

MARTIALSPORTS



Angel Mae Beck

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MARTIALSPORTS

Harrison Benn



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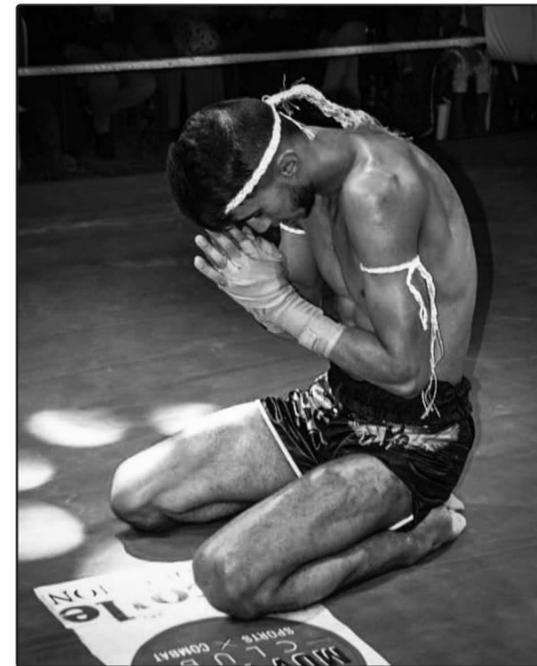
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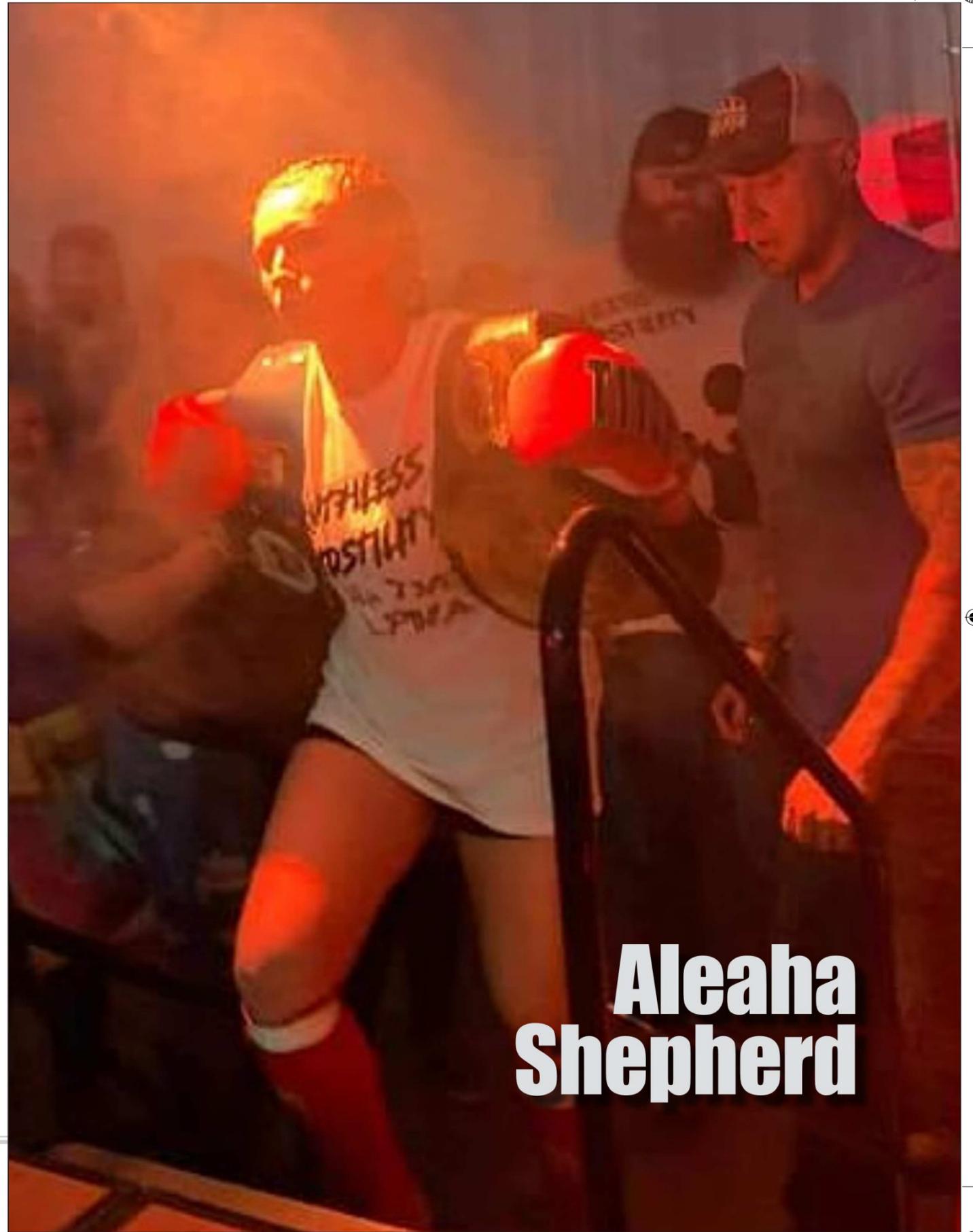
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Preview







