

FIRST EDITION

AMERICAN KNOCKOUT

FOR THE HARD-HITTING ATHLETE

SURVIVAL IN THE WARZONE AND AT HOME

- > MENTAL AND PHYSICAL TOUGHNESS OVERSEAS
- > FIGHTING IN AND OUT OF THE CAGE - A STORY OF CANCER SURVIVAL

THE WOMEN OF WMMA

- *How They Changed Sports...Forever!*

An Interview with Shannon Knapp, President of Invicta FC

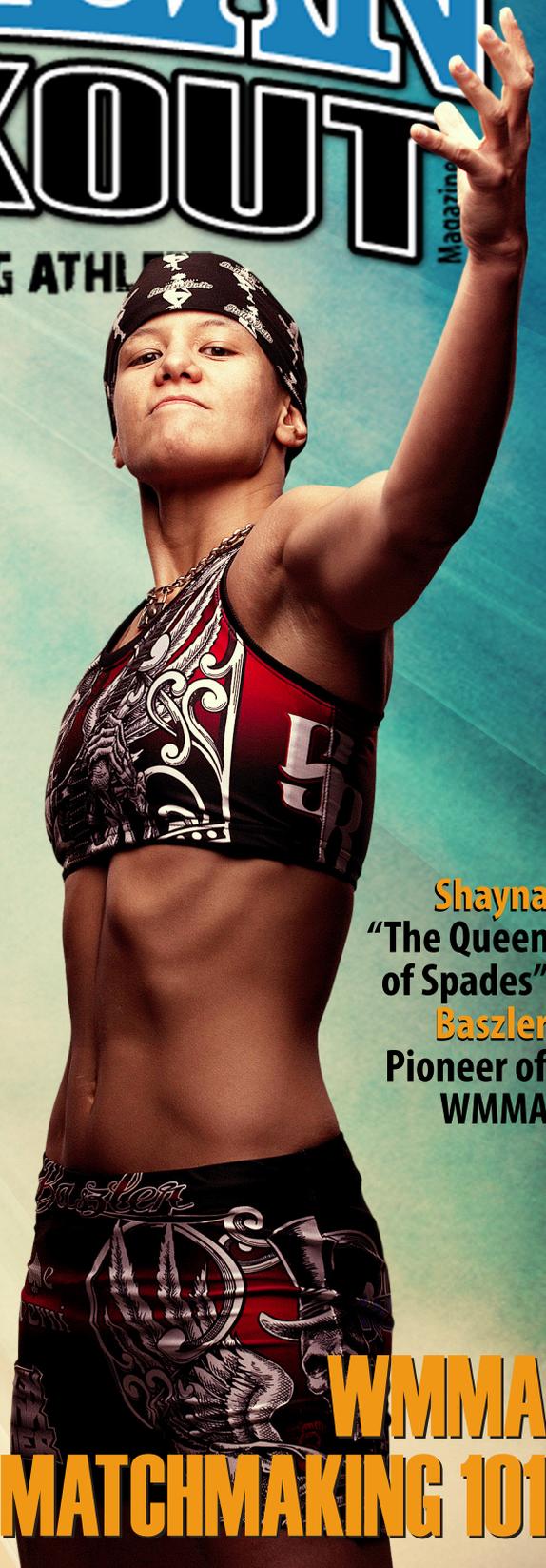
INTERVIEW WITH A LEGEND

- *Boxing Legend Henry Tillman*

SO YOU THINK YOU CAN FIGHT

WMMA MATCHMAKING 101

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Shayna
 "The Queen of Spades"
Baszler
 Pioneer of WMMA



Editor's NOTE

First edition issues are always quite an undertaking; especially when it is a digital version that needs to have all of the high-tech gadgetry we all have come to expect on the internet, tablets and smart phones. We feel this magazine will not disappoint. One glance and you will see well written, in-depth articles on the sports you love; as well as video and audio to accommodate the stories.

Everything you wished a glossy, high-priced magazine could do, we meet and exceed that challenge. We at American Knockout Wear (AKO), decided to enhance the visibility of our brand by giving you a no non-sense, hard-hitting magazine that not only covers the world of MMA, but also of boxing, wrestling and self-defense. We are not out to rehash those hard copy magazines already in publication, but to give you an insight into those making a difference, who might not have a voice yet in their sport.

Where Shadows Become Legends®; not only is this our tagline, but our mission to you as an athlete. We are dedicated to finding those athletes, coaches, and mentors and exposing them to the world, to showcase their talent, their desire to succeed, and most of all, their passion for their sport.

We hope you enjoy this first edition of **American Knockout Magazine** and want to hear from you on subjects you want to learn more about, articles that are relevant to you, as well as submit photo's, video and articles on yourself for consideration into the next issue.

This is YOUR voice, YOUR magazine, let the world know YOU exist! Remember to always **"Fight Responsibly®."**

(Cover photo: Shayna "The Queen of Spades" Baszler. We, at American Knockout Wear, wanted to give special recognition to those who have helped pioneer women's MMA to what it is today and feel Shayna deserves to be on our first magazine cover as one of those pioneers.)

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★ ★ ★ AMERICAN KNOCKOUT MAGAZINE

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DOWN SYNDROME BREAST CANCER AWARENESS MONTH

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SURVIVAL IN THE WARZONE AND AT HOME

Articles by: Anthony Hopkins and MarDee Schwartz

The word “*Survival*” can evoke many meanings, as well as feelings in your mind. Survival can mean finding the will and way to live through natural disasters; like the devastation of the 2004 Indian Ocean tsunami or Hurricane Katrina that leveled New Orleans the following year. It can also mean coming back from physical or mental abuse and making a life for yourself and others that is worth living.

In our first article, we talk about what it takes to survive the harsh weather conditions of Afghanistan, along with the constant fear and threat of enemy troops. The second article discusses surviving in the cage as a woman MMA fighter, while most of all, battling breast cancer. These two stories are different, but in the end the same, showing the human will can overcome all obstacles set in front of them if they truly believe, set goals and have faith.

Having worked with the military and civilian contractors in the past, I know personally what a mental and physical challenge it is to overcome while deployed. We caught up with Anthony Hopkins of Dark Moon to find exactly how he is able to work through the long hours and chaos Afghanistan can bring while maintaining a positive and focused attitude.

AKO: Do you have a schedule you adhere to on a daily basis to stay mentally and physically fit?

Anthony: Sleep, exercise, nutrition and a healthy social life are all key factors to ensure that one stays mentally focused and healthy while being deployed. There are a few things that you can do while being deployed that will get you through your rotation.

The first thing you have to do is develop an effective routine and stick to it. With this routine you

have to ensure you incorporate a little bit of everything and follow through with it while being disciplined!

