

The Crew

Event Planner-Checkmate Martial Arts Maria Tetley
Event Planner-Checkmate Martial Arts Leigh Rossi
Checkmate Martial Arts Jose Afonso
Volunteer Valerie Fedorchak
Volunteer Cathleen O'Sullivan
Event Coordinator - Special Olympics NH Chelsea Gill
Photographer- Silver Image Photography Tim Courtemanche
Photographer-Kelsey O'Brien Photography Kelsey O'Brien

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| 5pm Maria Tetley - Kids Judo | 6am Steve Rita - Small Circle Jujitsu |
| 6pm Curt Cummings - Brazilian Jiu Jitsu | 7am Dana Kiklis - Kyusho Jitsu |
| 7pm Ken Akiyama/ Avi Nardia - KAPAP | 8am Dan Simmler - Brazilian Jiu Jitsu |
| 8pm Richard Hubbard - Flow and Trapping | 9am Jon Palais - Kickboxing/TaeKwonDo |
| 9pm John Hoyt - Muay Thai | 10am Curt Cummings - Brazilian Jiu Jitsu |
| 10pm Greg Williams - Street Self Defense | 11am Rick Woolverton - Judo |
| 11pm Shawn Flanagan - Yoshitsune | 12pm Terry Dow - Superfoot Systems |
| 12am Daniel Caulfield - Brazilian Jiu Jitsu | 1pm Nikki Steinhart - Crossfit |
| 1am Steve Gilcreast - Firearms | 1pm (Mat 2) Jessica Labbe - Yin Yoga |
| 2am Leigh Rossi - Handgun Disarms | 2pm Eric Boles - Submission Wrestling |
| 3am Jonathan Eunice - Kung Fu | 3pm Rick Alford - Small Circle Jujitsu |
| 4am Sarah Crowley - First Aid | 4pm Leigh Rossi - Small Circle Jujitsu |

Special Thanks To...

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| <i>Long's Jewelers</i> | <i>Zulu Nyala Group</i> |
| <i>Puritan Backtoom</i> | <i>The Retreat on Elm</i> |
| <i>Alien Flier Backyard Adventures</i> | <i>Knot Works Massage Therapy</i> |
| <i>Djinn Spirits</i> | <i>Jeca Yoga</i> |
| <i>Special Olympics New Hampshire</i> | <i>British Beer Company</i> |
| <i>Matt Brown-Venom Ink</i> | <i>Taphouse NH</i> |
| <i>Farm Bar and Grille</i> | <i>Sig Sauer</i> |
| <i>Pappy's Pizza</i> | <i>Coca-Cola</i> |

2014 martial arts Train-a-Thon!

*Presented by Checkmate Martial Arts
Athletes helping Athletes!*



*24 Hours of Non-Stop Action
to Benefit Special Olympics New Hampshire*



When: Fri Nov 7th 5pm-Sat Nov 8th 5pm
Where: Checkmate Martial Arts 250 Commercial St, Ste 1017A Manchester NH 03101 First floor of the Waumbec Mill 603-666-5836
Donation: \$40 100% of proceeds go to Special Olympics NH



Maria Tetley– Youth Martial Arts

5:00pm

Maria is a Youth Martial Arts instructor specializing in children ages 4 to 10 and has been teaching since 2008. Has studied many styles of Martial Arts, ranked in 4 styles.
Small Circle Jujitsu Hakkoryu Jujitsu Yoshitsune Jujitsu Judo
USMAA Life Member ~ Jujitsu America Member
Certified Spontaneous Knife Defense Instructor Human Factors Research Group
2009 Jujitsu America Ohana Award recipient
Certified Steward of Children - Darkness to Light Organization

Curt Cummings - Brazilian Jiu Jitsu

6:00pm + 10:00am

Began training BJJ in February of 2000 in Maui, Hawaii under his uncle as student of Renzo Gracie. In NH in 2007, started his own school, Impact Zone JiuJitsu and became an affiliate of Robert Drysdale a Las Vegas, NV based world champion Brazilian Jiu Jitsu black belt and newly signed UFC fighter.
Curt teaches out of Checkmate Martial Arts in Manchester, NH. After 13 years of training, Curt has earned his black belt under Robert Drysdale.
Curt is also an experienced Muay Thai practitioner.

Ken Akiyama - Koryu Uchinadi

7:00pm

Koryu Uchinadi ~ Ko Jutsu ~ Self-Defense ~ Shorin-Ryu Karate
Guigen Qigong ~ Gojo-Ryu Karate ~ Leadership Development
Traditional Yoga ~ US Army ~ Yog-Jitsu ~ Utilized experience to
blend Aikido, Jujitsu, Muay Thai, Karate, Judo, Kung Fu to develop
Koryu-Uchinadi

Richard Hubbard - Flow + Trapping

8:00pm

3rd degree Black Belt in Kickboxing and Kenpo, Member of The 100, BJJ Blue Belt ~ 2010 Jujitsu America Sport Jujitsu National Champion ~ Brown Belt in Small Circle Jujitsu ~ Certified Verbal Judo instructor !~ Multiple Instructor certifications in several Reality Based Self Defense\ systems including Blauer Tactical's PDR, The Self Defense Company and Wagner Reality Based Personal Protection, Fiore System Anger Management educator.