**Aleaha
Shepherd**

Bluewater Bound

PHOTOGRAPHY

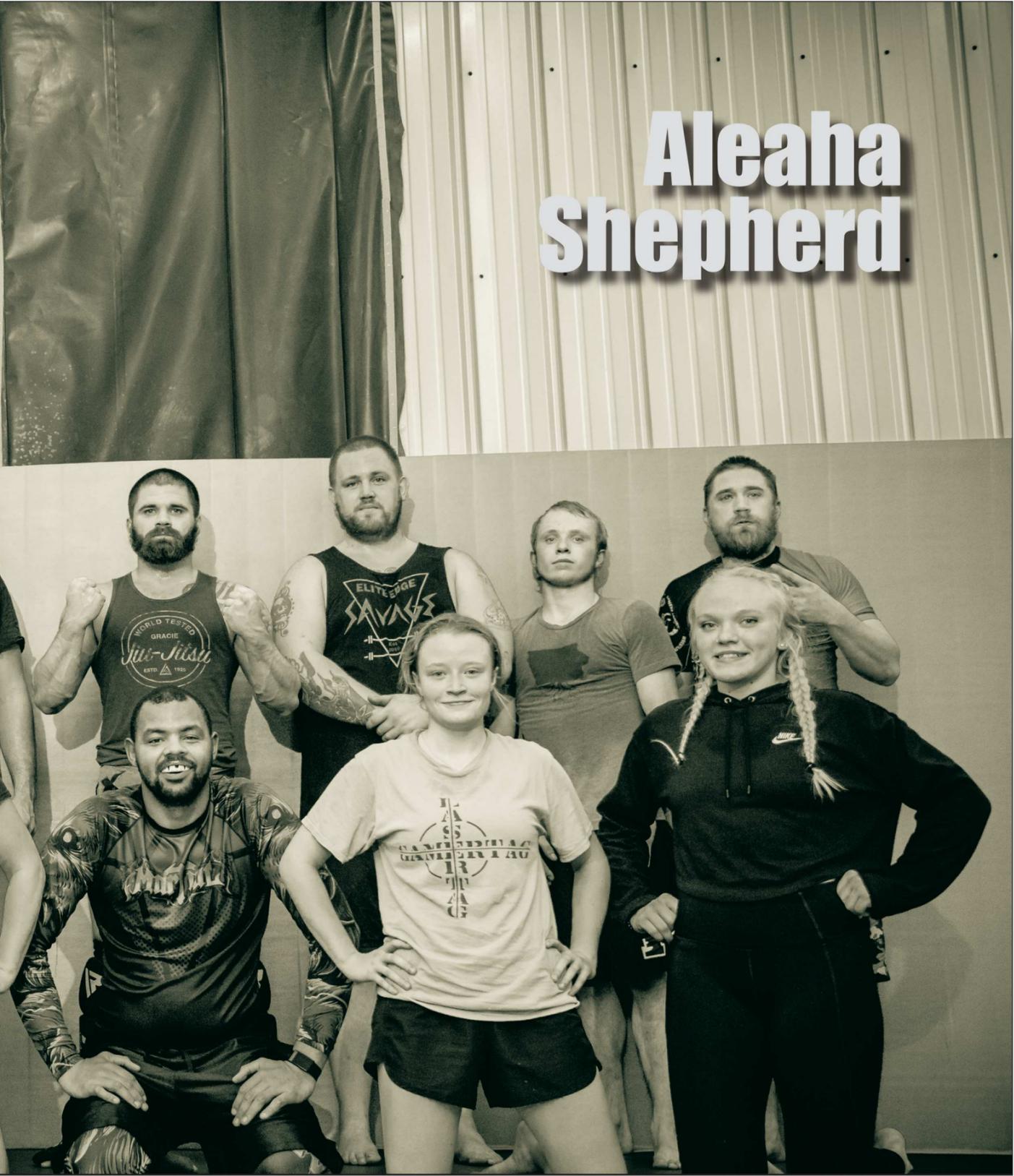


Zoey Puhl

My name is Zoey and I would like to share with you some important things about myself. I have very big dreams and know I need to work hard and be disciplined to achieve them. I began taking karate at age four because my father told me it would help me with confidence and discipline. I work hard and in just three years I've earned a green belt. Practicing karate during Covid wasn't easy but it's what I love to do. It was very challenging to practice my technique through zoom meetings, but I did my best. I also participate in gymnastics and dance.

Like I wrote before, I have big dreams, and that includes becoming an astronaut and working for NASA. I want to be the first person to reach Mars. I know if I work hard and do well in school I can achieve my goals and dreams one day.

Photographers Credits: Jennifer Sfredo - Jennifer Erin Photography



Aleaha Shepherd



**Aleaha
Shepherd**



**Zoey
Puhl**





I dream of setting a example that anybody can do anything they set they're hearts on! I dream of being a great role model for my 2 children and everyone in my community! I live in a small town in Iowa and train at Grace Place gym and I'm lucky enough to have my husband Joshua Shepherd as my head coach. My goal is to be the most decorated and accomplished female athlete in Iowa by the time I retire. Belts, trophies, medals I want them all! I hold titles in K1 kickboxing and Muay Thai kickboxing so I plan on branching out to MMA and boxing with the goal of reaching champion status in those respected sports as well! My achievements are I hold the Wapello Muay Thai 135lb title, Ascendancy Fighting Championship kickboxing 135lb title which I have defended twice and my soon to be achievement September 18th 2021 I will be dropping down to 125lbs and taking that title as well! I sport a undefeated record

and I credit that to my ability of staying humble but vigilant. I take every opponent very seriously and train with some of the best athletes at Grace Place in the Midwest. I was actually in the corner of one of my teammates at Bellator 265 in Sioux Falls South Dakota. I think the biggest challenge I face is juggling everything between work, being a mother of 2, a wife, training and making time for a social life. It can be a struggle sometimes but my family and friends have always been very encouraging and supportive thankfully. Going back to what I originally said "anybody can do anything they set they're hearts on" and luckily I'm blessed to be living that life and heading forward! Dream big and go hard! I'll see you at the top! Follow me on Instagram (@Shea.That.Girl)

Photographers Credits: Blu-Water Bound Photography



**Kristina
Yeh**

back, right hip that gave me MRSA, left wrist and right middle finger. I have three more surgeries to go. I'm going to have my left shoulder fixed in October after the last Sports Martial Arts (SMA) tournament. The only issue is there is a very important SMA tournament in Nov by invitation only. I'm going to do all my material one handed. The other tournament I do is with Andy Campbell. For his tournaments you submit your martial arts material via videos. Andy has been such a great supportive friend.

I couldn't train for six years. It made my Bipolar 2 and anxiety disorder worse. I had suicidal thoughts. Those thoughts don't make me a weak person. Just imagine your whole life stopped.

When I went back to training, I was very out of shape. I couldn't do one form without feeling like I was going to pass out. With lots of tears and sweat I got back to where I was.

Speed forward to today. I lost both my jobs due to COVID including my martial arts teaching job. I

was very depressed. Then someone invited me to do a free Zoom martial arts tournament. I said I would do it. I earned a 1st place for my Kata. I was so happy. So then I discovered these Zoom tournaments I mentioned above called SMA and Andy's tournaments. I fell I love with them! I was happy for the first time in twenty years! I became a better person because of these tournaments. I have met friends for life.

I have daily physical pain but I don't let that stop me from training for two hours a day. I wrote this story to tell others that just because you have mental or physical disabilities or both like me it doesn't mean you have to give up your martial arts passion. Yes, I CAN! I Can do this! I'm Possible!

I would like to say thanks to my instructors and friends 4 always being there for me. My mom, Master Jack Turner, Trent Zappen, Ken Hill, Matt Lo and Andy Campbell. My good friends thank you. You know who you are. My little brothers.