There will be days when you feel tired, and I mean really tired, but putting things off until the next day begins to be a regular occurrence. Get that gym time in, eat healthy and don't skip a meal. Try to get as much rest as possible each night.

I normally work 6-7 days a week, 12-15 hours each day, so a strict routine is very important. It's tough at times, but I seem to be able to balance everything fairly well. I am a visual type of guy, so I have to literally write my schedule out on a calendar. Do whatever works best for you and ensure that it is a plan that works. Your body and mind will be thanking you for it later.

AKO: You mentioned getting gym time in. How are you able to work so many hours and still find time to physically stay fit? What does your workout routine consist of; weights, cardio, a combination of?

Anthony: I try to incorporate a little bit of everything in my routine. I was in the U.S. Marine Corps previously, so I still enjoy running more than anything. I have to say, there is nothing that clears the mind and is more relaxing than a good run. It just takes my mind off everything else, which seems to help me out quite a bit when the day has been stressful.

As for my routine, I work out in the a.m. with free weights and machines 5-6 days a week. I incorporate my cardio in the evenings after work and will run anywhere from 3-6 miles daily. Every other week I will incorporate a couple 7 to 10-mile runs into my cardio routine.

The security situation along with limited space to run in is the two biggest issues over here when it comes to distance runs and exercise programs. Regardless, the majority of us runners seem to make it work, with limited machines and spacing.

Here in Afghanistan the air quality is pretty poor due to the daily sand storms and openly burning of trash along the road sides. This also makes running outside, on most days, unbearable, so the tread mill will have to suffice for the majority of my runs. I can honestly say though, I cannot wait to get back on the pavement in Florida!



Anthony Hopkins/Dark Moon

AKO: Keeping mentally fit seems to be one of the biggest struggles the military and contractors have when deployed. R&R is semi-frequent, but doesn't seem to be enough when working all of those hours and days in succession. Could you tell us how you cope with the stresses of knowing you are in a warzone every day?

Anthony: Being mentally fit is probably the single biggest struggle for individuals deployed in a High Threat Environment. I have always been a very capable individual and have been able to perform for long periods of times and at peak levels in the most stressful of situations and environments. However, I have experienced what we call the "Burn Out" as well.

You can get mentally burned out very quickly here and your whole attitude can change very quickly for the worse. This is where having a healthy social life and a daily routine comes in to play. It doesn't seem like much, but that 30-45 minute workout, not skipping a meal and an evening Skype session with the family really does go a long way in relieving stress.

My biggest stress relievers include exercising, social media, MMA and Skyping with my family and friends.

Really, I cannot stress it enough, find a routine that works for you and be disciplined. Whether it is a daily X-Box competition with the guys, being part of a fitness group, a prayer club, training BJJ, or just a weekly social event, just stick to it and hang in there.

Be social, be healthy, keep in touch with family and friends back home and if you are feeling down talk to somebody about it. Follow a routine and change it up from time to time to spice things up and your rotation will be over with before you know it.

AKO: Finally, what is the one thing you would take away from the experience of working overseas?

Anthony: Personally, I think it is quite arrogant when people, who have not experienced working or traveling overseas, make incorrect assumptions about other countries. I have been working abroad for around 15 years now, formerly in the military and now as a USG Contractor and have been a big advocate of encouraging people to get out and travel the world.

Obviously, I am not recommending that anybody travel to high threat areas for leisure purposes, but, think it is a great opportunity to experience some amazing cultures, learn others history, try new cuisines and develop new relationships both personally and professionally.

I can honestly never remember any of my colleagues past or present who have said to me that they regretted traveling and/or working abroad, but I do know many people who have regretted not doing so.

Just be safe and study up on any country that you plan to visit. Read the countries post report on the U.S. Department of States website before you travel anywhere outside of the United States. Finally, enjoy yourself and abide by all of the countries customs and laws. Remember, you are a guest in their country.

Anthony Hopkins
@DarkMoon_MMA



If you are looking to deploy to Afghanistan, or any other post, read up on their geography, their culture, their local customs (do's and don'ts) and pack accordingly. For more information on Afghanistan, visit the U.S. Embassy Kabul Website at <http://kabul.usembassy.gov/index.html>.

Surviving In and Out of the Cage

- A Story of Marlena "MarDee" Schwartz

"Mixed Martial Arts and my true friends and family helped me defeat cancer." This story is about a true warrior in and out of the cage. It is about a person who lost her father at a young age; to becoming a woman fighting off the evils the world has thrown at her and her child; to finally having a nightmare come true and battling breast cancer. How can one come back from so much adversity while still holding their head high? Marlena "MarDee" Schwartz learned to deal with all of these set-backs by channeling her attention and energy into self-defense, having close friends and her young daughter by her side and moving forward.

The Good, the Bad, and the Ugly: *I'm Still Fighting and Smiling*

"My friends have said I have a black cloud over my head, but I say these are never failures, only lessons". Going back to when MarDee was young, it was always a struggle. Having lost her father at two and a half to Leukemia and the rest of his side of the family to cancer, MarDee knew the possibility always existed for her to get it as well.

After MarDee's father passed, her mother picked up the pieces along with her grandmother, who also was a widow, who imparted strength, courage and a will to survive to the family. This wisdom and strength later in life helped MarDee overcome, what most would consider a nightmare. Seeing her child physically and mentally abused, having an abusive marriage later in life, and finally being diagnosed with numerous cancer cells throughout her body, to full-blown cancer.

You ask, "Where is the good in this story?" The good came about when MarDee was introduced to self-defense in 2008 and she began her journey into the world of women's MMA. Working with amazing and inspiring trainers like Kim Hicks, Danny Thomas, Dan Stevens, Jacob Wright, Markus Hall, Zach Ferguson, Darron Morse, Scott Henze, Justin Maikranz and Steve Schwartz, as well as Slade and Molly from Tussle, MarDee was able to build mental and physical strength to accept her first amateur fight in early 2010. The "black cloud" seemed to again hang over MarDee's head, but this time it would be in the form of breast cancer; needless to say, her fight was canceled. Wanting to wage war in the cage just once, MarDee



MarDee Schwartz: MMA & Cancer Fighter

decided to bypass chemotherapy, and later that year set out to cut 22 ½ lbs. for a fight. Upon arrival at the event, her fight was canceled.

Enduring the next year and a half, MarDee struggled with breast cancer, cervical cancer, lupus and a stroke. Here is where most people in life would give up and throw their hands in the air, but not MarDee. Feeling a sense of emptiness and failure, she decided to fight for herself and for her daughter and to live... and live well.

MarDee's dream came true on June 16, 2012 and she was able to stave off cancer and walk into the cage for the first time with the help of her trainers and family to a roaring crowd of supporters.

MarDee is now off disability and has regained a sense of strength and stability she hasn't felt for a long time. She is living with her beautiful nine year old daughter and currently living in Indiana working as an RN.

