



MiKiDo Fall Newsletter 2009

To All MiKiDo Family,

We want to thank you very much and congratulate everyone for being a part of the MiKiDo Family at its new location in Baileys Crossroads for its very first 6-months at this brand new MiKiDo MMA Center! It has been such a wonderful place to train for all MiKiDo Students and for the community in general. Take notice to some of the upcoming events, announcements, and dates to mark in your calendar:

- 1.) **2009 ISCF World Classic Tournament:** As you may or may not know, Coach and Master Mike Hess and The MiKiDo Fight Team will be making history once again as they travel to Kansas City this November 13, 14, and 15 to compete in the ISCF World Classic Tournament. Master Brent Hess and Umaer Hag competed in this tournament last year, Brent beating 3 and Umaer beating 2 guys in two days! This year they will be defending their 145lbs and 135 lbs ISCF World Mixed Martial Arts Titles. Brent is recently coming off of a spectacular 4 round submission victory over Thad Benton (2-time NCAA Wrestling Champion) at the Convention Center in DC. There will also be some other very exciting MiKiDo Fighters taking the stage in Kansas. Nicole Hess has the edge coming into Kansas, with recently earning two incredible victories against Shelly Carson (Former Operation Octagon 125 lbs Champion) and Krisny Barrett (Former ISCF US Champion), defeating both women by submission in the 1st round. Nicole will be traveling to the Midwest to face any girls that are willing to show up in Kansas City. Jerome Villanueva is another MiKiDo fighter that is blossoming in his young MMA career and will travel with the MiKiDo Team to fight for the 185 lbs title. Jerome is a former Virginia Tech and Hayfield Hawk wrestler under coach Roy Hill and Bernard Nimmons (MiKiDo Assistant Coach). And last but not least, Kyle Staten will look to set his mark among the 155 lbs. weight division, as he is coming off a 1st round victory with some momentum going into Kansas City. Goodluck to MiKiDo Fighters and Stay Focused on your Goal. A special thank you goes out to Chad Murrell and Five Guys for being a great part of MiKiDo and helping sponsor the Fight Team get out to Kansas City this November.
- 2.) **MiKiDo Falltime Bikeride '09:** For anyone interested in a little adventure, we are getting together for some off road bike riding at Wakefield Park Recreation Center (8100 Braddock Rd, Annandale 22003). Although I'm sure there are some kids who could probably out ride most adults, this trip goes out to all Adult MiKiDo MMA Members as the trails are in the woods and could be slightly dangerous for children. If you are up for it, there will be a sign-up sheet at the front office, just so we know how



many people are showing up. So if you have a bike and you like to ride, come meet Master Mike, Master Brent, and others on Saturday October 11th at 11am. Just a notice, there will be no MMA Primetime/Open Training on this Saturday (Oct. 11). Bring yourself, Bring your bike, and Bring some water/leverage that you can carry along with you. Lets go have fun!

- 3.) **MiKiDo Power:** What everyone has probably seen as a new addition to the MiKiDo MMA Center is the black padding that has been put up under the mirrors. What you might not have noticed is the words of MiKiDo Power that are written across in red paint. And, if you noticed that, I am almost positive you didn't notice that the words are in a very specific order. I hope that after the explanation MiKiDo students will further understand the formula, that for over 25 years, has made MiKiDo truly live up to its meaning:

"My Powerful Way"

Vision - "White Belt" Everything starts with a certain **Vision**

Focus - "Gold Belt" After you've had the right vision you must **Focus** enough attention to be aware of your goal and opportunity.

Determination - "Green Belt" Once aware, your **Determination** to take action and drive for success will start to blossom and grow.

Confidence - "Blue Belt" Your **Confidence** to overcome obstacles will combine with your determination, to become a strong force for good.

Passion - "Brown Belt" You begin to realize that you are fortunate to be alive and functioning in a way that not only benefits your being, but is something that seems to run through your veins with **Passion**.

Respect - "Black Belt" **Respect** is something that you gain not only for others, but for yourself and your style.

Energy - "Train Hard" You gain **Energy** from inside yourself.

Wisdom - "Train Smart" **Wisdom** becomes different from knowledge.

Discipline - "Cutting Weight" You start to gain more from being **Discipline** than you have ever gained from not being discipline.

Victory - "The Fight" After you master yourself you will have total **Victory**.



4.) **MiKiDo Business Board:** Another addition to the MiKiDo Center has been the MiKiDo Business Board. It has been up for a week or so, but has yet to catch the eye of many parents/students. It is a place where MiKiDo students along with select family/friends may network with each other. It can be used for example if you or your family have a business of some sort, you can put up a business card or a small flyer to let students, family, and friends of MiKiDo aware of the opportunity to work with someone they might know already and trust. The board can also be used for "Quick Sells". Which means if you have something that you are trying to sell and/or get rid of, you may put up a small notice to all, that will probably stay up for at least a week or so. It's FREE Advertising for MiKiDo members/family, so if you can use it in any way USE IT!

5.) **MiKiDo Student Contest for NEW MP3 Player:** Through the end of 2009 MiKiDo MMA will be having a contest to raise community awareness of our new MMA Center. Each MiKiDo student will receive Five (5) MiKiDo MMA Gift Certificates (valued at \$50 each). These Gift Certificates are an easy way to give someone that you know or think might be interested, a chance to experience MiKiDo for themselves for FREE. Giving someone a MiKiDo Brochure or Business Card is great, but a Gift Certificate adds so much more value and incentive for someone to really come by and enjoy training. You may get more Gift Certificates if you run out, they will be given out in packages of five (5). All the Gift Certificates will be accounted for, which means if someone comes in with a gift certificate you gave them, we will know where they got it from and you will receive credit. On

January 15th the number of gift certificates will be calculated, and the person who brought in the most people to redeem their Gift Certificate will receive a Free MP3 Player from MiKiDo MMA. Thank you for helping continue the growth and success of MiKiDo.

We are very proud to open up the New Year 2010 with each and every one of you. Thank you again for your continued support, and we know that your new martial arts and fitness goals will become great victories for you. Love and Respect.

- MiKiDo MMA Centers