

























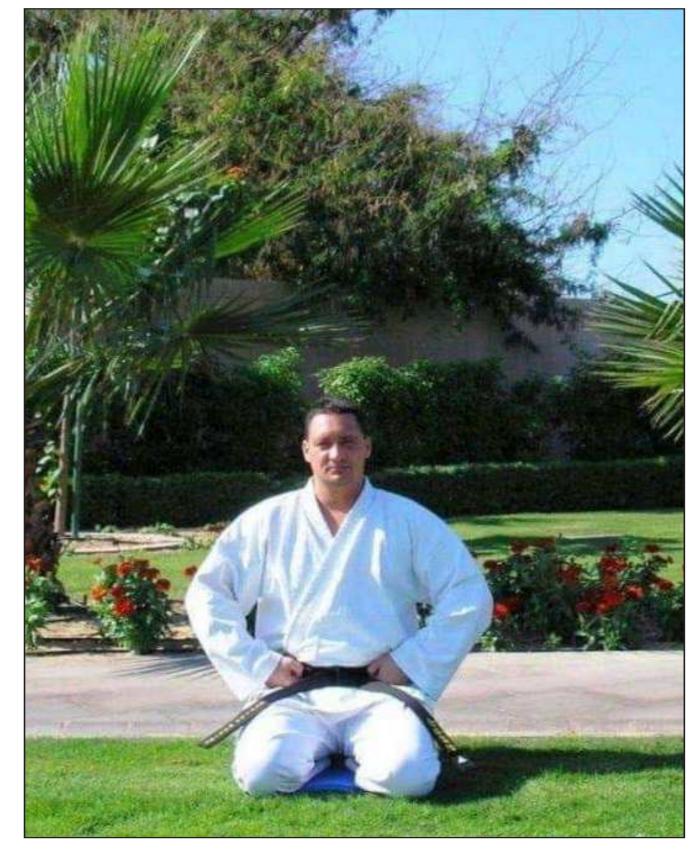
4 | MARTIAL SPORTS











60 | MARTIAL SPORTS

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6 MARTIAL SPORTS









58 MARTIAL SPORTS











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56 MARTIAL SPORTS







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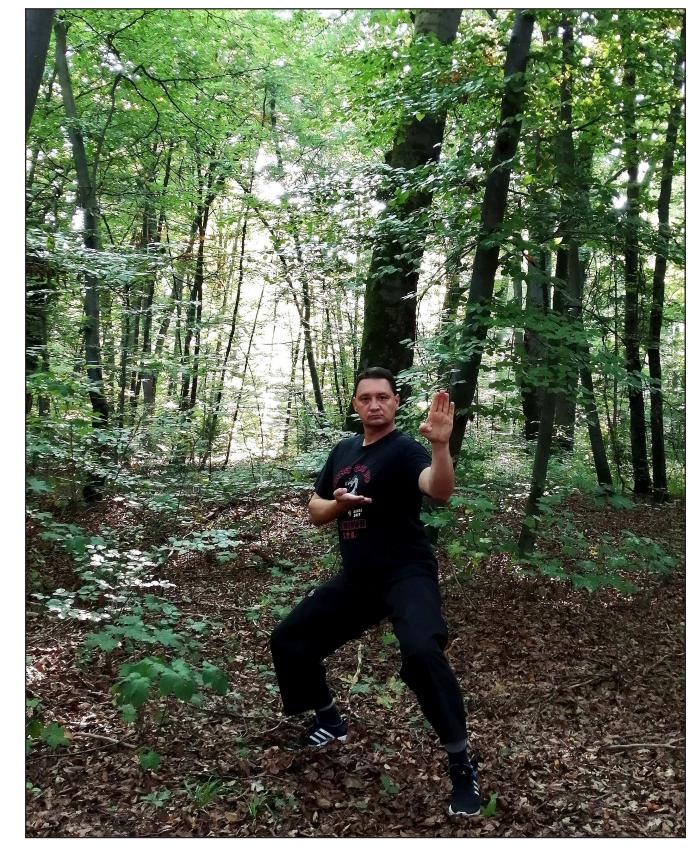












