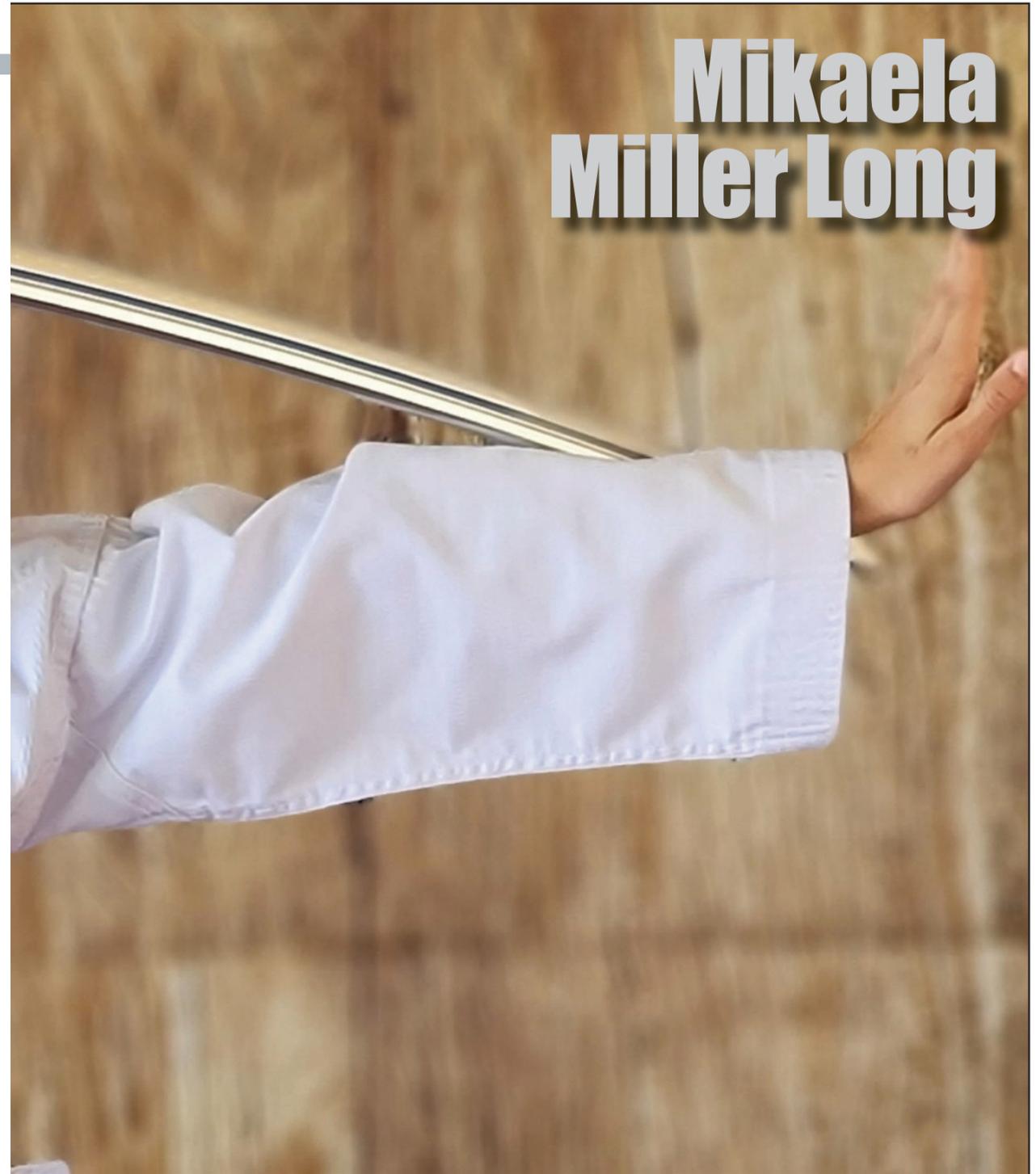


**Hugo
Hernandez**



ISSN 2371-2996

Featuring



Mikaela Miller Long

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Preview





**Brennan
France**



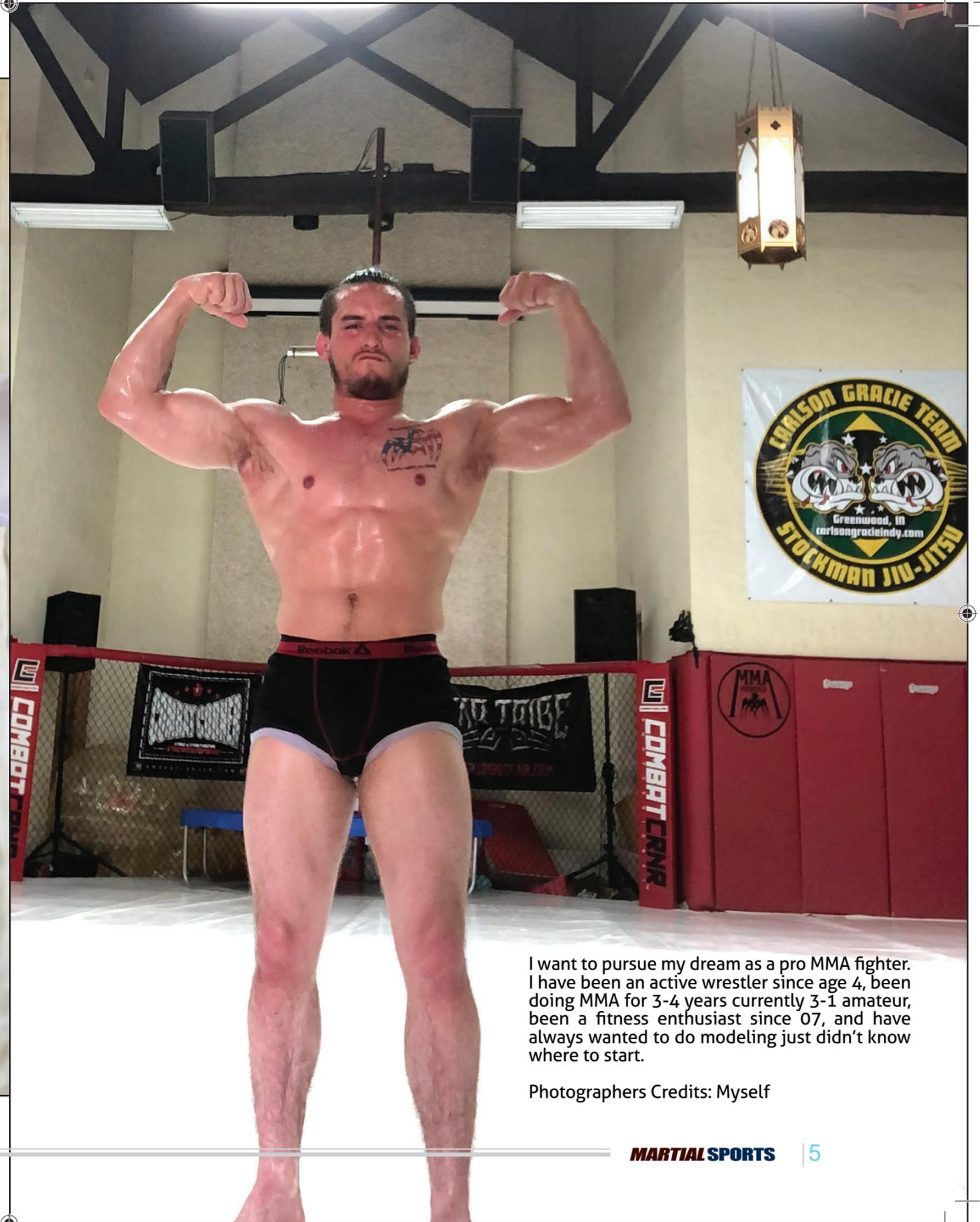
**Mikaela
Miller Long**



My name is Mikaela Miller Long and I'm a first degree black belt in taekwondo. I have 2 National and 6 Virtual state titles and love competing in Creative, Xtreme, and sparring events! I turned nine this year but have been practicing taekwondo since I was in kindergarten, and always had a goal of getting my black belt. Now that I have it, I'm not stopping there! I'm now training for my second degree, and have started parkour and tricking. I love flipping and tumbling! I also really love school and have the highest grades in my class for math and reading.

Competition is definitely a challenge, and it was difficult to keep going during the pandemic but both my mom and I joined the ATA Virtual League to keep strong and keep training. Now that we're back to in person training, I'm working on improving my basics, sparring combos, flexibility, and of course adding some new great new tricks! My goal is to be a taekwondo World Champion someday and help others learn to love taekwondo the way I do. I can't wait to get back into the tournament circuit!