"Looking back, I would not change a thing. I have met the most amazing and inspiring people to include MMA fighter, "Mighty" Mia Hayes, who lost her battle to cancer in 2011, Chuck "Superman" Williams, who also lost his battle with colon cancer; Sam Wilson (WMMA matchmaker), Molly Bittler, Kim Wright, my Aunt Mary Greer, Yvonne James, Jacob Wright, and numerous others who have helped me through it all. MMA is what has helped both of us (my daughter) find a new family and strength and confidence neither of us at one point thought to be possible."

If we all could take a page from MarDee's "life book", we might look at our current situation and realize someone always has it more difficult. We can overcome all obstacles set in our path as long as we believe in our self, have faith, and have family and friends who stand by you for better or worse. Live long MarDee and keep fighting and smiling!



WMMA Matchmaking 101: From the Source: by Sam Wilson

With the recent surge in women's MMA, promoters and matchmakers are coming to me at an alarming rate requesting female fighter's to be on their card. I always have no doubt that I will find one, BUT here is a small rule of thumb to follow for fighters and promotions.

ALWAYS have an up-to-date bio ready, to include:

- FIGHTERS:** Full Name Date of Birth (DOB) Passport?
 HT/WT and Fight WT - Yes, these two are different. If there is a 2-week out fight, can you make it with a walk weight 15 lbs. over?
 Record: Pro/Ammy Years Training Discipline (BJJ, Judo, etc.)
 Accomplishments (Blue Belt, NAGA Champ, etc.) School/Academy
 City/State where you live Contact Info for You and/or Coach

-
- PROMOTERS:** Event Date Location Weight Needed
 Opponent/Record Travel Paid/Hotel Paid for Fighter? For Coach?
 Medicals (what is needed?) Contact Info

I love to help with matchmaking, but with the uprise in requests for female fighters I sometimes do not have the time to go back and forth with emails. By filling out the information above fully, it can become a one stop shop, so to speak, for everyone involved. Let's do this!

Sam Wilson studied at Colorado Police Office Training Academy at Aims Community College and is from Ewa Beach, Hawaii. Sam is a cornerstone of women's MMA and can be reached at pow203@sbcglobal.net or Facebook at [iamsamMMA](#).



The Women of WMMA

HOW THEY CHANGED SPORTS.

Invicta FC President, **Shannon Knapp**, has to be one of the most influential women of 2013 in our book. Not only has she raised the bar in women's mixed martial arts promotional events, but she has given her fighters a place to hone their craft and become well-respected warriors. It has been a long time coming and well-deserved as Shannon explains why the women of WMMA have changed how we view sports and their athletes, forever!

AKO: *What led you into the mixed martial arts world?*

Shannon: I've always been a fan of the sport back in the early 90's. I've always had that flip side to me of girly girl. But, with that being said, when I was a kid most kids wanted to become an actor, a model, a mother and I wanted to be a ninja. I use to try to get my mom to send me to the ninja camps on the back of the Solider of Fortune magazines. When I was eight and nine years old I use to remember lying in bed thinking, "ok, if I hit him like this and he does this, then I do that." I was a self-defense instructor for quite a while and I worked around doing personal training, so they went hand in hand. But, I also had a broadcast degree, so it all integrated into each other.

AKO: What made you want to start a promotion company only for women fighters and what challenges have you faced?

Shannon: I had worked in the business for years and years from everybody from the UFC, IFL, Strikeforce, Affliction, to the early days of the King of the Cage. I work so many years in this sport and the reason I got into this sport was because I was such an advocate for the athlete and the sport itself. I'd see so many companies be bought out, go bankrupt and when I was at Strikeforce I was a matchmaker. There I realized that when Zuffa came in and purchased it that you sort of start to lose that spark and I always was a passionate go-getter. I ended up in that position and they bought the company. I started to get all these telephone calls from athletes that we had signed there, especially the females, because they were under the impression, rightly so, that at the time Zuffa wouldn't ever bring women in under their banner. So I took that moment to take a look at the landscape and really take a look at what was happening with the females; because you know I spent so much time with the men. I am really old school when it comes to stuff like that. What I started to notice was I was hearing a lot of stories. I had spent my

...**FOREVER!**



entire career with men. I had been in these gyms and I had worked with all these men and I was always respected. I never can give you one example in my entire career where someone was disrespectful or vulgar, it never happened to me. Now grant it, could it be that I was pretty well-protected in the industry because of Randy and Bas and all those people who I worked with and had these relationships with, it could have been. But when I started hearing these stories that the athletes were telling and Janet Martin had done a research paper for her thesis on the obstacle's and issues and problems that women in sports faced; I started to hear these stories and I thought, "Oh my gosh, I've never heard these things before, I never witnessed them." What I did was really take a look at that point and take a look at the state of affairs for the women in this side of the sport and try to analyze it and see what the problems and issues were and see if I could make a difference. Because certainly if anybody had been held back in this sport from the other side of it, it was me. I would do all the work the boys would get credit for, that kind of thing and then I realized that nobody wants to touch it, no one wanted to dive into it. But, here is the real truth, the reason this isn't moving and the reason there was no momentum gaining for these athletes is because nobody was willing to commit to it. I realized quickly that if you build a platform and create legitimate weight classes where these female athletes compete, where they need to compete and their not all over the board taking fights where they appear mismatched because they jump up, then you can really make a difference and show that depth, because the depth was there by definition. It was just like they were ten years behind. I had already walked a mile through that with the men. So I thought, now it's time!

AKO: With the advent of Invicta FC and now the UFC entering into women's MMA, we are seeing more and more women up their game with skills never seen until now; like their stand-up boxing and grappling skills; as well as amazing flying arm-bars never seen before until Invicta 5 with Rose Namajunas.

Where do you credit these women performing at such a high-level and with skills that match their male-counterparts?

Shannon: Where do I credit that? I will go back to the match-ups. You know any match-up can look good on paper, we have seen it numerous, numerous times. But really what makes a good match-up, once you sit down and really look at it, you have to rely on who shows up to fight the fight. The one thing I think pushes these women to perform a more exciting fight is because they have been fighting to get there all along. They have



Shannon Knapp at weigh-ins with Featherweight fighters Marloes Coenen (left) and Cris "Cyborg" Santos (right).



"I never listen to what someone may say, but I look at their actions. I hear them, I hear what they're saying, but their words don't mean anything unless they can back it up, or they deliver."



Photo courtesy of Esther Lin

been carrying a lot of weight on their shoulders and they're still fighting; the fight of being accepted, being looked as "do they deserve to be in there?" They fight for "equality", for a lack of a better word. I try to stay away from that word when we are talking about female athletes versus male. It is not about beating the equality drum, its shedding light on the fact that they are incredibly talented. And, if you truly love the sport you can't be gender bias. That's why I stay away from using that word "equality" just for that fact. In my book, what it has to do with is that they're competent, their talented, their technically sound and they fight with their hearts. I think that is what separate's and makes our fights sometimes way more exciting.