Kristina Yeh

two on my stomach from the biopsy's.

I went back to see the Rheumatologist. She told me I had a very RARE autoimmune disorder called Sweets Syndrome and no it's not sweet at all! Ha ha! It's so rare that doctors only see this in text books. Every time I went back to the hospital ER the doctors had to look it up.

I was put on two medications that would make my symptoms go away but they would suppress my immune system. That means I take longer to get better from being sick or recovering from surgery. I get a lot of fungal infections especially at the sides of my lips. It hurts very badly. I have to use two creams to make it go away.

Let's talk about the nightmare I had while being on

Prednisone. You are only supposed to be on that medication for no more than fourteen days. I had been on it for a year and a half. It made me gain sixty-five pounds. I had a round face called Moon Face. Prednisone messes up your ligaments, tendons and cartilage.

I was walking and my ankle rolled. It hurt so bad. I went to see a surgeon who had me do an MRI. I had torn a ligament because of Prednisone. I had surgery to fix it. During my recovery I rolled the other ankle. Needed surgery. It was very challenging having to walk with two ankle braces that go up to your knees.

After that I had ten more orthopedic surgeries with two surgeries from cysts growing into my bones. So, both ankles, both knees two times, lower



Hello. My name is Kristina "Yes I CAN" Yeh and I have a story I would like to share with you guys.

I have been training in Shaolin Kempo for 34yrs at a place called United Studios of Self Defense in Irvine California. My instructor/role model and friend is Master Jack Turner. I'm currently a 3rd degree black belt. I was about to test for my 4th degree black belt but my whole world fell to pieces overnight.

I woke up covered in hives that were raised and looked like puzzle pieces. I also had a fever with joint pain. I was taken to the hospital ER. The doctors didn't know what was wrong with me. They put me on a steroid for the inflammation of my skin called Prednisone. I will talk more about that later on. I was sent home.

A few days later I was rushed back to the hospital ER this time via ambulance. I was throwing up, nausea, stomach pain and diarrhea. The doctors thought it might be a stomach infection. They kept me over night. All the tests came back normal. I was sent home. This occurred many more times along with the rash, fever and joint pain. I was sad because the doctors didn't know what to do or what was causing all these symptoms.

Back at the hospital ER one doctor suggested I go see a Rheumatologist. I made an appointment with one. A female doctor whose name I forget. She said she hasn't seen hives like that before. The doctor sent me to go get blood work and biopsies. About ten of twelve vials of blood was taken out. I have three scars on my left arm and



Angel Mae Beck



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**Kristina
Yeh**



**Angel Mae
Beck**



Angel Mae Beck



Kristina Yeh



My dream and goal is to be better on my craft, not for a bragging purpose but to be more effective in what I'm doing specially towards helping my clientele..My clients are my main concern and will always be. In the end of the day, I want them happy and as possible I don't want them to be disappointed towards how I treated and handled them. As they say "clients talk". I have a reputation and trying to maintain that. In 12 years in this industry, I can say I achieved a lot. From experience, such as handling different types of clients from different countries, cultures, walks of life and most of all handling disabilities. I achieved various fitness credentials such as nationally recognized certifications both group fitness instructor under Athletics and Fitness Association of America and a certified personal trainer under National Academy of Sports Medicine . Also I am well trained instructor, handling various group classes both cardio , dance fitness like Zumba and Jungle Body , functional training (HIIT & circuit) , stretching and