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12 | MARTIAL SPORTS

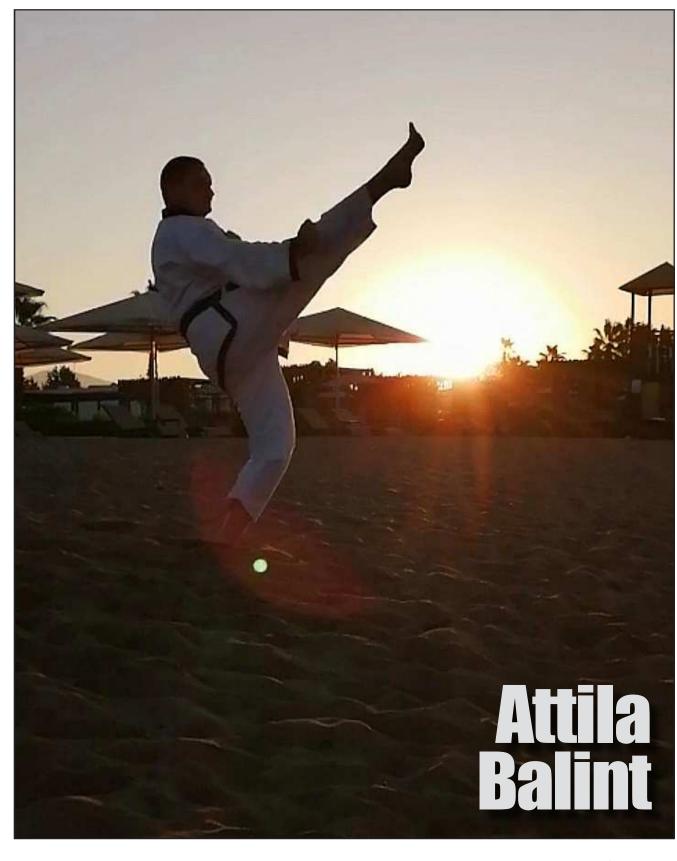












52 MARTIAL SPORTS















14 | MARTIAL SPORTS | MARTIAL SPORTS | 51



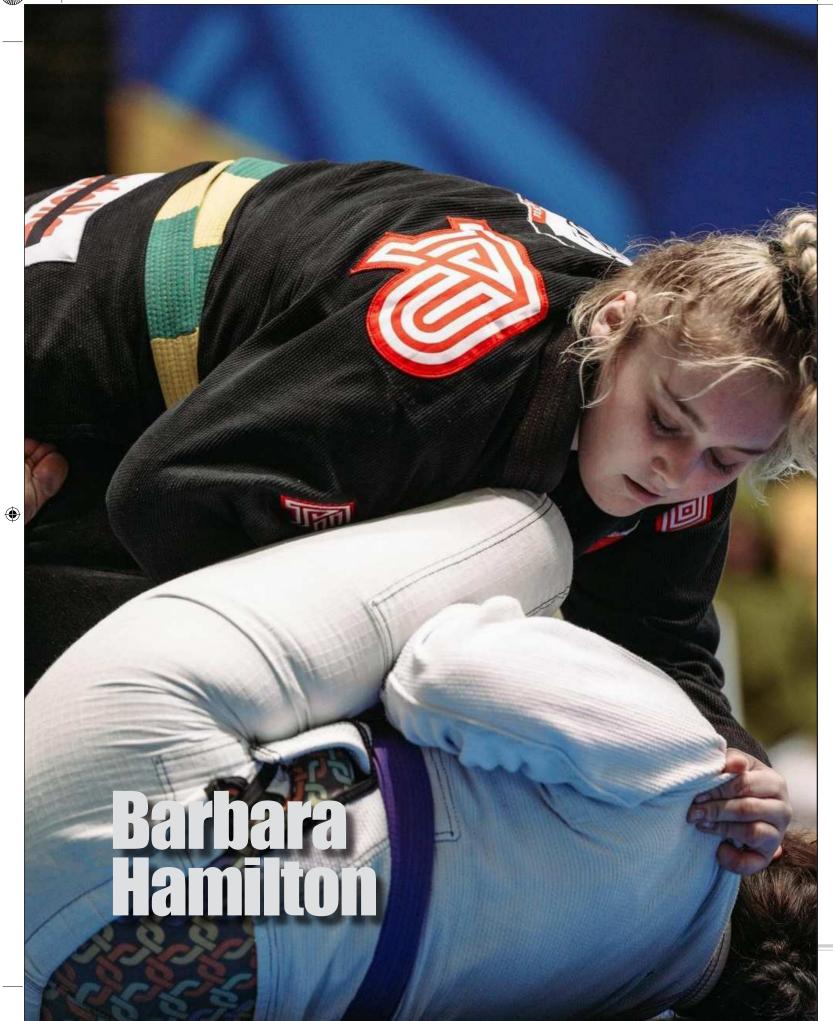




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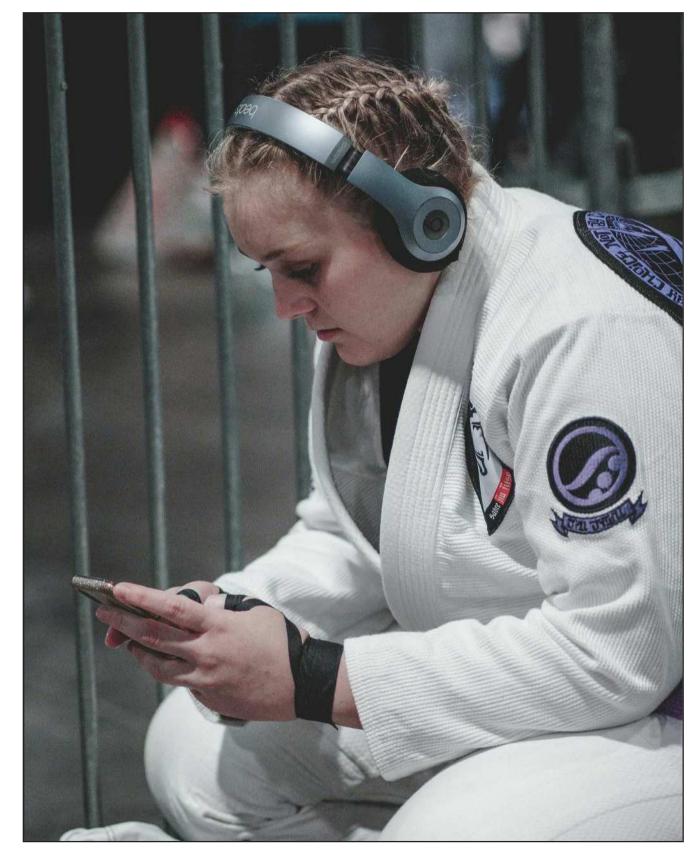