AKO: This is where, I believe, sports in general have changed forever. Women performing at levels that no one ever expected such as in women's basketball, martial arts, and even in high school wrestling. More and more girls are getting into the wrestling scene decisively beating boys their own weight and above; it's an amazing sight. How do you feel women have changed the face of sports?

Shannon: There are so many changes in many aspects of the world when it comes to women. They are holding positions that only men held in the years gone by. So I believe there is a big movement all around us that is in favor of, oh here comes that word again, equality, that I don't like to use (laughing). But honestly, I don't get wrapped up in that stuff. For me it's like, yes I am a female and a man got the job. But guess what dude, I am coming so you need to be on your toes at all times. Because if you don't, I am coming! You never try to get caught up wallowing about it. I knew when we started this company that if it was going to take a promotion that had men in it, to do what we did, if it took them 2 shows it was going to take us 8 shows. I always knew it was going to be harder. We are still breaking down those barriers, but it's a fight that I am passionate about and I know we are going to win. In the end we will win, because we don't give up. We are not complacent to go home and sit and say thanks for the opportunity. We are going to make those opportunities and I believe it's that tenacious attitude that is breaking down those barriers today.

AKO: Do you feel it has become a "tipping point" for women's thinking where they have realized they too can play with the big boys, and in some cases outperform them in all aspects of life?

Shannon: It's really hard for me to wrap my brain around the separation between "this is men and this is women." The reason is because if I get wrapped up in that, then I lose focus of what is really important and that is continuing to forge forward with the message of, that we are all created equal. Everyone has their strengths and I think that it's really hard for me to think that way, the men thing. Because if I would have done that and that had been my mind set all these years, I would have given up a long time ago. That is why with the word equality, I try to stay away from it because for me, that's not a question, I am equal. I may not be as strong, but I may be stronger in other areas or for my weight. I try to view it that way. I can tell you this, it's healthier as we forge forward to not get so caught up and get stuck on that stuff. When it comes to men, especially in sports, if you

stand around and beat that drum “equality and we deserve this”, they won’t give a crap. But, if you go out there and show them that you are here, it then becomes a different presentation.

“And, if you truly love the sport, you can’t be gender bias. That’s why I stay away from using that word “equality” just for that fact. In my book, what it has to do with is that they’re competent, their talented, their technically sound and they fight with their hearts. I think that is what separate’s and makes our fights sometimes way more exciting.”



Ashley Cummins (left) and Joanne Calderwood (right) getting ready to throw down at Invicta FC 3.

I never listen to what someone may say, but I look at their actions. I hear them, I hear what they’re saying, but their words don’t mean anything unless they can back it up, or they deliver. I believe that’s the way men are wired as well. You can talk about it all day, but show me. I want to keep that healthy mindset because I think it’s very healthy for even the athletes to keep proving it. You don’t have to fight it, just show it.

AKO: With Invicta 6 now on the records and 7 set, will we be seeing any surprises like new weight classes forming; such as the Heavyweight class?

Shannon: I am looking at potentially adding a weight class in 2014, but we are taking our time and looking at how deep those divisions are, as well as making sure we are in a place with the other weight divisions where we can bring it in. Our goal is to provide opportunities for everybody at some point in time.

Thank you Shannon, for literally giving women a platform to stand on so they can show their years of hard work and dedication to such a great sport!

You can learn more about Shannon Knapp and Invicta FC at www.invictafc.com. Mark your calendars when Invicta FC 7 is scheduled to air; an event which will prove not to disappoint!

IMPROVING ATHLETIC PERFORMANCE

WITH COLLAGEN

- DR. BERND FRIEDLANDER



With a degree in physical education and exercise physiology from San Francisco State University, Dr. Bernd Friedlander made it his mission to learn how athletes could improve performance at an optimum level while reducing his or her chances of injury. This intrigued Dr. Friedlander from the days when he played varsity soccer, coached semipro soccer and ran track and field in college. He saw larger, bulkier athletes repeatedly injure themselves during practices and on the field. How could an athlete, who appeared to be in top physical condition, be so prone to injuries such as a severely injured ACL or MCL?

Dr. Friedlander began his career as a physical therapist. During his time working as a physical therapist he attended a medical conference; where upon one of the attendees suggested that he look into the field of chiropractics as he was so interested in musculoskeletal integrity as well as preventative medicine. He applied to and was accepted to attend the Los Angeles Collage of Chiropractic in 1977. While attending LACC he was introduced to a professional wrestler whose influence was instrumental in setting Dr. Friedlander on a course of health, nutrition and wellness. All of which has led him on a course in studying and developing nutritional and dietary supplementation.

With the 1984 Summer Olympics at hand, Dr. Friedlander was approached by some of the UCLA coaches, U.S. Olympic Teams and other interested athletes from numerous colleges, to help prepare them for the upcoming games.

Nutrition was an afterthought in the 1970's and early 1980's when physical prowess was king. Dr. Friedlander was able to train these athletes and coaches on the necessity of good nutrition, stretching and flexibility and had the opportunity to work with elite athletes and their coaches such as Evelyn Ashford (one of the fastest women in the world), Pat Connelly, Carl Lewis, Jackie Joyner-Kersey, Bob Kersee, Florence Griffith-Joyner, John Smith, Bob Seagren, Wilt Chamberlain and Bob Bush to name a few.

Bob Bush was head coach at UCLA and was later hired by the Los Angeles Raiders as their sprint coach. Dr. Friedlander began working with Bob Bush and a number of UCLA athletes (primarily the men's and women's crew team) as well as a number of professional football and basketball athletes. He designed nutritional programs for the athletes and gave them a series of chiropractic treatments. Some of the athletes Dr. Friedlander worked with were Howie Long, Mitch Willis, Sean Jones, and Marcus Allen. These athletes were placed on nutritional programs that included dietary supplementation. Since Dr. Friedlander was averse to the use of steroids, he began using a program of vitamin and mineral supplements and a combination of amino acids such as arginine, ornithine, and lysine. It was at this time he met Robert Atkins of the famed Atkins Diet. As Dr. Friedlander's reputation grew he began working with more high performing athletes and placed them on the Atkins diet, as well as a proper exercise program and supplements. Due to this regimen he saw fewer injuries, faster repair time, and overall improved athletic ability.

Dr. Friedlander's introduction to the use of hydrolyzed collagen began when he met an orthopedic doctor, who told him of a story about himself as an athlete in high school. He was a highly sought after athlete and number one in his state, but herniated his disk his senior year. While playing as a freshman in college, he herniated his disk again and was taken out of the game forever. Fast forward to pre-med school and he began having back problems again. Wanting to avoid surgery, the pre-med student began researching alternative methods to see what the spine was made of (collagen) and what nutrients and components helped repair the spine. He began putting himself on Knox Gelatin, Vitamin D and Calcium religiously. Within one year, the pre-med student was able to reverse his condition and his back was free of pain with no surgery needed.

