

"Champions aren't made in gyms. Champions are made from something they have deep inside them - a desire, a dream, and a vision. They have to have the skill, and the will. But the will must be stronger than the skill." - Muhammad Ali

STROUD/HUNEYCUTT MEMORIAL SEMINAR - FEBRUARY 22 - KINSTON, NC



5 Samurai & 5 Ninjas



Group Workout At The Start Of The Seminar



Sensei James Getting Thrown AGAIN



Aaron In "Elbow & Knees Strikes"



One Of My Favorite Pictures



Escrima Workout



Brady Hard At Training



Holly, Cliff, Aaron & Brady



Sensei James - Renshi Hall, - Shihan Gurganis



Miss Holly Voted "MOST VISCIOUS"



Rocking The Cane Class



Two M.A. Legends



First Class Of The Day For Most Of HMAC



Iaido