Photographers Credits: Corey Miller

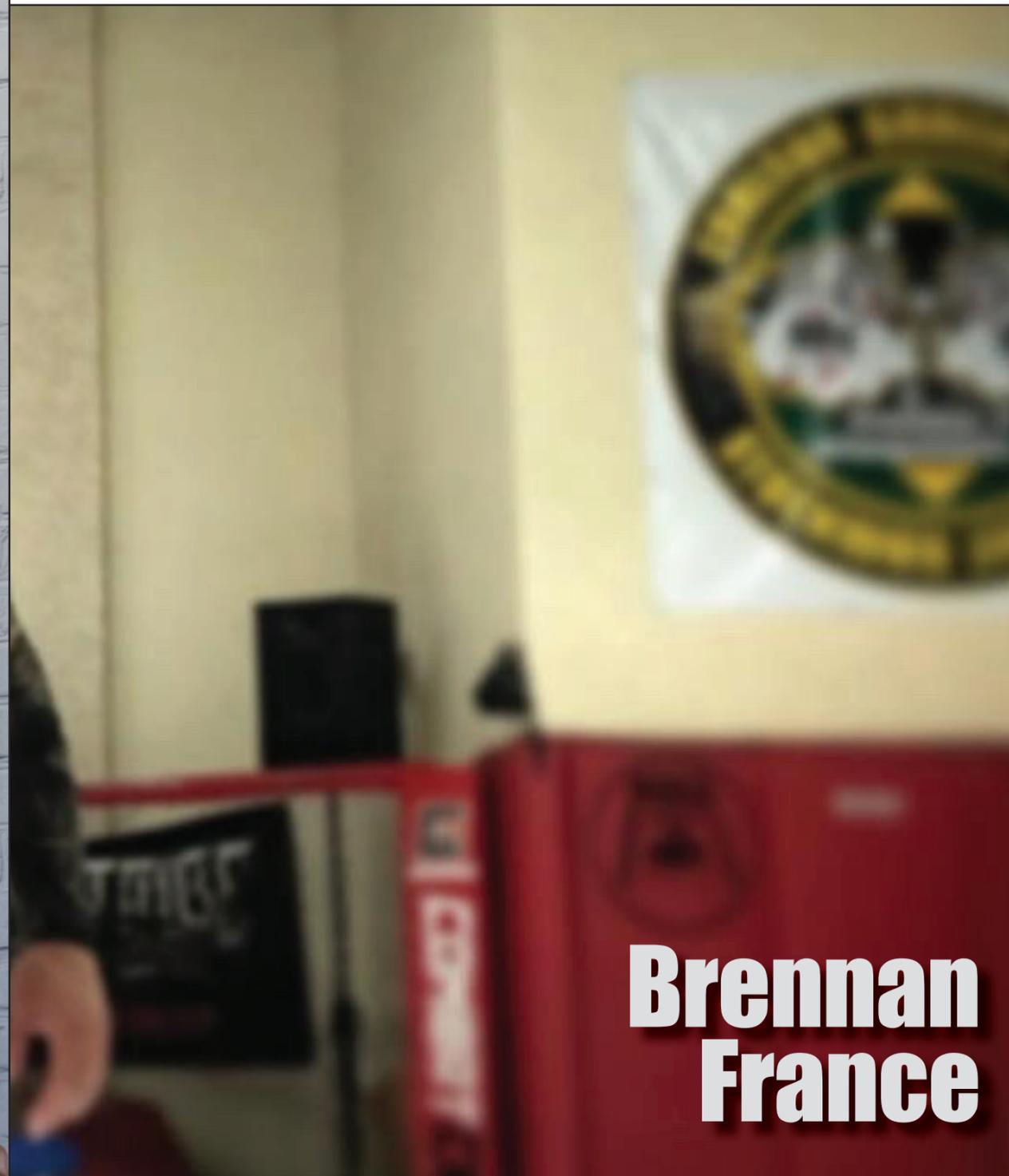


I want to pursue my dream as a pro MMA fighter. I have been an active wrestler since age 4, been doing MMA for 3-4 years currently 3-1 amateur, been a fitness enthusiast since 07, and have always wanted to do modeling just didn't know where to start.