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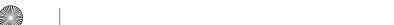






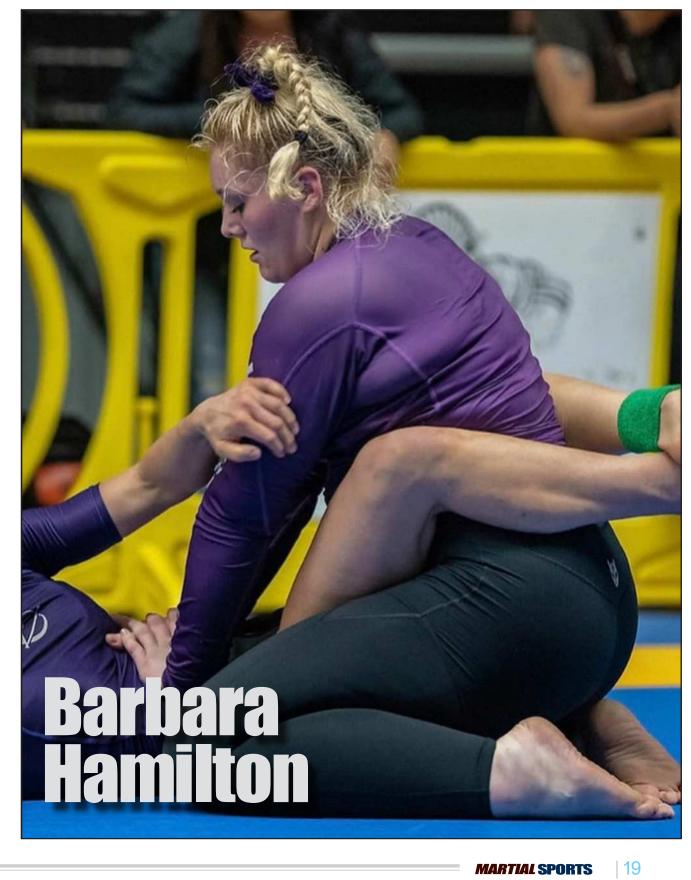
18 | MARTIAL SPORTS | 47

















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 the club to do some sport, I didn't tnink marian 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.