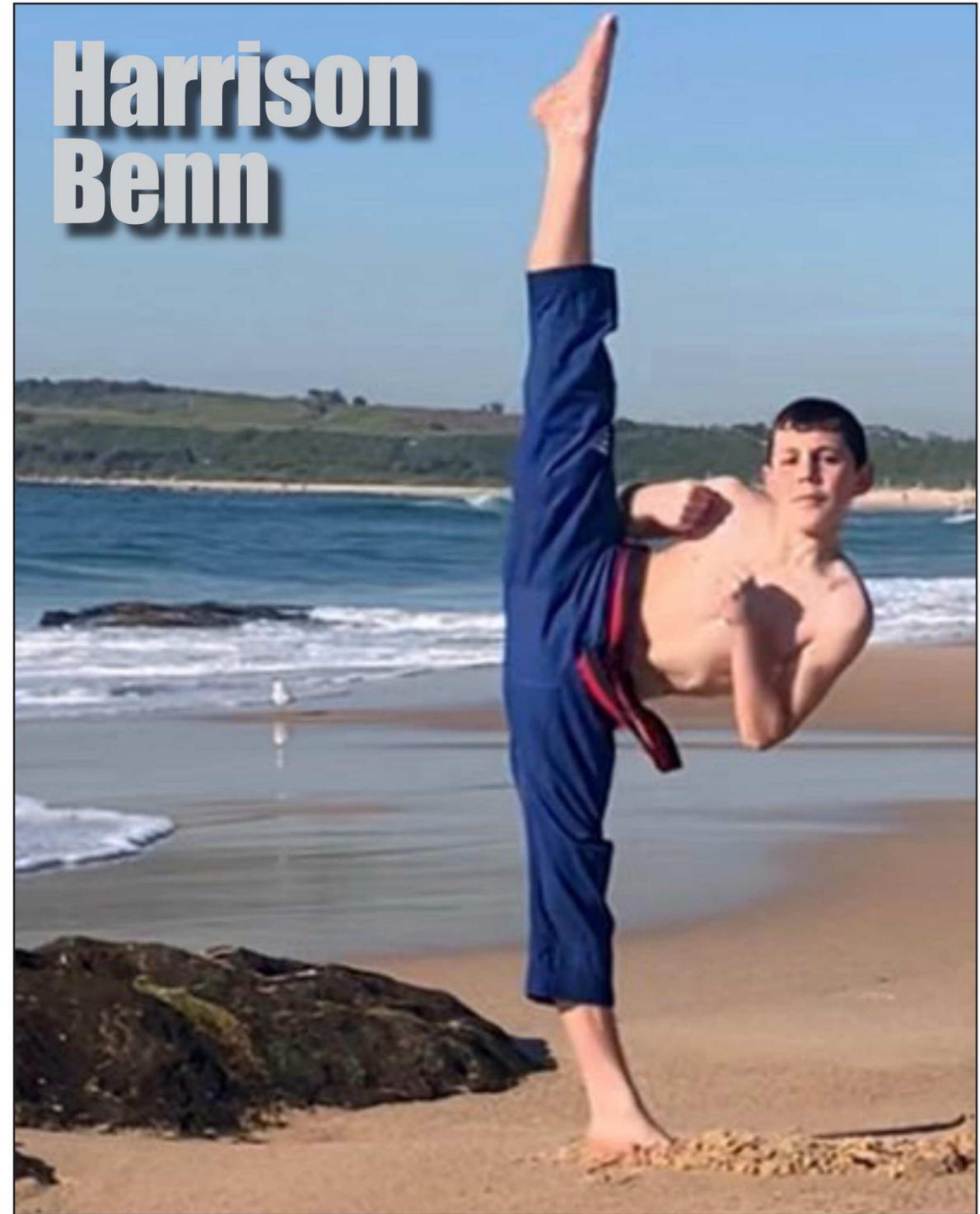
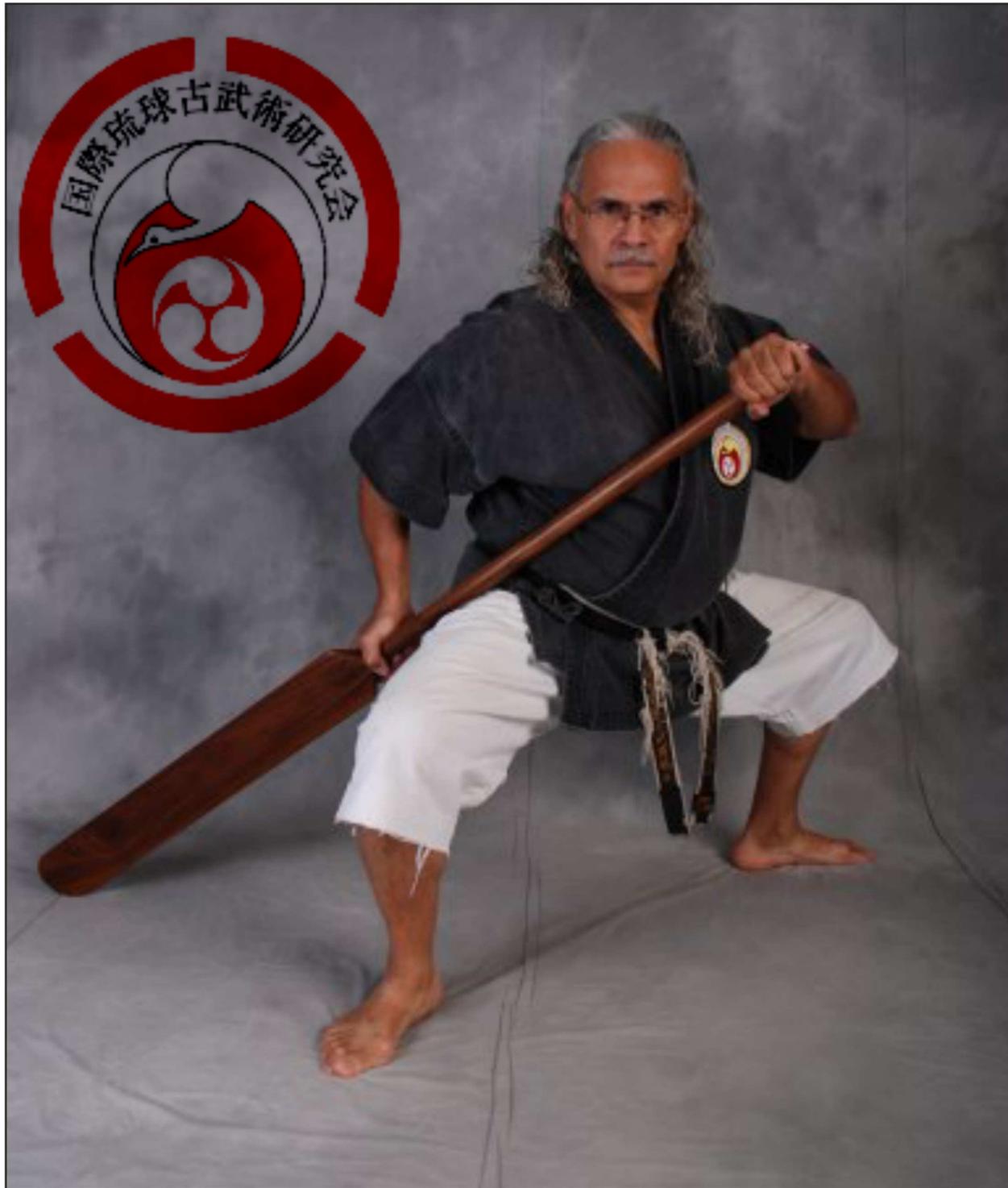
flexibility workouts like yoga, barre and pilates, weight trainings and more. Despite all of this I still want more! I want to achieve and learn more which is the most common challenges that a fitness professional encountered mostly is to be updated all the time, to educate themselves always and to never stop learning. As some, they think they know all and never bothered and that caused their work performance. Attitude problems will cause client retention and employment.

All I know, when you love what you do , you enjoy every bits of it. Waking up everyday to work and do what you love is the best feeling! It's also inspiring when I hear appreciation from my clientele and that what keeps me going!

Thank you clients!

