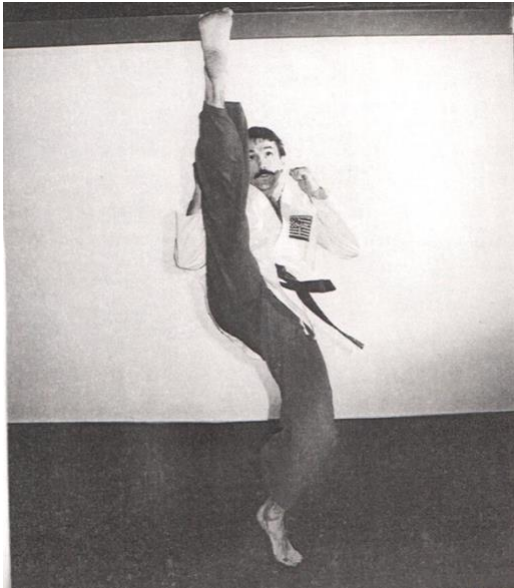


History of MiKiDo



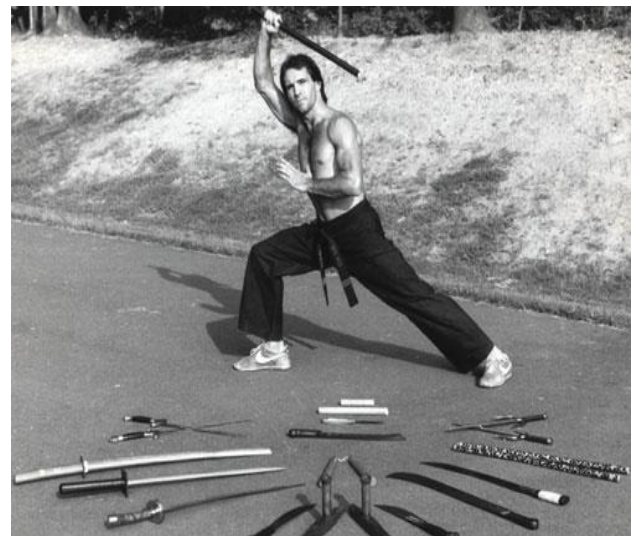
Established in 1982 by Grand Master Mike Hess MiKiDo means “My Powerful Way” a mixture of martial arts from around the world.

Before the UFC and present day Mixed Martial Arts, Grand Master Mike Hess found that a martial artist must be able to defend oneself effectively standing up as well as on the ground. That is when MiKiDo was developed.

He acquired his black belts in five different martial arts styles, and over the years it has proven to be effective in fitness, self-defense, and competition. The importance of balance of mind, body and spirit is also part of personal development at MiKiDo. MiKiDo offers empowerment and self-development programs to attain “Your ultimate best” guided by your inner Power “Ki”.



MiKiDo is a blend Karate, Jiu Jitsu, Taekwondo , Kickboxing ,Arnis/Kali, Judo , Wrestling and Weapon training such as Bo, Sai, Tonfa and Kama at advance levels. MiKiDo is a family-oriented Mixed Martial Arts center where everyone works together to achieve goals, they never thought possible.



Grand Master Helio Gracie & Grand Master Hess



Legendary Master Jhoon Rhee & Grand Master Hess



Master Dan Inosanto Gracie & Grand Master Hess

The MiKiDo system has positively improved the lives of all of our students, across the globe. Over the years we have attained more than 133 National and International Championship Title Belts in Kickboxing, Grappling, and MMA for the MiKiDo Team. Winning isn't everything, but it's nice to know that it is what we do. We will support our students in mind, body, and soul, to develop them into a winner both in the ring and in life.