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

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!

passion, martial arts are a part of my life.



20 MARTIAL SPORTS









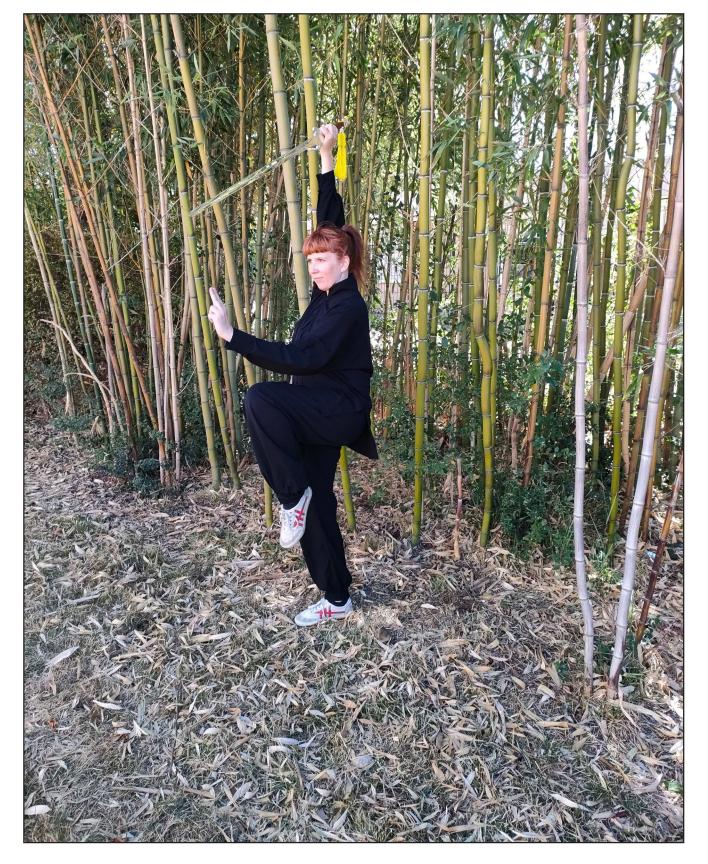


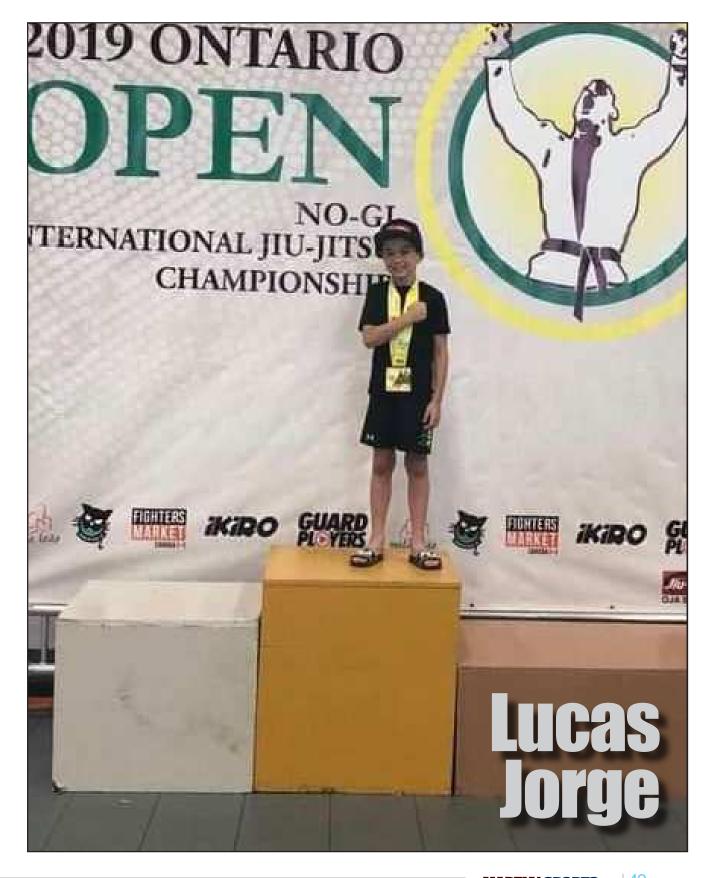