Photographers Credits: James Wright



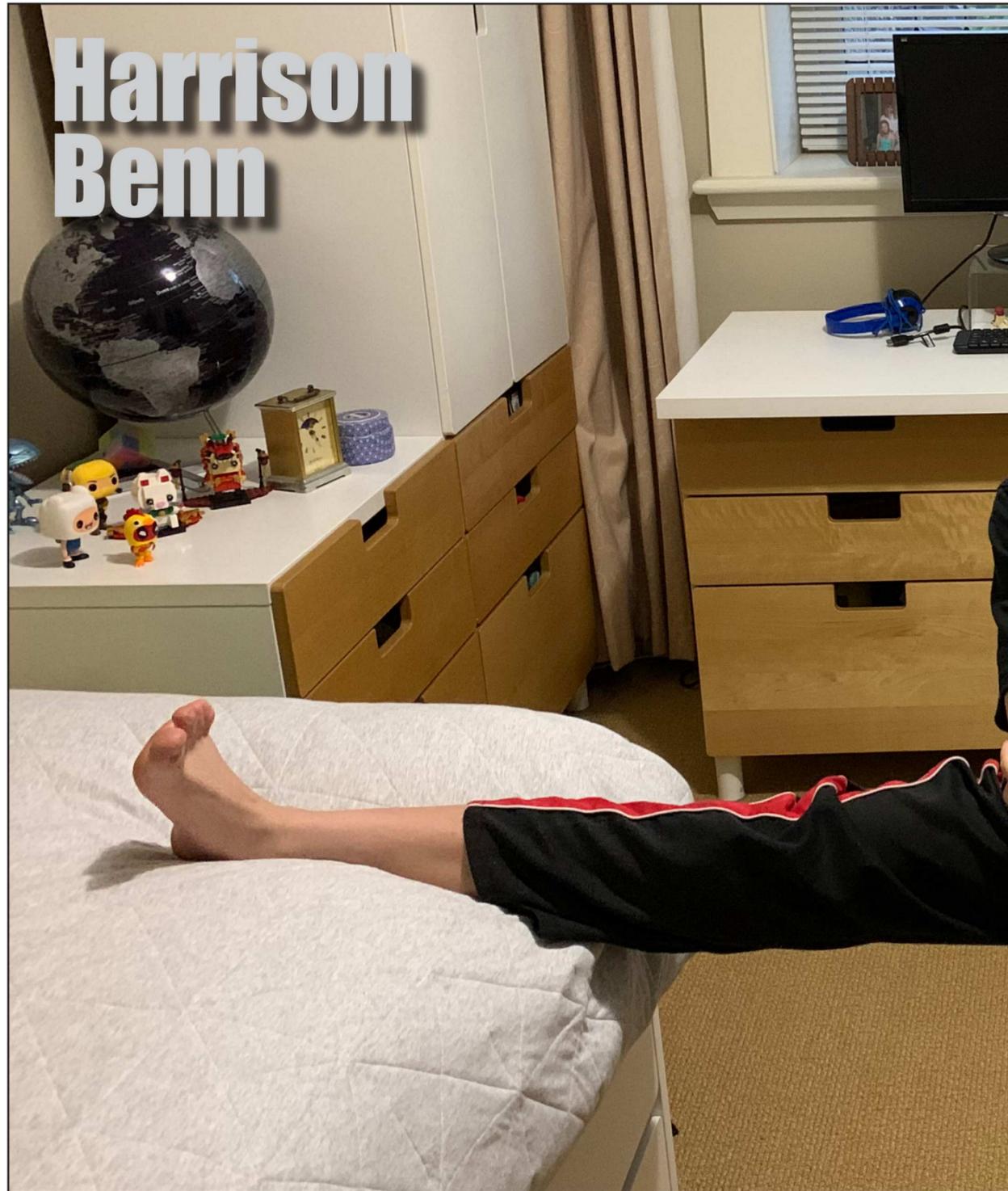




Jerald White



**Harrison
Benn**



Harrison Benn

I am a Long time practitioner of Tang Soo do. I began at the age of five and even though I've studied dozens of other arts, I have always returned and continually used my knowledge to develop my Tang Soo Do, within the Mi Guk Kwan organisation founded by Grand-master Charles Ferraro. (TSDMGK.com) I have always done Tang Soo Do and at least one other thing, for years at a time.

Currently, my side interest has been Okinawan Kobudo, increasing the amount of kata my kids class can use for competition. My teacher in my Okinawan Disciplines is Hanshi Anthony Marquez, founder of the Tanzenbukan and the kokusai ryukyu kobujutsu organizations. (TMAI-Hombu.com)

This man has led me into Living the Cobra Kai TV show within myself. He is a longtime Goju Master on top of holding kata from 3 different lineages of Kobudo. So of course, my Kobudo studies led me to goju training.

Cobra Kai being based on Tang Soo Do and MiyagiDo being based on Goju-ryu has put me in a very unique position of living this interaction and dynamic in my body and martial approach. While living out this training, I have come to realise both systems are hard/soft systems, but they are hard and soft at completely different times for completely different reasons. In order to study both, the control over myself, my breathing, and my awareness of where I am at and what I am doing has really had to sky rocket. As a 5th Dan in Tang Soo Do, I still have 3 more years of my time requirement to test for my sixth. So, this exploration of Okinawan skills and perspective has come as a welcome challenge in my middle life. Coming in December Hanshi Marquez will be Promoted from 8th dan to 9th Dan and he is opening the Test to people who wish to Challenge the test from lower ranks. IE: Kyus (rank below black belt) can have Time shaved off their requirement, but not knowledge. If you are a Greenbelt Training you had to make brown belt before the test. Also Shodans can challenge for Nidans and so forth.

This stands to be a real test of myself as a martial artist. My internal Cobra Kai (Tang Soo Do) will have to sit down and learn its place and the Goju-Ryu and Kobudo of Miyagi-Do is brought to the forefront in the preparation for this test. This coming December I will be testing for two black belts back to back, a real challenge to keep me sharp for my Tang Soo Do Test a few years down the road.

Its my hope to bring back all the experience of this to my students and my school Warrior Unlimited in Santa Maria California. (warriorunlimitedma.com)