Photographers Credits: Myself



**Mikaela
Miller Long**



Brennan France



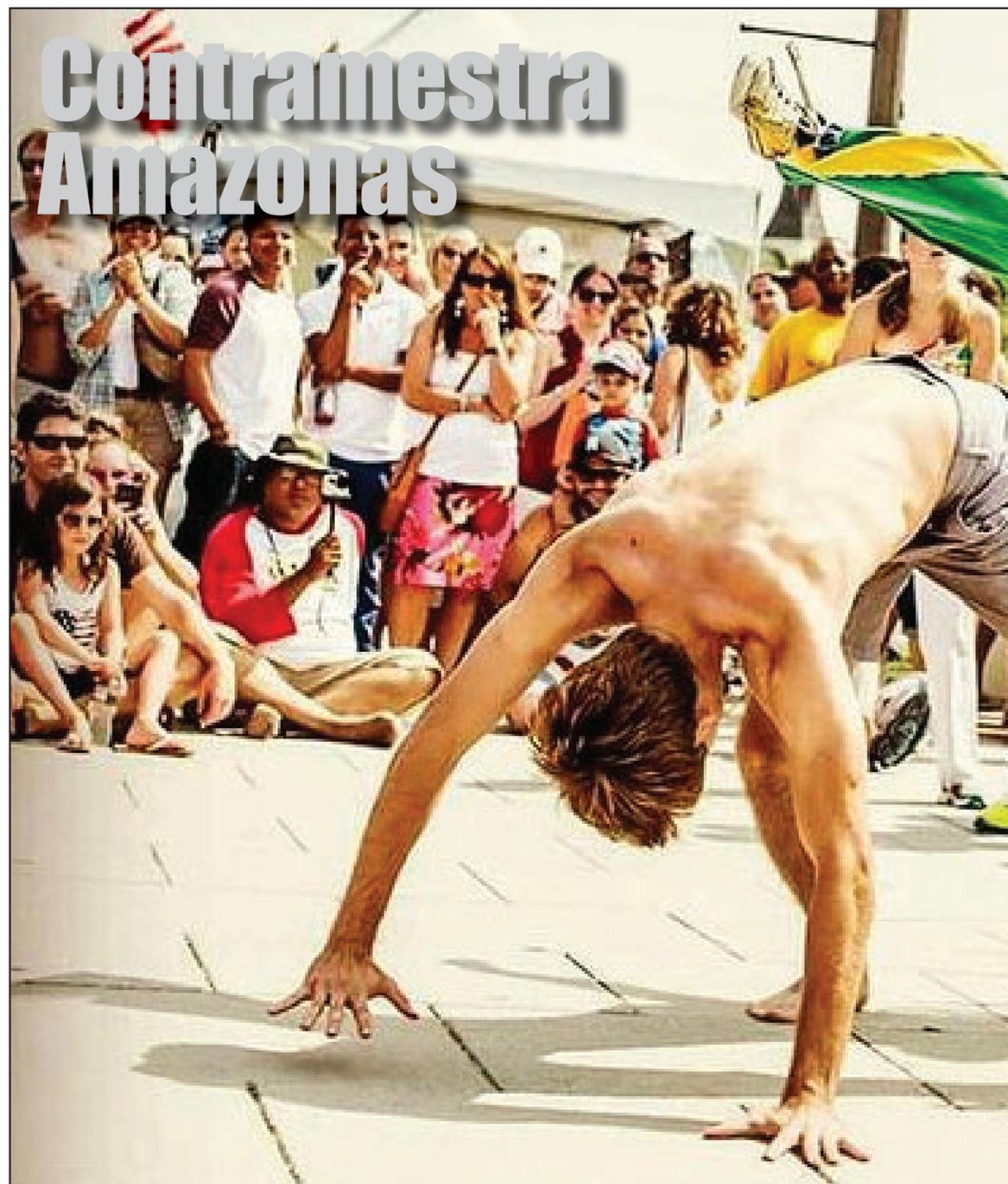
**Brennan
France**



**Maria
Fakhouri**



3 miles in 25m :13s



Contramestra Amazonas



Maria Fakhouri

My dream is to be able to compete in IBJJF Worlds Jui-Jitsu championship. As a small woman it is very difficult to find opportunities to compete in a lower weight class. I had a couple opportunities and I'm very grateful to have had those opportunities and learning experiences. I'm very excited to be able to compete again soon,





Contramestra Amazonas

Contramestra Amazonas (Jana M. Burton) is a proud member of the World Karate Union, United Martial Artists Fellowship Hall of Famer, Women's Martial Arts Network, the Society of Black Belts of America and a recent feature of this Martial Sports Magazine. She was recently promoted to one of the highest ranking African American females in the United States in capoeira during a belt promotion ceremony with participants from North & South

America, Africa and St. Maarten. She serves as the Curriculum Developer for the Afro Brazilian Arts & Education Academy as well as the Artistic Director for Grupo Liberdade de Capoeira, the first capoeira group formed in New Jersey by her teacher Mestre Cigano. She has been a featured artist to teach Capoeira philosophy, movement and song across the US as well as 14 times internationally in the Caribbean, South America and Africa. She is even



Maria Fakhouri



featured in the book *The Sheroes Who Look Like Us*, a blackbelt women of the martial arts by Valencia D. Robinson. Amazonas is also currently part of the coaching and teaching staff at Elijah Brazilian Jiu Jitsu in Union, NJ teaching self defense, drill, foundations and fitness classes. Concurrently, she teaches mathematics in the Newark Public Schools system, and is a dedicated freelance teaching artist and performer in several prominent West African

dance and drum companies including Umoja Dance Company.

Facebook [Contramestra Amazonas](#)
 Grupo Liberdade de Capoeira Page
 Grupo Liberdade de Capoeira - USA - Group
 Instagram [@grupo_liberdade_de_capoeira](#)
 Contra Mestra Amazonas
www.grupoliberdadedecapoeira.com



**Kristina
Yeh**



Dawna Heising

Dawna Lee Heising has acted in over 100 feature films, including Param Gill's "Bad President", which premiered at the 2020 Cannes Film Festival and stars Eddie Griffin, Richard Rossi's "Canaan Land", starring Richard and Rebecca Holden, and "PTSD: A Soldier's Revenge", starring Daniel Baldwin, Tom Sizemore, Tony Devon, and Robert LaSardo. She is trained in Tang Soo Do martial arts, martial arts weapons, kickboxing, ballet and pole dancing. She is a former Miss Los Angeles Chinatown, 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 has a B.S. Degree in Business Management and MBA from Pepperdine University.

