

# MONTHLY NEWSLETTER

DECEMBER 2023 | ISSUE NO. 2



## DECEMBER NEWS

2023 has flown by and before you know it we will be celebrating Christmas and the New Year. The gym was open on Thanksgiving Day, and we had great training before eating Thanksgiving Dinner. We will continue to be open throughout December for those looking to train. This is important in reducing stress and maintaining your mental health. Nine out of ten experts (white belts) agree that taking someone's back and securing a choke while rolling dramatically reduces your stress levels. Seriously, we are one family through jiu jitsu and always here for one another. Please reach out if you ever need anything.



IN JIU JITSU, IT'S NOT THE SIZE OF THE DOG IN THE FIGHT, IT'S THE SIZE OF THE FIGHT IN THE DOG." - CARLOS GRACIE SR.



## PROFESSOR TOM'S CORNER

What an amazing month of activity we had in November! New students joined the Academy, many competed and we are continuing upgrades and renovations as we add new programs. Also we are very happy for Professor Andre Alemão, and his new facility that opened in Torrance, California. We have a great relationship with such an outstanding school. This will surely add to the success of the team overall. It was also a great honor to receive recognition at their opening as professor Andre expressed gratitude For our teamwork over the years by presenting me with a ring and my photo on his wall of fame next to our lineage. We close the year with great excitement for 2024' thank you to all the families who support the team!





# TEAM TO BE RECOGNIZED



The Murrieta City Council will be honoring Tom and Celeste on Dec 5th at the Murrieta City Hall. During the City Council meeting, the mayor will present a proclamation highlighting the commitment to our community and the success of the CGWCHQ team in representing our community across the county. Winning the 2023 IBBJF Kids American National competition was a first for the Carlson Gracie Team. The Murrieta City Clerk created proclamation certificates for our competitors in the Kids American National competition which will be presented to the competitors at the gym on December 10th, time to be determined.

## COMPETITIONS

### 2024 YOUTH COMP TEAM

Applications are being accepted for the 2024 competition team. Each application contains a package of documents that are to be filled out for all interested in joining the team. A meeting will be held at the gym for questions on December 10th.



#### IBBJF Sacramento Kids

Gold – Dienekes Kylis

#### JJWL NORCAL Finals -Stockton

Gold – Derek Kiyan (Gi & NoGi), and Sebastian Kiyan (Gi & NoGi)

#### Grappling X Corona Adults & Masters

Silver – Dylan Garcia

#### Grappling X Corona Youth

Gold – Sonny Barnes (Gi), and Kimberly Clarke (Gi x2)

Silver – Kimberly Clarke (NoGi), and Dax Osornio (Gi)

Bronze – Dax Osornio (NoGi)

#### Grappling X San Diego Youth

Gold – Kimberly Clarke (Gi x2)

Silver – Dax Osornio (Gi and NoGi)

## UPCOMING COMPETITIONS

December has four events where our competitors will be traveling and representing Carlson Gracie West Coast Headquarters. IBJJF NoGi Worlds is held in Las Vegas and will be streamed live on FloSports, Dec 7-9. Tom, Celeste, Carlos, Ryan and Nathan all look to add the NoGi World title to their resumes.

IBJJF European Kids, held in Ireland on Dec 2-3, is the final IBJJF kids event of the year and the third of the kids grand slam (4 point) events. The IBJJF kids Grand Slam events are the Brasileiros, PANS, and European Nationals (there are no Worlds for kids). This event is streamed live on YouTube in the past and we hope it will be again this year so we can watch Derek, Sebastian and Caleb all represent our team.

The JJWL SoCal Finals, Dec 16-17 in Del Mar. Many of our competitors are registered for this event as they look to finish and improve on their impressive 2023 season. Our final event of the year is on the 23rd of December, Grappling X in Murrieta.

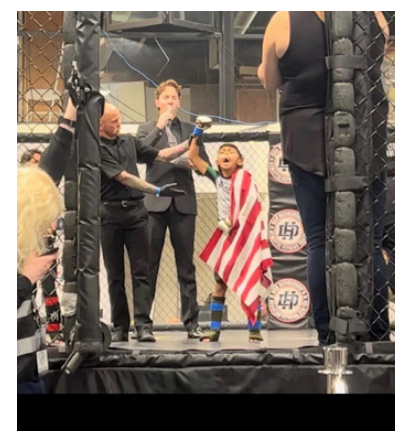


### SUPER FIGHT

Seth Reppond is set to fight in a highly anticipated match on December 2nd. You can watch the live stream of the event on the Arte Suave platform at [www.artesuaveelite.network](http://www.artesuaveelite.network).