Collagen (kol'ah-jen) n. - protein that is the major constituent of cartilage and other connective tissue; comprises the amino acids hydroxyproline, proline, glycine, and hydroxylysine. It represents 30% of total body protein.

After hearing this story, Dr. Friedlander became excited about the possibilities and began studying Knox Gelatin and its effects on building and repairing athletic injuries. As Dr. Friedlander learned more about gelatin he learned that a more viable of gelatin was in the form of collagen, as Knox Gelatin is not fully hydrolyzed, due to the fact that it is an amino acid protein that still has to be broken down further in the stomach with B6, hydrochloric acid and pancreatic enzymes. Dr. Friedlander began looking around for a company that could hydrolyze collagen 4 to 8 times creating a low-molecular, low-weight collagen. After introducing his patients to this low molecular weight collagen he saw immediate results. Presentations on collagen were made at the Health Freedom Expo conferences in Chicago and Long Beach, California and the New Living Expo in San Francisco.

Protein has an inflammatory nature in general. The consumption of too much protein can create problems in the kidney, liver, and stomach. By consuming too many amino acids such as tryptophan, methionine, and cysteine, it can suppress thyroid function and have anti-metabolic functions. It's been shown that if you reduce two or three amino acids it reduces oxidative damage to the mitochondria and lessens the stress on your body, so it doesn't age as fast and doesn't oxidize. Thus, our life span is extended; there is a reduction in inflammatory conditions, and can reduce arthritis, cancer, and diabetes. Dr. Friedlander studied about the mechanisms of amino acids and analysis of collagen and how it is deficient in tryptophan, methionine and cysteine. In accordance with this information Dr. Friedlander is convinced that collagen is the perfect protein and can easily assimilate in our body because it does not have these inflammatory



Dr. Friedlander is looking at collagen being almost the perfect protein we can accumulate in our body, because it does not have these inflammatory mechanisms.

mechanisms. No one was aware of this until Dr. Friedlander made presentations at The Academy of Anti-Aging Conference in Las Vegas and San Jose, California.

Dr. Friedlander began seeing improvement with his patients suffering from knee damage, cartilage damage, and hip degeneration after putting them on his collagen program. It was because of these results that Dr. Friedlander began to realize the importance of collagen in athletic performance and how collagen is the "perfect nutrient."

Sports injuries are more prevalent now in sports than ever. Why is this? According to Dr. Friedlander it's a result of the fact that professional athletes are not supporting their ligaments and tendons nutritionally and are over-training with weights. Athletes are using massive amounts of weights in their workouts whereby compressing their bones and damaging their cartilage, ligaments and tendons. Collagen can help repair these kind of injuries.

Many of us have diets that lack collagen. Collagen is found in the hoofs and skin of chicken and meat and the thighs, drumsticks, and knuckles of pigs. Athletes are getting away from that and eating low-carb diets and restricting proteins that are necessary for rebuilding and repairing the body. They are not taking enough Vitamin C, lysine, and proline, which are components that make collagen and were precursors to Linus Pauling's findings. Before his passing, Dr. Pauling discussed his work with Dr. Friedlander regarding lysine, proline, Vitamin C and the lining of the arteries which are predominantly collagen. As we age, glycation occurs which is the process of when protein cross-links with other proteins and we lose elasticity. It causes the loss of fluidity and mobility of membranes or muscles.

One benefit of collagen is it absorbed immediately without any further digestion in the gut, or stomach and doesn't require B6 or ATP. It is in peptide form which is immediately assimilated. This is the beauty of Dr. Friedlander's collagen as it is enzymatically broken down 4 to 8 times so that the signaling peptide occurs.

Dr. Friedlander noted that if athletes would start taking a certain dose of collagen before and after their training sessions, along with proper training without over lifting, fewer injuries would occur.

Dr. Friedlander believes the future will be more core exercise rather than aerobic exercise. Aerobic exercise does not enhance mitochondria function which energizes, repairs, and support a strong immune system. It also makes new cells, tissues, ligaments and tendons. Dr. Friedlander has designed a new way of looking at the mitochondria by increasing the function and reducing the



oxidative damage. Resistance exercise promotes optimal mitochondrial function. It is also important to train athletes not to over eat. Gymnasts are known for excellent exercise workouts that include chin-ups, push-ups, pulleys, and stretching. Sprinters are other athletes that have less oxidative damage due to resistance exercises.

The body needs approximately 48-hours to repair. Athletes aren't willing or able to stop training for this prolonged period of time. Through proper education of nutritional diets, supplements, work out routines and proper rest, the athlete can increase wellness as well as career longevity with less stress to their body. Taking collagen with the evening meal helps reduce insomnia and supports deep sleep because it contains glycine. By eating dinner early it allows the body to digest the meal with more ease as it is not trying to digest and sleep at the same time. Be sure to turn off all electro-magnetic fields before retiring so that you sleep deeper and longer. This means turning off televisions, cell phones, and computers especially if they are in the bedroom.

It was apparent after the first few minutes of speaking with Dr. Friedlander that he is passionate about his life's work and truly cares about the person as a whole; be it you are a high-performing athlete or someone who needs to restart their system with the correct nutritional diet and supplements to live a healthy life. Take it from Shauna Lee Brennan, First Place Master's Figure LA Grand Prix Competition and First Place Master's Figure Tahoe Show on the first time out competing this year. Shauna overheard Dr. Friedlander speaking about his products at a vitamin store and wanted to learn more. Not only was she able to take reduce the edema from her stomach, win two Master's Competition's by using Dr. Friedlander's products, but Shauna was able to get noticed by the likes of Arnold Schwarzenegger's camp as a main contender for women's figure competitions.

To learn more about Dr. Friedlander and his life-altering products, go to www.drberndfriedlander.com. You can ask Dr. Friedlander questions by writing to: answers@drberndfriedlander.com



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~ Shauna Lee Brennan

"I've been using Dr. Bernd Friedlander's High-Performance Coconut Protein Formula with Colostrum for the past year, and of all the supplements I have used in my professional fighting career, this is the best. The collagen provides lean muscle mass, higher performance without excess water weight, as well as tastes GREAT and adds easily to water and juice. Most protein powders will leave me with a bloated feeling afterwards but this does not, and collagen really makes a difference in my flexibility and keeping my joints supple. I highly recommend this product for athletes and anyone wanting to cut body fat, but retain lean muscle mass."