Photographers Credits: Immo Klink, Dan Kennedy, Jon Cox



Kristina Yeh





**Dawna
Heising**



**Kristina
Yeh**

My name is Kristina "Yes I CAN" Yeh. I'm 42yrs old and have been training for 34yrs. I'm a 7x World Champion. My favorite thing 2 practice is double chucks. I had the best life ever. I ran the #1 United Studios Of Self Defense studio in Irvine. My dream. Then one night all that went out the window. I woke up covered in hives, fever and joint pain. I was taken to the ER where the doctors didn't know what was wrong with me. They put me on Prednisone for the hives and pain. Then I had stomach pain, vomiting and diarrhea plus nausea. I was rushed back to the hospital where they kept me over night. This occurred about 14 times. Then I was sent to a Rheumatologist where they ran tons of lab work and biopsy on my hives. Turns out I had a very RARE autoimmune disorder called Sweets Syndrome. Doctors usually only see this in text books. Because they kept me on Prednisone it messed up my ligaments, tendons and cartilage. I've had twelve orthopedic surgeries and I need three more. Both my knees need new knee caps and I'm having my shoulder fixed in Oct. I was unable to train for six long years. I also suffer from Bipolar 2 and Anxiety disorder. Recovery takes me a long time because the two medications I'm on for the Sweets makes it that your immune system is suppressed meaning you heal a lot slower then healthy people. It takes me about a year to recover from each operation. I gained a lot of weight. I now have daily physical pain but I don't let that stop me from training. I've been doing Zoom martial arts tournaments and have been very successful. I lost 43 pounds! I have 7 more to hit my goal of 50. I was awarded into the Martial Arts Hall Of Fame for the US and India. I would like to write my story for your magazine to show other martial artists that just because you have mental or physical or both disabilities doesn't mean you have to give up your goal.