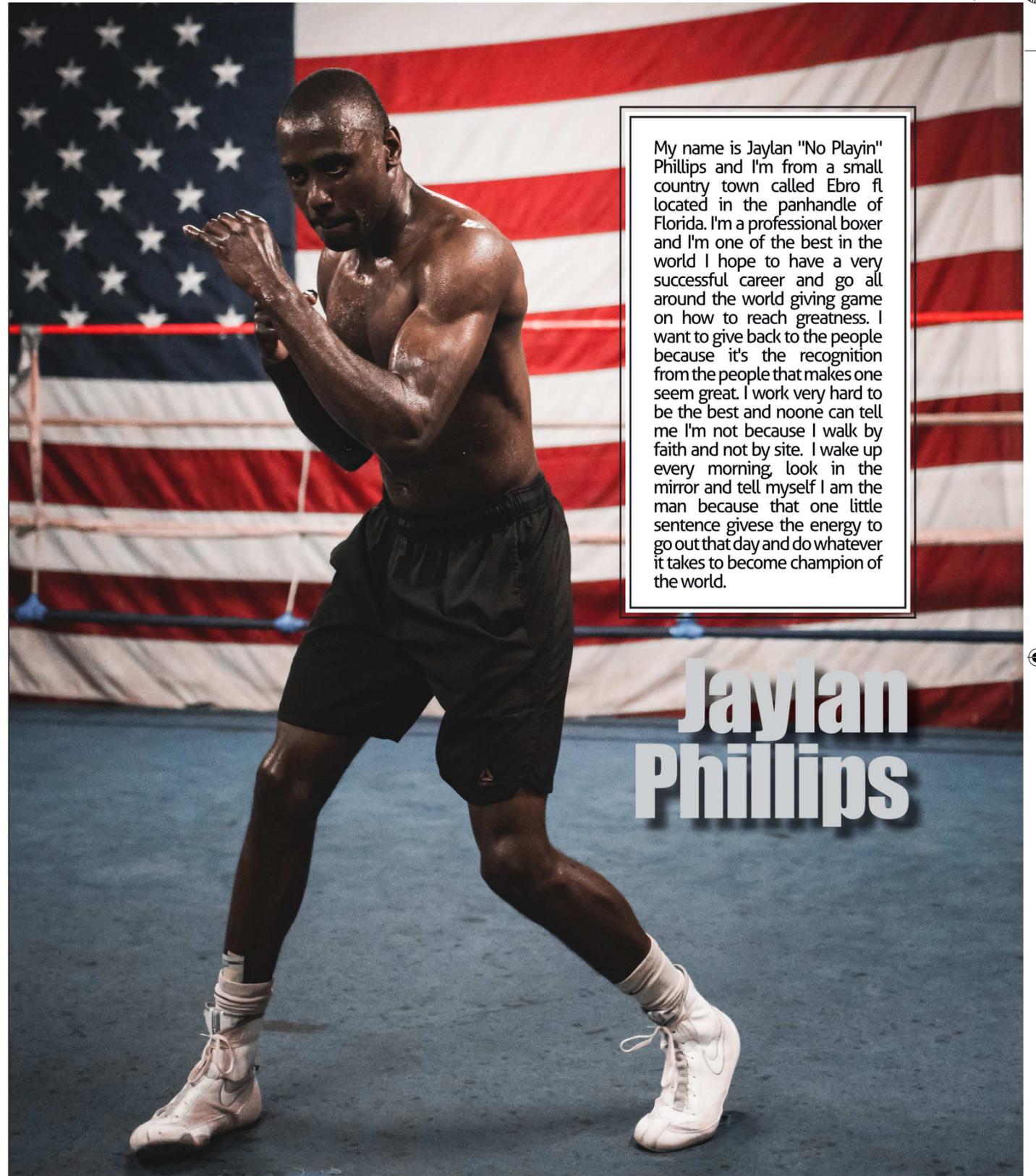
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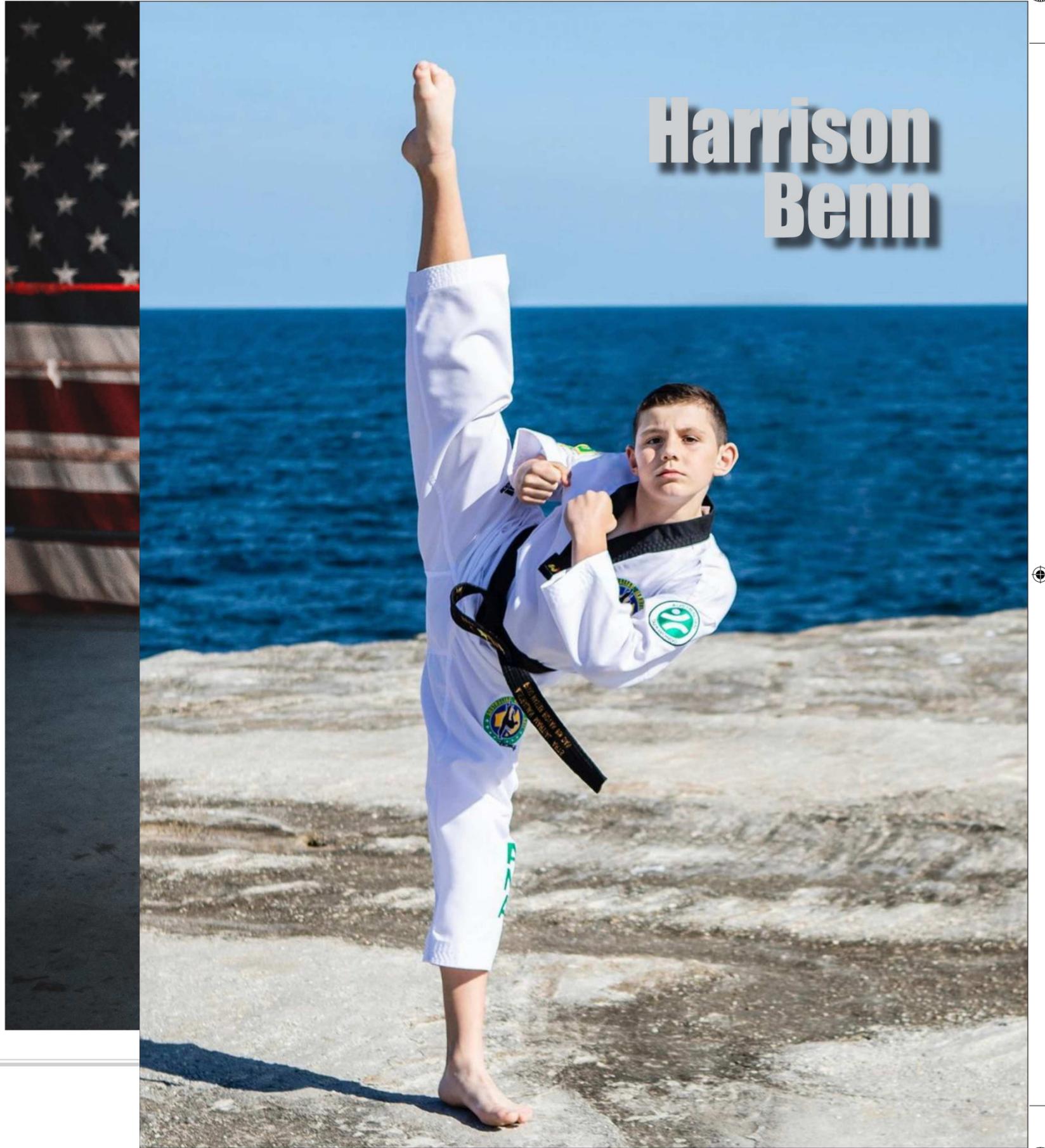
Jerald White





My name is Jaylan "No Playin" Phillips and I'm from a small country town called Ebro fl located in the panhandle of Florida. I'm a professional boxer and I'm one of the best in the world I hope to have a very successful career and go all around the world giving game on how to reach greatness. I want to give back to the people because it's the recognition from the people that makes one seem great. I work very hard to be the best and noone can tell me I'm not because I walk by faith and not by site. I wake up every morning, look in the mirror and tell myself I am the man because that one little sentence givese the energy to go out that day and do whatever it takes to become champion of the world.

