



A deep understanding of the struggles, especially anxiety that people go through as they start their journey makes me sensitive to the importance of play and authenticity in training modern martial arts.

BOMMAR

## LICENSED MJ & CM TRAINER

CM PURPLE GLOVES
MJ BROWN BELT









I am learning that Martial Arts is a journey of discovery and, like many experiences in life, is much better shared. Everyone has something to give, whether they are just starting their journey or well along their path. I have been lucky enough to meet some wonderful people on the mats in the UK, Italy, Vietnam and Thailand studying judo, aikido, boxing, kickboxing and BJJ, and each has rewarded me with incredible camaraderie and friendship. I love the CM philosophy of challenge-play and what that can bring to not only the martial arts experience but life in general. The more people I can share this with, the happier I will be.

## LICENSED CM TRAINER

CM WHITE GLOVES

MJ BLUE BELT