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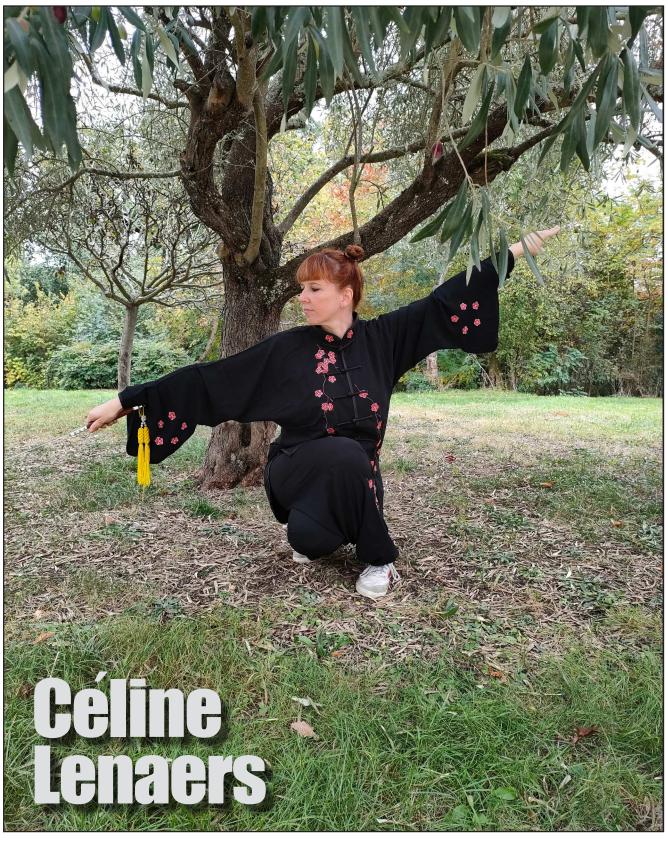
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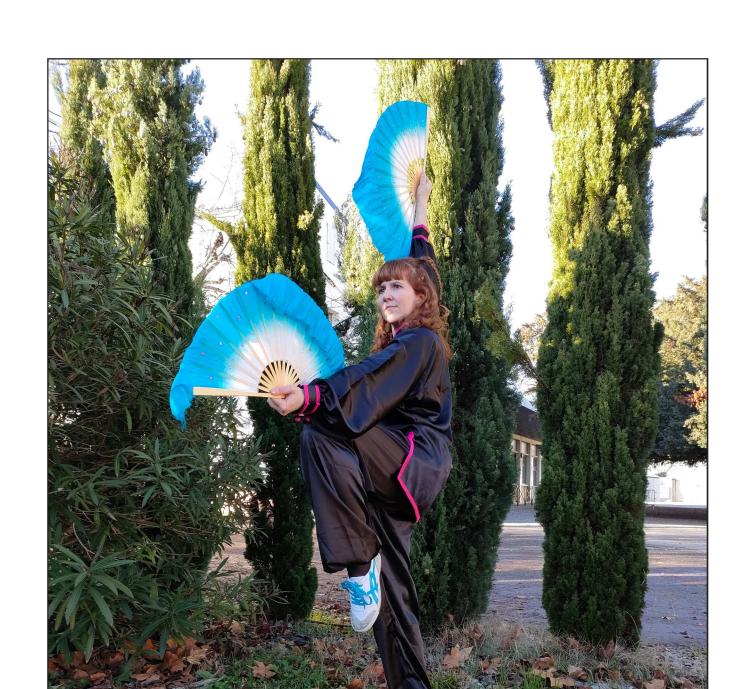
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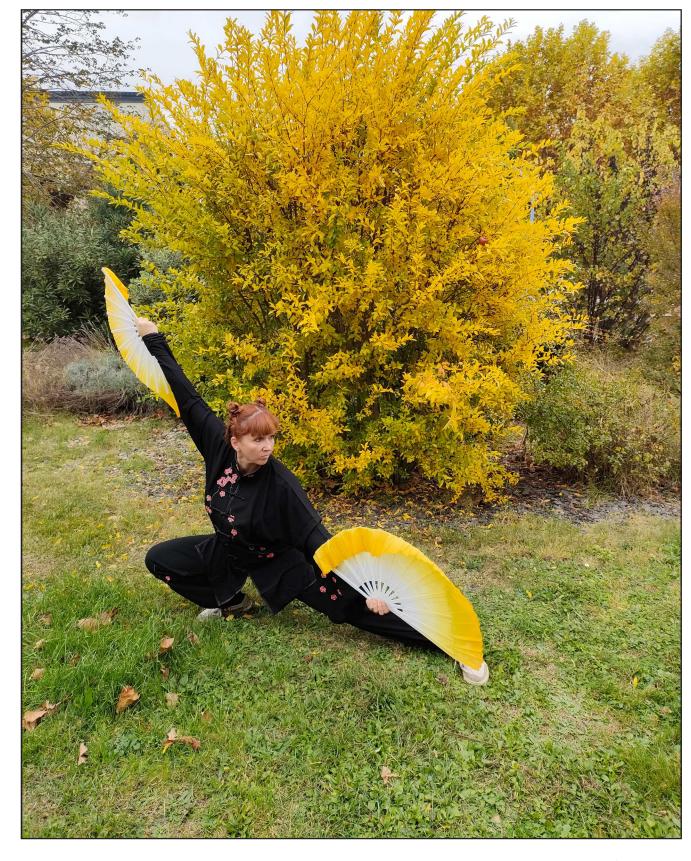