**Dawna
Heising**



**Jonathan
Kuentz**





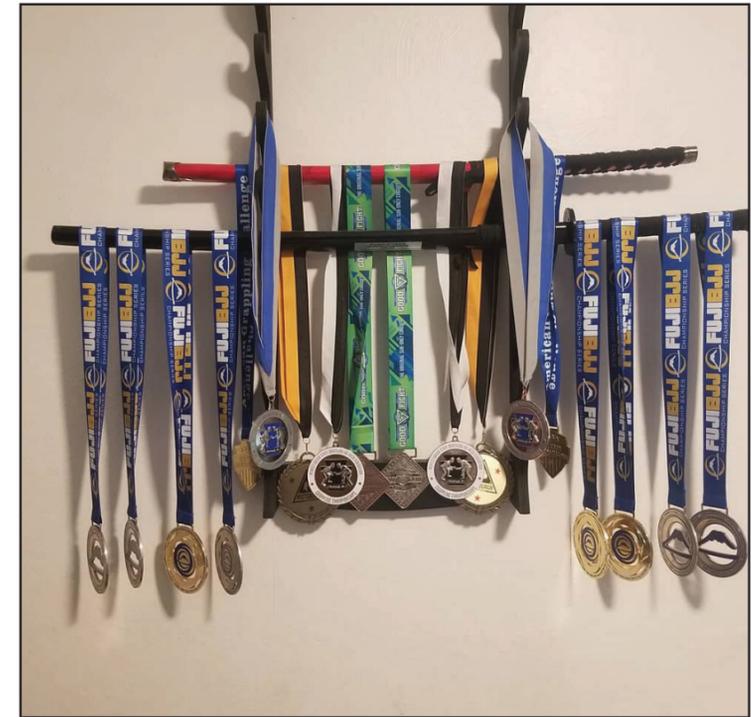


**Jonathan
Kuentz**



**Dawna
Heising**

Hugo Hernandez Rangel





**Jonathan
Kuentz**





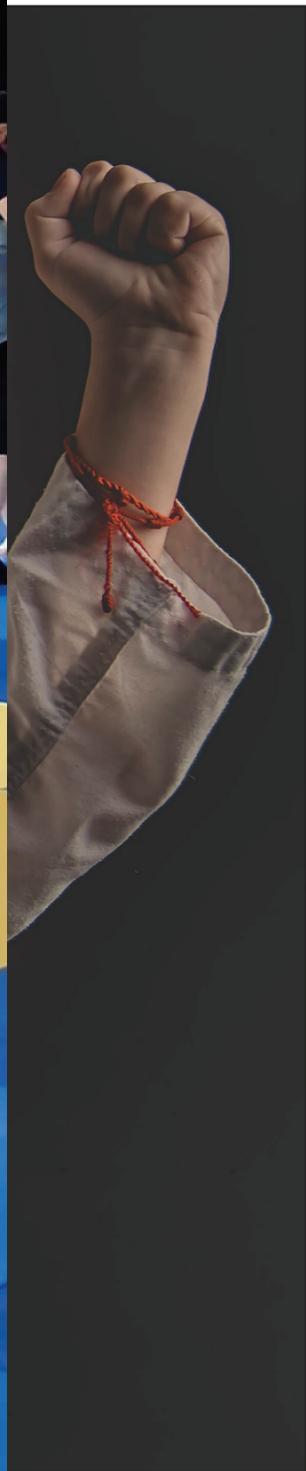
Hugo Hernandez Rangel



My name is Jonathan kuentz I'm a up and coming 15 year old bjj athlete I've been training for nearly 9 years and have been competing for almost 8 years. My bjj style is unique I think I use a variety of techniques from all the greats alot of times I put my own spin on things so it makes something unique to watch I've done mens division many times that's pretty much all I do now because I can never find teens my age willing to go with me and the ones who are are usually alot bigger than me and I'm fine with that I'll take on who ever they put in front of me at any belt or any weight. My goals are to of course become a black belt word champ but I also plan to win world titles at all belt ranks and compete in as many different organizations as possible. Including IBJJF , ADCC , FIGHT 2 WIN , WHOS NUMBER ONE. At some point transition over to MMA if anyone is interested in possibly sponsoring me or having me compete for there organization please reach out to my Instagram page @Jonathan. Kuentz bjj or Facebook @Jonathan kuentz