~ Cris "Cyborg" Santos



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By Dr. Howard Fidler



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INTERVIEW WITH A LEGEND

American Knockout Wear (AKO) was able to catch up with a boxing legend who not only was able to beat Mike Tyson in his early career twice, but win a Gold Medal at the Los Angeles Olympics in '84. Now an entrepreneur running his own gym in Carson, CA called "Henry Tillman Championship Boxing Club". Henry Tillman feels he is "blessed".

AKO: What led you into boxing?

Tillman: I was born in South Central L.A., I started late. I was 22 when I started boxing. Everybody was telling me, "You can't start boxing; it's too late for you." I would say, "Don't give me your insecurities."

Henry was urged to box by his friends because he was a big man and he had a knack for fighting. He was 24 years old when he fought in the 1984 Olympics, where he won a gold medal. Amateur boxing was a great experience because it allowed Tillman to travel all over the world and see places he might not have seen otherwise.

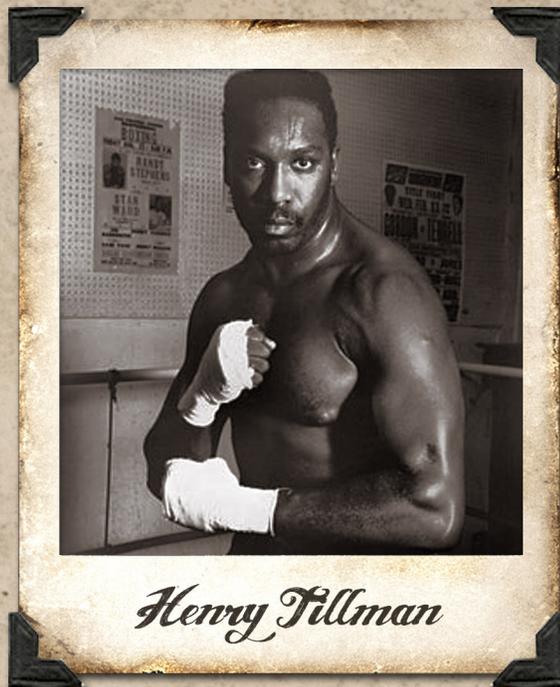
Henry felt he was able to compete with other boxers later in life because unlike a child starting at the age of 8, his body had not already endured years of punishment. The idea is similar to some professional football players that started their senior year in college. They don't have all of the bumps and bruises, not to mention concussions many players endure during their careers.

AKO: You really laid the blueprint on how to beat Mike Tyson, showing the likes of Buster Douglas, Evander Holyfield and Lennox Lewis how to win, by controlling the distance with a good strong jab. Could you talk about your early fights with Tyson?

Tillman: It was a good strong jab and movement that allowed me to beat Mike Tyson. I was told not to go into a slug fest with him by out boxing him. He (Tyson) would have to try and corner me in order to beat me, but he was unable to.

AKO: You won the NABF Cruiserweight Title in your 10th Pro fight. You may have lost your next fight against Bert Cooper in what was described as a "war" but some called it the fight of the year. You progressed through the ranks fairly quickly. How do you feel your career went as a whole?

Henry had a great time and a lot of fun. He saw places during his career that people who have fought since they were 6 or 7 years old never do. He was able to meet great people, visit the White House, visit Cuba and other countries and not because he could catch a football, but because he could fight. He is totally satisfied and at peace with his career and with his skill (level).



Tillman: What better life is that? I came out of the game unscathed, no mental or physical damage and still involved in boxing. I have a gym, I have fighters, I'm still traveling and I still love the game of boxing.

AKO: You had a role in "Rocky V" as contender Tim Simms, can you tell us a little about that experience?

Tillman: I was able to meet Sylvester Stallone who treated me very kindly and he took good care of those involved in making the movie. It was a great experience and I was on set for nearly a month.



Henry went back to school and earned his GED as well as a business degree. He took some basic computers courses and decided to bring them into his gym. He felt it was very important to children to learn the latest in technology and not be left behind. Due to funding, some schools in the LA district have computers, while others don't. Henry decided as long as kids were working out at his gym he could offer possibilities they might not otherwise have (not just for playing games). Henry believes being up to date on the latest in computer technology helps assist people in creating their own jobs and develops future entrepreneurs.

Tillman: Boxing was only a vehicle for me that carried me to other places in my life where I wanted to go. It was a way for me to make sufficient amount of money so I could sustain a class where I could go to certain places, get involved with certain things and if you don't have money you can't do it...it's just how the world works. You have money you get the best medical, if you don't have any you get less medical or none at all. I look at the big picture, I am not money driven, I am driven to do well, but the more money I make, the more people I can help. Money is only a tool, it is not something I live or die for.

There are so many athletes out there that only think about money and not how to give back. God gives you a gift and a stage, not to stand on it to talk about how good and great you are, but a stage that maybe gives you a lesson that you need to hear. The more successful I am, the more successful others will be. I will not be defined by who I am, by some type of award. I am totally satisfied in my career; every win, every loss, I am at peace with myself. I don't wish I was young, I don't wish I could go do it all over again.

AKO: What is your view on the boxing scene today? Do you feel boxing will ever get back to its "glory days" or it has run its course and the public wants more; such as mixed martial arts?

Tillman: Boxing evolves as everything else; it is going through a slump like it has before. Ali brought it back for a while, then Sugar Ray Leonard, and then it was our turn in '84. I don't think there has been a class of amateur's that have come out since us that has really sparked energy into boxing and life in general. We came out exciting and winning.

AKO: Do you think it is because the attention span of the public has decreased and fans don't want to sit around for 10 to 12 rounds for an outcome?

(continued on page 28)

SO YOU THINK YOU CAN **FIGHT**

How many times have you watched a fight on TV with a group of guys and inevitably someone will comment, "I can take that guy if I had the time to train...if I didn't blow my knee...if I had his physical gifts...I would have become..."

The fact is most of us haven't been blessed with the physical attributes nor are we willing to make the necessary sacrifices to compete at the level we watch on pay-per-view. I remember an interview with Sugar Ray Leonard and he was discussing whether or not just anybody could become a champion. The example he provided was: if the average person worked hard enough could they hit a major league pitch? He grinned and said no...most people aren't born with the reflexes to hit a baseball thrown by a major league player.

My high school football coach used to talk about the talent pyramid and how as you made your way to the top, you found the elite athletes. He went on to say that the guys who go on to play college ball are the standouts in their hometowns. In turn, NFL players are the standouts in college. Of course there are exceptions to the rule. There are those who are late bloomers and those who do the most with what they are given.