Jessica Labbe - Yin Yoga

Mat 2 1:00pm

Jessica began practicing in 2003 and shortly thereafter enrolled in a 200 hour yoga teacher training program with Yoga NH and Maureen Miller. ChildLight Yoga Teacher. Reiki Level One Certified. Yin Yoga Instructor.
Recently completed 300 hour certification program through YogaLife Institute for Comprehensive Yoga Therapy. Member of the International Association of Yoga Therapists. Registered with Yoga Alliance.

Eric Boles– Submission Wrestling

2:00pm

MMA competitor and instructor sine 1998. Black Belt in American Pankration Fighting. Blue Belt in BJJ. Has multiple MMA wins and has medaled in many BJJ and Submission Grappling competitions. Has trained or competed against John Howard – UFC Competitor, Shannon Rich – Pride, Drew Fickett – UFC, Mike Swain – Most decorated US Olympic Judo practitioner, Wanderlei Silva – UFC, Joe Riggs – UFC, Edwin Dewees – UFC, Robinson Moura – 7 time BJJ World Champion, Jason Miller – UFC and Pride, Rameau Theirry Sokoudjou – UFC and Pride,,Heath Simms – Olympic Wrestler, Dan Miller – UFC, Keenan Cornelius – BJJ World Champ, Wanderlei Silva – UFC and Pride Competitor.

Rick Alford– Small Circle Jujitsu

3:00pm

4th Degree ICAT Reality Martial Arts ~ 3rd Degree Black Belt Small Circle Jujitsu 3rd Degree Black Belt Castoldi's Street Jujitsu 1st Degree Black Belt Joe Lewis Fighting System
1st Degree Black Belt Chung Moo Quan ~ Puruple Belt Brazilian Jujitsu
Muay Thai Level II Under Ciano Delucia ~ Tribal Leader Level II under guru Michael Williams ~ Studied White Crane & Long Fist Kung Fu
Certified in F.I.G.H.T. (Fierce Israeli guerilla Hand-to-Hand Tactics)

***Congratulations, you've made it!
Go home and get some sleep!***

Kaicho J. Palais– Kickboxing TaeKwonDo

9:00am

10th Degree Black Belt KiToshaKai
8th Degree Black Belt Jujitsu
5th Degree Black Belt TaeKwonDo Toms River, NJ
GENERAL CHOI, Hong-Hi
1st Degree Black Belt Karate
1st Degree Black Belt Arnis

John Hoyt - Muay Thai

9:00pm

Ed Parker style Kempo ~ Street Self Defense ~ JiuJitsu Ju-
do ~ Wing Chun Gung Fu (Ving Tsun, Leung Ting Style)
Krav Maga ~ Pressure Point Techniques ~ BJJ
Kickboxing ~ MMA
Chute Boxe style of Kickboxing ~ Muay Thai

Rick Woolverton– Judo

11:00am

Judo ~ Danzan Ryu Jujitsu
Competed both nationally and internationally
Held the Florida Sunshine State Games title for his weight class for 3
years. 3rd Degree Black Belt in Judo
2nd Degree Brown Belt in Jujitsu
Extensive Military and Combat experience.

Greg Williams - Street Self Defense

10:00pm

Student of Martial arts for over 25 years. Teaching for 21 of those years.
Lifetime student and instructor of martial arts.
Ranked in 6 different styles including Jujitsu, BJJ, Judo, DKI, Shotokan and
American style Kickboing.
Currently ranked at 4th Dan

Terry Dow - Superfoot System

12:00pm

5th Degree Black Belt (Master) Superfoot Systems
4th Degree Black Belt Multicultural Art
3rd Degree black Belt Chinese Kenpo Karate
1st Degree Black Belt Kosho Shorei Ryu Kenpo
Coach “Team Dow” MMA and Kick Boxing

Shawn Flanagan - Yoshitsune

11:00pm

Black Belt in Kenpo Karate ~ Black Belt in Yoshitsune Jujitsu.
Shawn has dedicated much of his life to martial arts, both as a teacher and
buisness owner. Father to four boys and has trained alongside many reputable
martial artisits. He currently teaches DePasquale Jujutsu, founded by Micheal
DePasquale, headmaster of of the Yoshitsune Jujutsu system. Shawn has a passion
for the arts, both training and teaching, and is extremely knowledgeable in them

Nikki Steinhart - Crossfit

Mat 1 1:00pm

Our goals are to make you measurably more fit, have fun and make all of us
better each and every day: better athletes, better parents, better spouses,
better people. A better you. Build a community of like-minded individuals
dedicated to proper exercise and nutrition, accountable to each other,
motivated by each other. Provide kids with a place to develop their
fitness and capacity as individuals in a safe and fun environment.