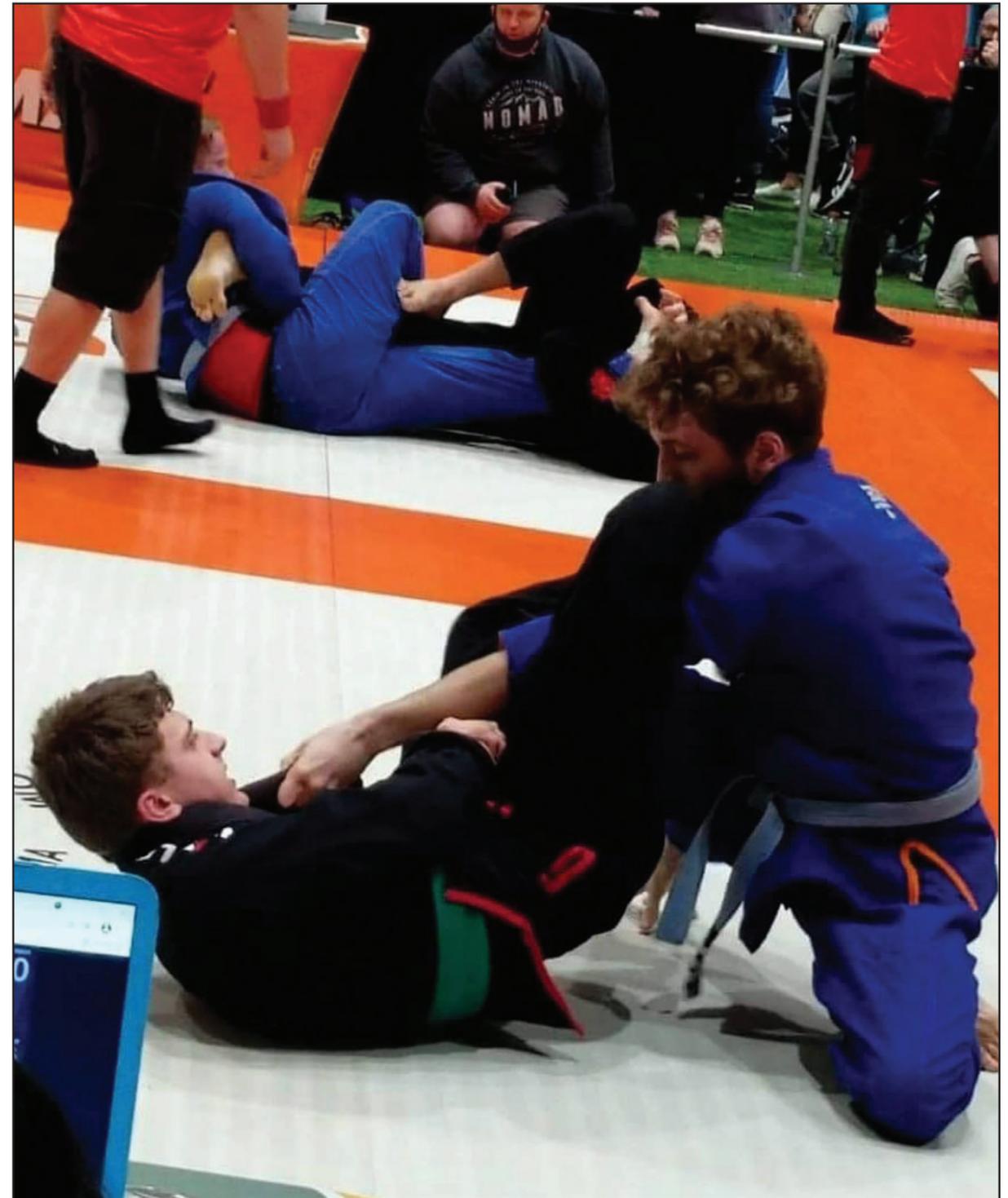


**Jonathan
Kuentz**





**Hugo
Hernandez Rangel**





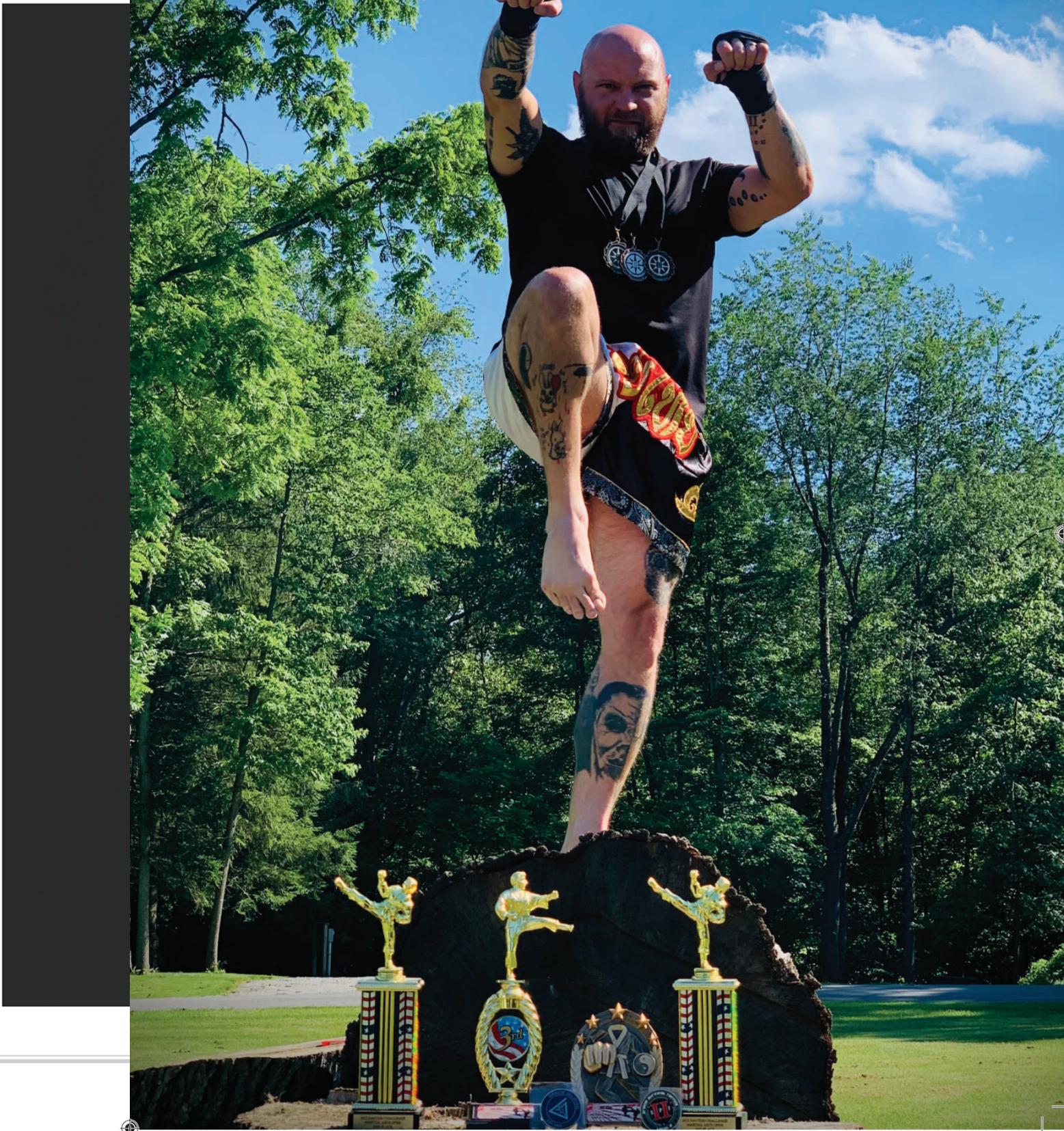
Jonathan Kuentz

Hugo Hernández Rangel is a 7 years old boy. He lives in Valencia (Spain) and has always loved modeling and photography. Actually, he has been model for several modeling magazines. He is a very happy boy with a huge pure smile not only in his mouth, but also in his eyes. He enjoys reading books and assembling Lego (even those for much older



children). His other passions are martial arts, mainly karate (he is now yellow-orange belt), and animals. He is a proud little owner of 2 dogs and 2 cats rescued from the streets. He is very concerned about respect for nature and environment too.

