

Crazy Monkey USA

FULLY BRANDED GYM EVERETT / WASHINGTON



Eric KOLESAR

LICENSED MJ & CM TRAINER
OWNER OF CRAZY MONKEY BOXING &
JIU JITSU ACADEMY

CM GOLDEN GLOVES
1ST DEGREE MJ BLACK BELT

Coach Eric runs the premier Crazy Monkey training facility with his wife Saiko, who is also a Monkey Jits Trainer. They provide a complete martial arts training experience in all areas, stand up, clinch and ground. Whatever your goals are; self defense, performance or beyond, you will find what you need.



www.crazymonkeyusahq.com



coach@crazymonkeyusahq.com

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Saiko Shtegma

Saiko is a firm believer of “never too late “ to begin and finds joy sharing the experience of “empowerment” with all age group of women in particular. “If I can do it, you can do it, too!

“ Her teaching is authentic, caring, and catered to each individual’s needs through the art she is coaching.

LICENSED MJ TRAINER

**OWNER OF CRAZY MONKEY BOXING &
JIU JITSU ACADEMY**

MJ PURPLE BELT



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Stacy
WEIGERT

LICENSED CM TRAINER

CM SILVER GLOVES

MJ BLUE BELT

Martial arts has been an evolving lifetime journey for me. My goal has always been finding the most effective tools or methods for personal combat, which led me to Crazy Monkey Defense.



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