Daniel Caulfield - BJJ

12:00am

Black Belt in Aikido. Over 10 years of Tai Chi experience, Competed nationally
and internationally representing William C.C. Chen’s push hands team. Gold med-
al in 2003. First in every weight division at the 2004 AAU championships. 2 Silver
medals at the push hands world championships in Taipei, Taiwan. IBJJF Gold med-
als at purple, brown and black belt levels. Dan is a graduate of Naropa University
(2000) where he earned dual degrees in Traditional Eastern Arts and Buddhist and
Western Psychology. Black Belt BJJ under Ailson Jucao Brites

Steven Gilcreast - Firearms

1:00am

2nd Degree Black Belt with Jujitsu America Small Circle Jujitsu.
Black Belt Castoldi's Street Jujitsu. Life member and Black Belt with USMAA.
Decorated US Army Ranger. Recipient of 2007 Ohana Award.
Steve has extensive experience teaching fighting skills. Former SWAT Team Leader. Former MPD Training Officer. Current Senior Instructor at Sig Sauer Academy and works with the Sheriff's Department.
Firearms expert with History Channel's show Top Shot.

Leigh Rossi - Small Circle Jujitsu

2:00am + 4:00pm

5th Degree Black Belt Small Circle Jujitsu
5th Degree Black Belt with JA Jujitsu America
4th Degree Black Belt and Life Member of USMAA
5th Degree Black Belt with Kitoshakai International
2nd Degree Black Belt in Judo
Certified Defensive Tactics Instructor and
Spontaneous Knife Defense Instructor for Law Enforcement

Jonathan Eunice - Kung Fu

3:00am

2nd degree black belt in Chinese Kung Fu, including the Five Animals-style of folk hero Wong Fei-hung, Shaolin Long Fist, Sun Baguazhang, Yang Taijiquan, Shiba Lohan Qigong, Buddha Palm, Tiger-Tornado Broadsword and Shaolin Windstaff. 1st degree master of Do Yi Daoist Qigong. Also studied Daoist forms including Drunken Immortals Sword, Drunken Boxing, Drunken Stagg, Chin Na, Chen Sword and Chen Taijiquan. He has also trained with talented practitioners of American boxing, BJJ, Hapkido, Judo, Jujitsu, Kempo, Serrada Escrima, Wing Chun and Yoga.

Sarah Crowley– First Aid

4.00am

6 Years of nursing experience ~ Emergency Room Nurse ~ Experience in Trauma Care and Emergency Preparedness ~ Advanced Cardiac Life Support and Pediatric Advanced Cardiac Life Support ~ Certified in Phlebotomy with specialty coursework in safely handling blood borne pathogens and infectious disease control Pediatric homecare ~ 2 years Muay Thai experience ~ Now also training BJJ

Rachael Ekkens – Escrima

5:00am

Rachael has been practicing martial arts since 1997. She holds a fourth degree rank in Tae Kwon Do from Master Ed Budd in New Hampshire, and a Shodan in Kitsune Ryu Bujitsu (An integrated style which includes multiple forms of Jujitsu and Eskrima) from Shihan Todd Labrie in California. Teaching for the dojo has been a regular theme in her life, as well as having the opportunities to learn from many teachers and have exposure to multiple ways of practice.

Steve Rita– Small Circle Jujitsu

6:00am

Steve Rita is a lifelong martial artist with 34 years experience and holds a 3rd degree black belt in small circle JiuJitsu and a black belt in Shorin Ryu karate. He has taught numerous seminars throughout the country. In addition, Steve is an MMA referee and has worked for the last 14 years both nationally and internationally and is well known in the New England area for his constant involvement with all aspects of working mixed martial arts events.

Dana Kiklis - Kyusho Jitsu

7:00am

5th Degree Black Belt in “Kyusho Jitsu” / “Dim Muk”
5th Degree Black Belt - Ryu Kyu Karate
2nd Degree Black Belt - Kyusho Kenpo Karate
2nd Degree Black Belt - Jujitsu America
2nd Degree Black Belt - Japanese Jujitsu
2nd Degree Black Belt - Self Defense Jujitsu & Judo

Dan Simmler - BJJ Judo

8:00am

1st Degree BJJ Black Belt ~ Brown Belt Judo ~ 11x IBJJF Medalist
7-0 Pro MMA Record ~ TUF 7 Cast Member
Pan-am Gold Medalist (Brown Belt)
Pan-am Silver Medalist (Black Belt)
30+ X NAGA Champ ~ ADCC Pro Trial Champion
Multiple time Grapplers Quest Champion