Photographers Credits: Sheila Francés Pozo @jsfotoalbal





**J
Voshall**

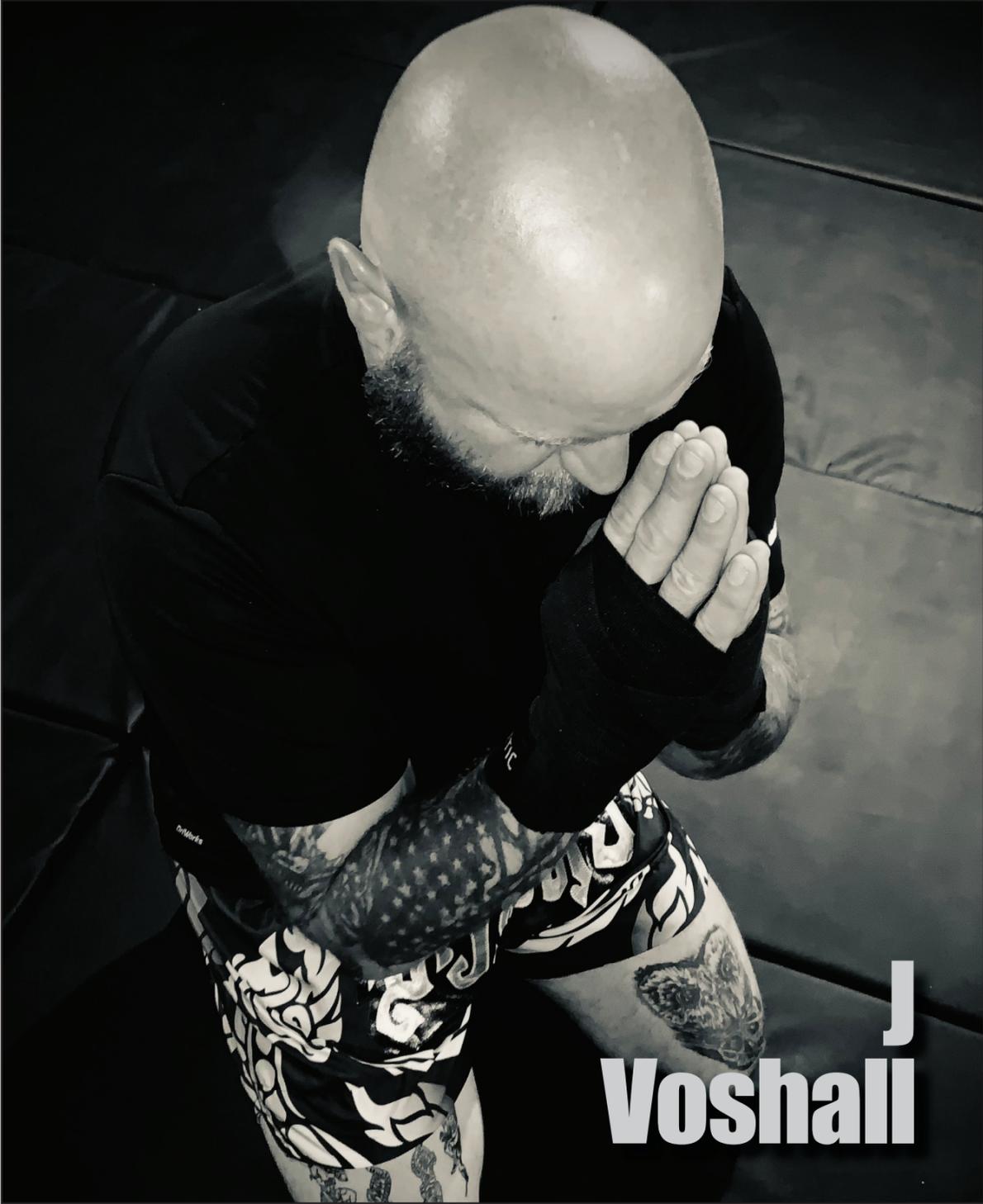


**Hugo
Hernandez Rangel**



I been involved in martial arts my entire life. From as early as I can remember, I have been somehow involved and training in some form. Having trained and competed in Karate, Judo, Jiu Jitsu, and kickboxing. I am also a Gracie Survival Tactics level 1 & 2 instructor. While I love martial arts, I developed a deep passion for the art of Muay Thai/Muay Boran. The history, the people, the culture, the art, it's truly captivating and filled with breathtaking beauty. I have dedicated myself to the study Muay Thai/Muay Boran. My dream now is to complete my training, become an instructor, and open my own center.

Photographers Credits: A. Voshall



J
Voshall