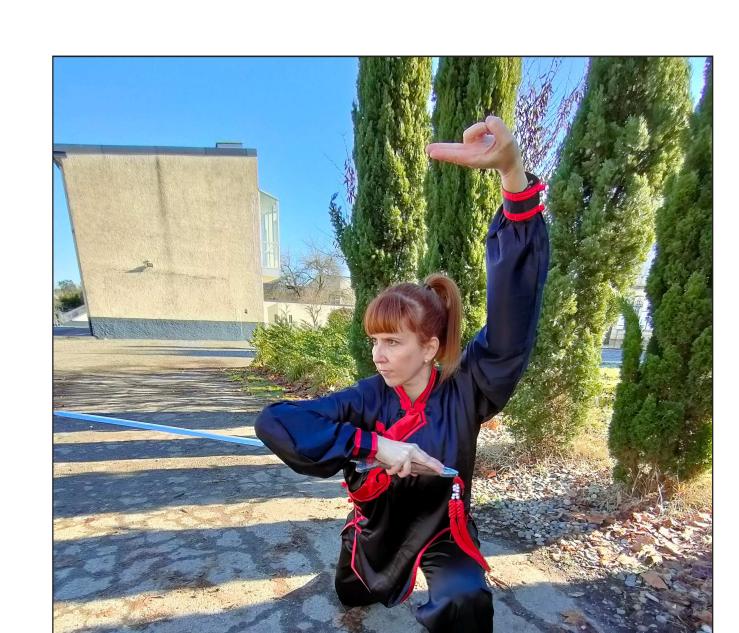
I started my career at the age of 3. Starting with tkd didn't love it as it wasn't enough I have extreme high energy. The age of 7 i tried Brazilian jujitsu after one class i fell in love with it. We put him in bjj as he was severely bullied starting at the age of 5 by a grade 5 student. We had no intention 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 4 silver from the early days and 2 bronze (from



40 | **MARTIAL SPORTS**



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26 | MARTIAL SPORTS











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36 | MARTIAL SPORTS

















30 | MARTIAL SPORTS













34 | MARTIAL SPORTS | 31









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

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.

humble beast!

Thank you for this amazing publication! You guys rock!

See you all on the Mats one day!





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MARTIAL SPORTS

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