### HENDO'S FIGHT NIGHT

Jorge Moreno won his pankration fight by submission. Jorge was able to take his opponent's back then secure a rear naked choke for the submission victory. Congratulations Jorge!





## SPOTLIGHT

Nate Penland's newest single, "Please Stay," is now available on all platforms! We are extremely proud of this release and eagerly anticipate his upcoming work. Additionally, we had the opportunity to sit down with Nate and discuss his music.

*How long have you been playing music?*

I have been playing music since I was nine years old. I started as a drummer and dabbled in guitar and piano for quite some time. I made my permanent switch to being a front man in heavier rock bands, and doing acoustic singer/songwriter stuff on the side around 2006. Although I've had some of the best experiences in my life in my rock bands before, the most personal and lucrative growth of all the genres I have done has definitely been the singer/songwriter route. I am having great time doing that for a living now.

*What was the inspiration behind the song?*

My inspiration behind this song was the feeling of having someone be your light at the end of your tunnel, and asking them to stay when you know you've been a wreck. As an artist and as a human, I am very outspoken about the waves I go through. So although I wrote this song almost in a relationship sense, I was actually whole heartedly speaking to my understanding of God here. I had just gotten through a really thick block of self doubt and made some real progress within myself. I had to express my gratitude and need for that grace I am always given. So I asked it to stay with me always. It felt great to get that out there in a song.

*How does Jiu Jitsu help you?*

Jiu Jitsu has helped me immensely with my music. The practice of consistency and discipline on the mats has made me more productive in my career than I have ever been. Learning to coach and being mentored under



PHOTO: NIKI BRADLEY

Professor Tom has shown me there is always, and will always, be something to learn. There is no top of the mountain if you're doing it right.

*When can we expect any other singles to come out?*

My next single "No Road" is mid production. It will be released the second week of December. After that, One or two releases a month is the game plan!

*Where will you be playing in December?*

12/8 Europa 4:30-7:30pm  
 12/10 Altisima 2-5pm  
 12/14 Wilson creek 6-9pm (wine club)  
 12/17 Europa 1-4pm  
 12/19 Europa 5-8pm (wine club)  
 12/31 Altisima ALL DAY 11am-3

*\*DM Nate for wine club performance entree*



## IT'S WRESTLING SEASON

Wrestling season has started and some of our competitors are pursuing their goals outside of jiu-jitsu. Malikhi Espiritu is wrestling for Vanguard University and his head coach expects big things out of Malikhi as he enters his freshman college season. Coach Flores believes Malikhi will be a force at the 141 weight class. Axel Esparza 138 & 144lbs (Lakeside HS), Nathaniel Freitas 138lbs (Vista Murrieta HS), Maiya Bradley 155lbs (Vista Murrieta HS), and Emily Lindberg 125lbs (Temecula Valley HS) are all wrestling for their respective high schools and are off to a great start. We will provide updates throughout the season on their success. Good Luck to you all!

## WELLNESS



Unlocking Your Jiu-Jitsu Potential: Meet Gehrig Remigio, Owner of Cut Throat Massage! With over two decades of expertise in massage and bodywork, Gehrig introduces the power of maintenance and preventative massage. Discover how soft tissue mobilization and specialized sports recovery treatments can elevate your Jiu-Jitsu journey!

**Breathing Techniques for Jiu-Jitsu Practitioners** Breathing exercises and relaxation techniques are fundamental elements that can significantly benefit Jiu-Jitsu athletes throughout their training sessions and recovery periods. Proper breathing not only enhances performance but also aids in relaxation and recovery, reducing the risk of injury and fatigue.

### Short Routine:

Start with 3-5 minutes of diaphragmatic breathing before training. • During training, practice focused breathing and take mindful breaks between intense rounds. • After training, dedicate 5-10 minutes to recovery breathing or progressive muscle relaxation to aid in recovery. These breathing techniques, when incorporated into your routine, can enhance your Jiu-Jitsu performance, improve endurance, and support a quicker recovery post-training.





# THE GIVING CHRISTMAS TREE

Sharing the Christmas Spirit: A New Tradition at the Academy

At the Academy, we're committed to spreading joy and cheer during the Christmas season. We're excited to announce our latest initiative aimed at helping children and seniors who may not have the resources to celebrate Christmas.

To participate, all you have to do is take a look at the prepared list of suggested gifts for families and seniors. Every time we receive a donation, we'll hang a beautiful ornament on the tree, creating a festive display. Donations will be accepted from December 1st through December 17th.

To contribute, simply pick up a tag from the front desk and bring back a wrapped gift. If you'd like to help in other ways, please contact Candy at (760) 580-1476. With your support, we can help spread the Christmas Spirit together.

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