After 38+ years following various combat sports, I have found that fighters at that level are very gifted athletes. However, the biggest factor determining success is desire and willingness to consistently make the necessary sacrifices. Cus D'Amato (legendary boxing trainer) said, "When two men are fighting, what (makes) you're watching is more a contest of wills than of skills, with the stronger will, usually overcoming skill. The skill will prevail only when it is so superior to the other man's skill that the will is not tested." I have seen guys with tremendous physical ability that were beasts in the gym, but they couldn't manage their emotions when it counted. They let the challenges of life get in their way or they didn't put the work in. I have seen some fall to the pressures of the moment or expectations. There are also those who have what it takes but decide that they are called to do something else and follow a path that does not include those talents. One example of this is Phil Robertson from the reality show "Duck Dynasty". Hall of famer, Terry Bradshaw, spoke of a guy (Robertson) who started ahead of him at Louisiana Tech that had the quick release of Joe Namath and was drafted by the Redskins, but he turned them down. Robertson himself said that the difference between the two of them was that Bradshaw had the desire to improve his football skills and he (Robertson) preferred to be in the woods hunting.

I have always found the words about Miyamoto Musashi (ancient samurai warrior and author of "The Book of Rings") best depict my thoughts on this desire, "I wouldn't call Musashi ordinary, but he is. That's what's extraordinary about him. He's not content with relying on whatever natural gifts he may have. Knowing he's ordinary, he's always trying to improve himself. No one appreciates the agonizing effort he's had to make. Now that his years of training have yielded such spectacular results, everyone's talking about his God given talent. That's how men who don't try very hard, comfort themselves."

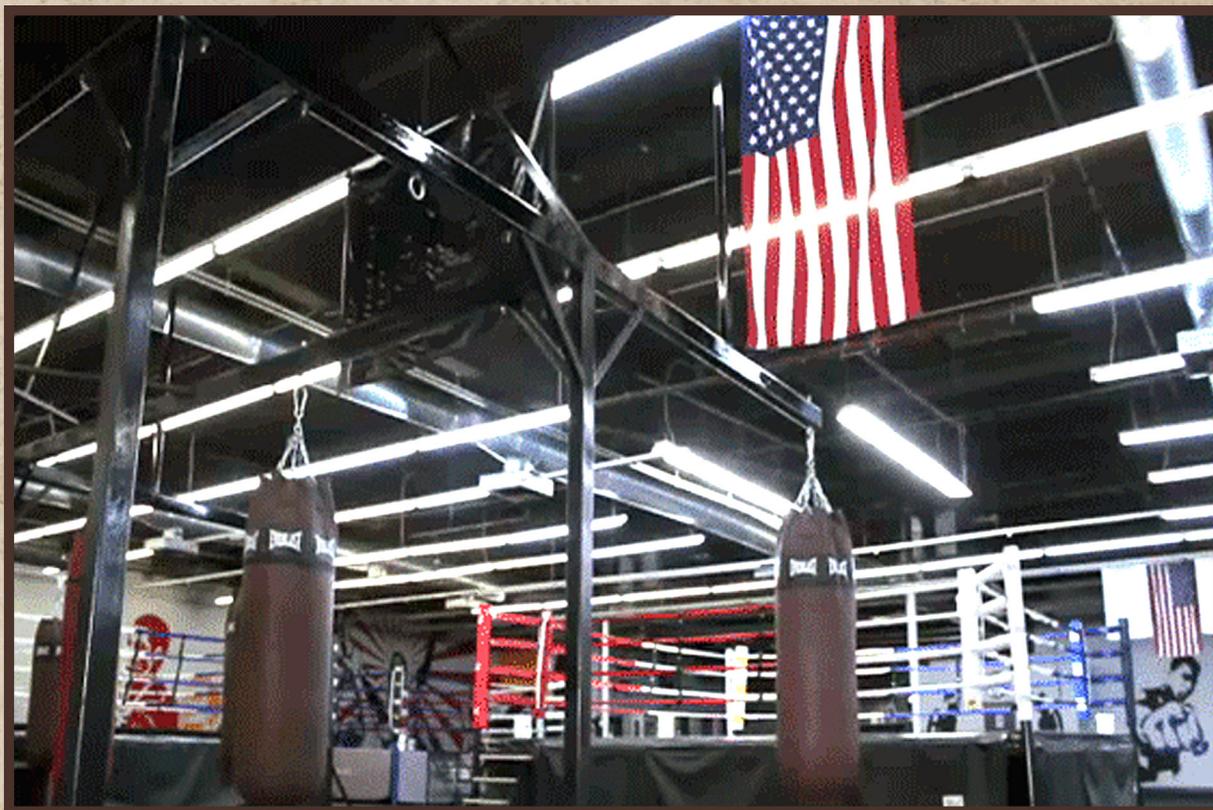


(continued from page 25)

Tillman: I feel if all of the folks get involved in boxing like it once was by creating a stronger amateur program, boxing will survive.

AKO: I watched several video's on your website, www.henrytillman.com. You talk to young aspiring boxers. Could you give some words of wisdom to those considering a boxing career and the sacrifices it takes to become a contender?

Tillman: Turning pro is a big sacrifice, you can't hang around, you can't chase women, you can't do what others do. It takes a very special person to fight. You have to be born to fight; it has to be in your system. It doesn't make sense to anyone else, but you. If it isn't in your heart, you will get hurt. You have to fight for your pride, fight for your legacy, fight to be the best and fight the best. The money will come later, don't worry about that.



Henry Tillman created his gym, "Henry Tillman Championship Boxing Club", shown above, which is a state-of-the-art boxing academy in Carson, CA that helps develop champions. It is also wired for computing and multi-media systems where it offers both kids and adults the opportunity to enroll in practical computer-learning classes with the latest in hardware and software technology.

Visit www.henrytillman.com to learn more about the legend and his gym.