Jaylan Phillips



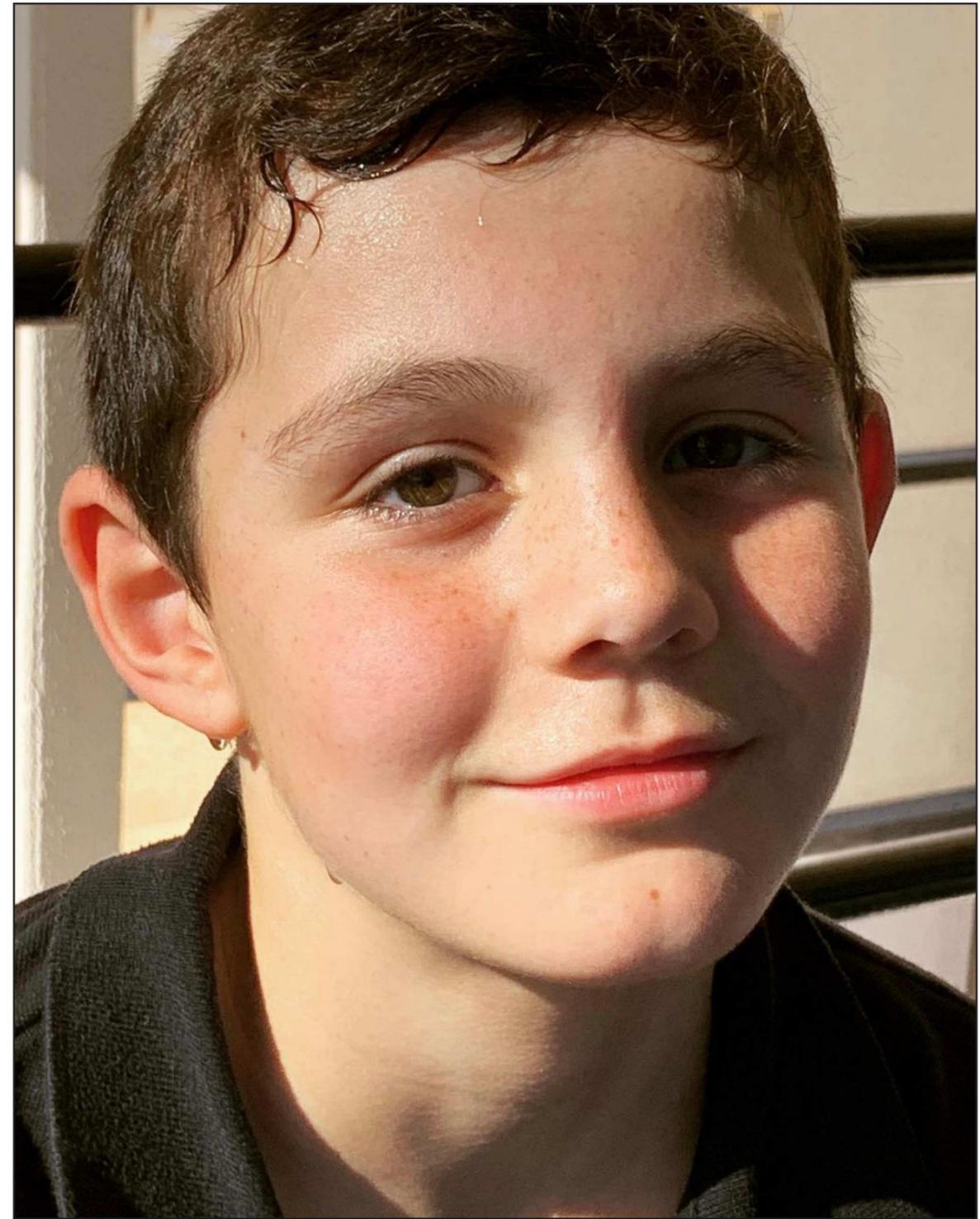
Harrison Benn



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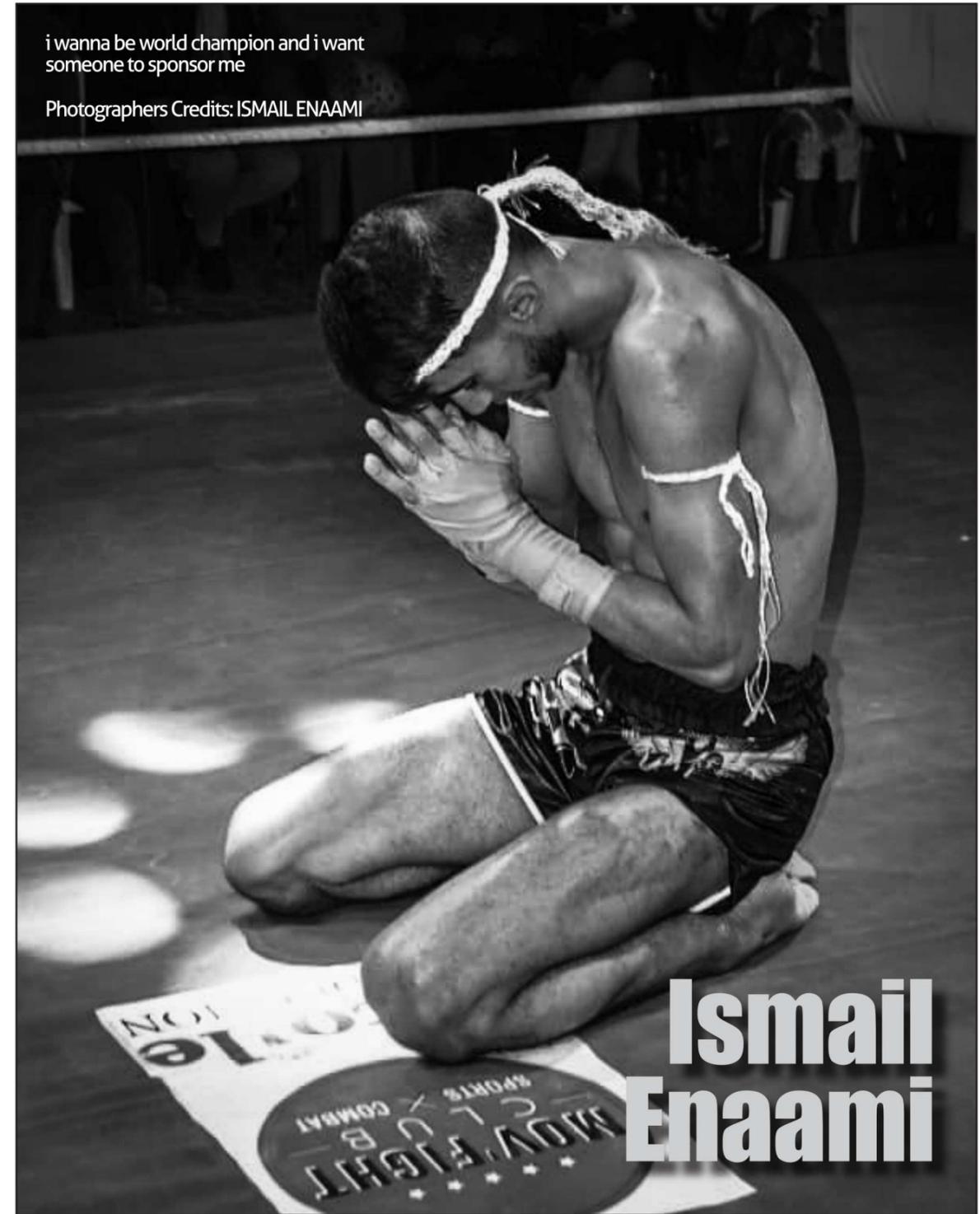
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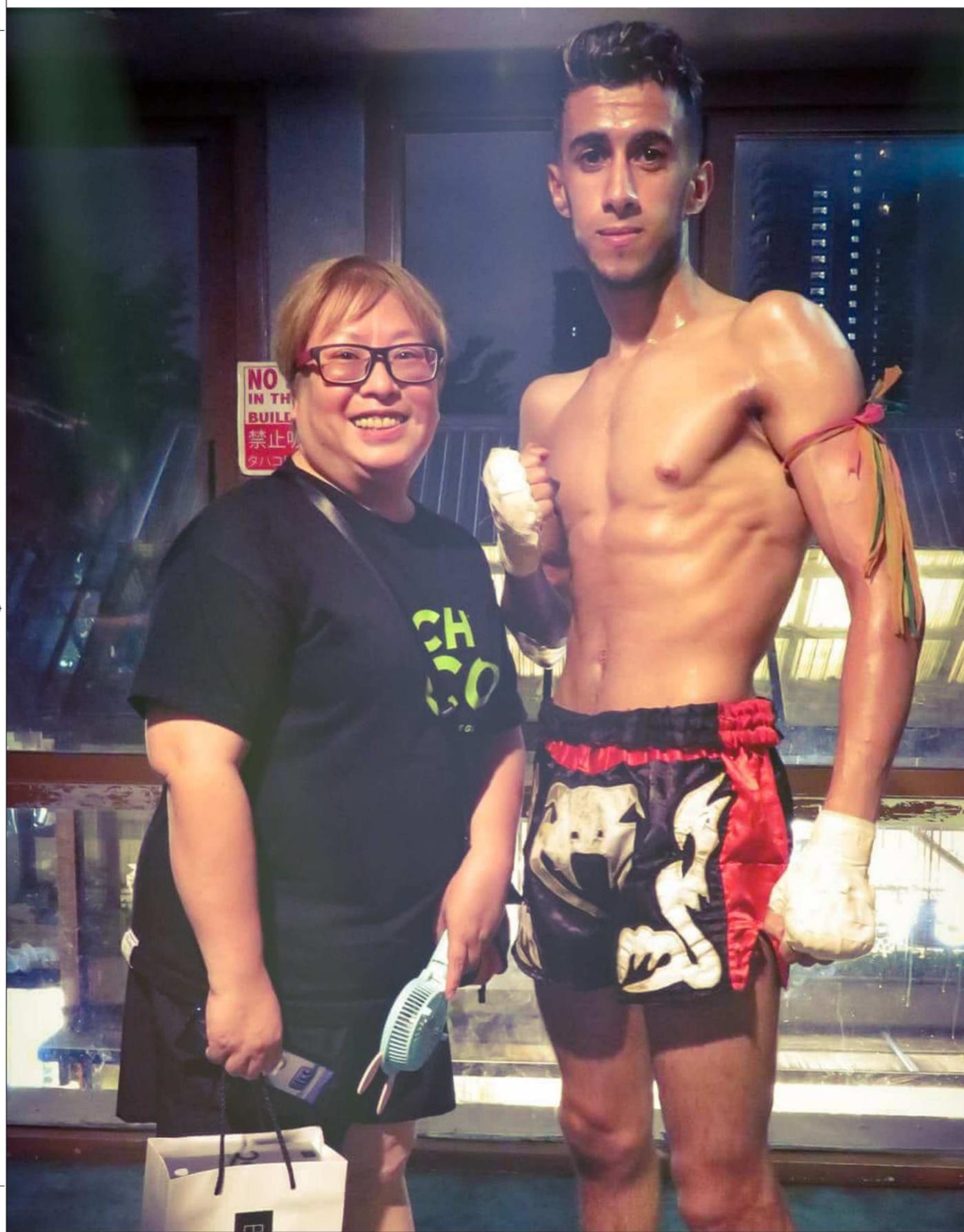


i wanna be world champion and i want someone to sponsor me

Photographers Credits: ISMAIL ENAAMI



Ismail Enaami



My goals in life are to Remain persistent in the pursuit of greatness; Stay focused when life gets hard; Keep positive and share what I have learned in my martial arts journey with my community.

My achievements are nternational WT Gold Medalist Poomsae; National Gold Medalist Poomsae; World Champion Gold Medalist for Extreme Forms and weapons.

My hobbies are basketball and volleyball.

My challenges were overcoming a stumble at age 8 when

I failed to break my board at my black belt grading with a 720 kick. I had practiced the move dozens of times before but on the day the hype got the better of me and I just didn't nail My break. I had two choices then and there. Give up or push myself to return and smash my goals. I chose the latter and I've never looked back. Today I am age 14, a 3rd Dan black belt and compete internationally. I assist in teaching at my academy @australianmartialarts as well as my acro club @acropals.

I am truly grateful for the opportunities that have been presented to me and the time invested in me by all my coaches and look forward to continuing to share my love of fitness, martial arts and acro with others.