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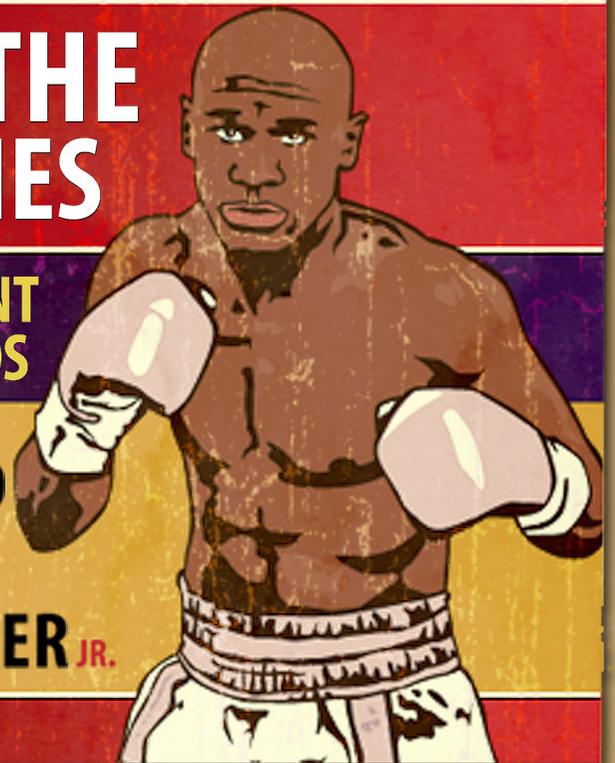
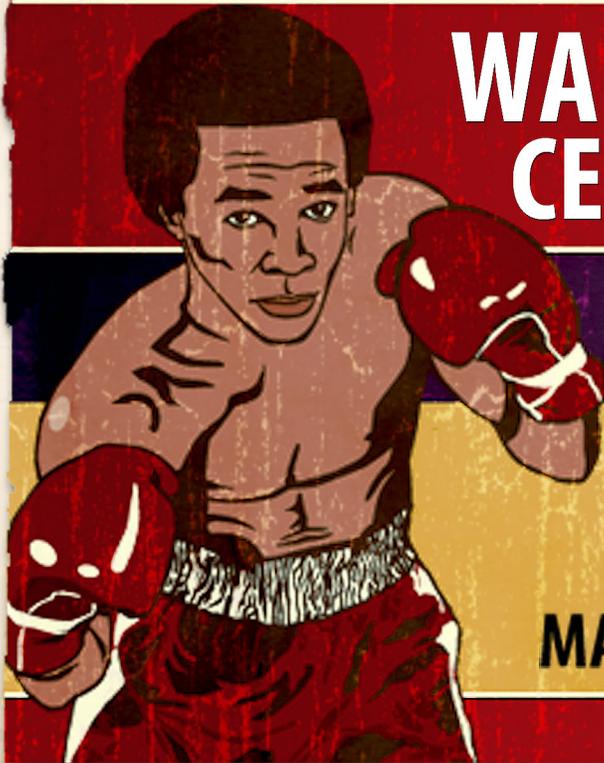
WAR OF THE CENTURIES

MAIN EVENT
12 ROUNDS

SUGAR RAY
LEONARD

vs.

FLOYD
MAYWEATHER JR.



Ever since a computer picked Rocky Marciano to beat Muhammad Ali, I have been intrigued with the question **“Who would win a fight in a war of the centuries?”** For the record, even though Rocky Marciano is one of my all time favorites, anyone who would pick any heavyweight to beat Muhammad Ali in his prime demonstrates a flaw in the decision making process. Any sports fan finds himself asking the question, “Could a team or individual from the past beat a present day team or individual. Who would have won a welterweight showdown of two of the all time greats, **Sugar Ray Leonard** and **Floyd Mayweather Jr.**”

Lets take a look at a few of the facts and intangibles before attempting to pick a winner.

Record and World Championships

Sugar Ray Leonard 36-3-1 (25 KO'S)

Floyd Mayweather Jr. (EDGE) is a perfect 45 and 0 (26 KO's)

Mayweather Jr. has won 5 World Championships in 5 different weight classes.

Leonard also has won 5 World Championships in 5 different weight classes. His match with Donnie Lalonde in 1988 he won both the WBC Light Heavyweight and Super Middleweight Championships.

Mayweather Jr. was a bronze medalist in 96 Olympics.

Leonard was a gold medalist in the 76 Olympics.

Age and Physical Attributes:

Leonard (EDGE) was in his physical prime as a welterweight.

Mayweather Jr. is currently 36 years old, he began his career as a super lightweight and is has only been campaigning as a welterweight now in the latter part of his career.

Mayweather Jr. stands at 5'8" and a 72-inch reach.

Leonard stands at 5'10" with a 74-inch reach.

Like a fine wine , **Mayweather Jr.** has aged to perfection as a welterweight.

However, **Leonard** was a bigger and a natural welterweight.

Quality of Opposition:

Mayweather Jr. has beaten the best in his era (Genaro Hernandez, Diego Corrales, Jose Luis Castillo, Arturo Gatti, Oscar De La Hoya, Ricky Hatton, Juan Manuel Marquez, Shane Mosley, Miguel Cotto, and most recently Saul Alvarez.) While there are some names on this list that are probable Hall of Famers, (De la Hoya, Marquez and Mosley) there can be a strong argument made that they were past their prime when Mayweather Jr. fought them.

Leonard's (EDGE) record of wins reads like a litany of Hall of Fame fighters that he beat in his prime and they in theirs in the welterweight division. (Wilfredo Benitez, Roberto Duran, and Thomas Hearns) Only Hagglar was a middleweight when Leonard beat him.

Offense and Defense:

Offense:

I have never seen a fighter finish an opponent when he had them hurt like **Leonard (EDGE)**. He was like a shark who smelled blood in the water. An example would be the Thomas Hearns fight. He had knockout power as a welterweight just ask Davey "Boy" Green whom he separated from his senses in the fourth round of their title bout.

Mayweather Jr. has only stopped 2 fighters as a welterweight.

Both men have significant offensive weapons.

Defense:

Mayweather Jr. (EDGE) is a master boxer, deflecting and avoiding punches by utilizing head and foot movement, creating angles, shoulder rolls, and anticipating his opponents' movements.

Leonard too was a defensive genius (did anyone happen to see his second bout with Duran in Montreal?)

Intangibles:

Mayweather Jr. (EDGE) would come in highly motivated due to the 10th round stoppage of his father (Floyd Mayweather Sr.) by Leonard in 1978. Mayweather is a boxing Savant. He is a living example of a man who has mastered his craft through years of "hard work and dedication".

Leonard was the media darling of the 80's. He would come in as a huge fan favorite with overwhelming support (people actually pay now to see if Mayweather will lose due to his brash personality and excessive lifestyle). Leonard had an incredible will to win, and he would rise to the occasion of the moment. For example, fighting with a detached retina, trailing on the judges scorecards, and stopping Thomas Hearns.

Both have had big fights but Leonard has fought the best, at his best, on the big stage and battled back from adversity during some of those bouts.

Outcome



Obviously, I did not delve as deep into the comparison of these two great fighters as I would have liked to. Both men have edged the other in 3 of the 6 categories I have chosen for comparison. But let's remember the premise of this article:

Who would have won a showdown of all time greats in the WELTERWEIGHT division?

Leonard was a bigger and natural welterweight who fought at his best in this weight class. Mayweather Jr. is one of the all-time greats, but is nearing the end of his career as a welterweight. My pick would be Leonard by decision. Sugar Ray Leonard was the better welterweight fighter. The argument for greatest pound-for-pound fighter can be made at a later time.

INTERVIEW WITH AN MMA KINGPIN

- Dana White/UFC President



Interview AIR TIME (partial listing)

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ROOT Sports Northwest - TV home of the Seattle Mariners - Airdates (Pacific Time):

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Jay Adams' Brawl Call - Dana White Episode #1 - 10/18 – 10:00PM

Jay Adams' Brawl Call - Dana White Episode #2 - 10/18 – 10:30PM

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