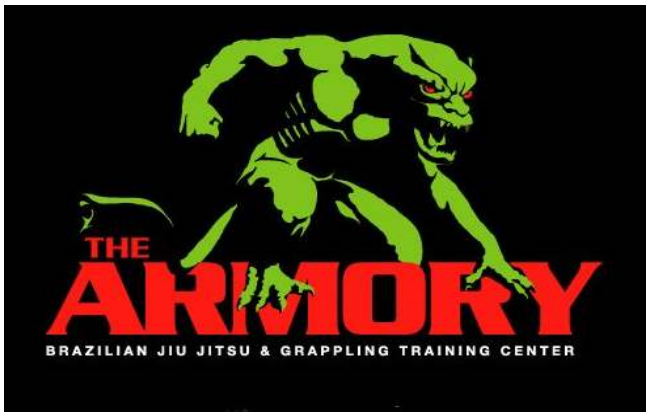


# MAT TALK

THE OFFICIAL ARMORY TRAINING CENTER NEWSLETTER

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www.thearmory.tv

## CONGRATULATIONS RJ GOODRIDGE - VICTORIOUS AT CAGE WARRIORS UNLEASHED

On August 23<sup>rd</sup> inside the UFC Arena in Orlando an electricity of excitement was present as our very own RJ Goodridge reined victorious; retaining his undefeated professional record with a TKO due to doctor stoppage.



As the battle began, both opponents exchanged punches in what seemed like would be a very evenly matched fight. RJ's opponent quickly shot in and took him to the ground where he sunk in an Armbars attempt that looked tight. When it seemed as though RJ might have to tap he muscled out the submission and ended up on top. He then countered back with a little punishment of his own with some ground and pound. They scrambled back to their feet where his opponent shot in to take him to the ground again. While his opponent hovered over him, RJ saw an opportunity and went for a Heel Hook submission. His opponent scrambled out of it and Round 1 ended with both fighters in a battle for dominance on the ground.



As the second round began RJ swiftly landed a solid hook to his opponent's face. His opponent wanted nothing to do with the stand-up game, and shot in for another take down. During the transition RJ reacted and landed a brutal knee to the face that left his opponent with a deep cut to his forehead. The two fighters landed on the ground where the blood

quickly started flowing. The referee stepped in and stopped the fight in 1:46 of the second round. Congratulations to RJ for another impressive win and an exciting battle for everyone in attendance.



### INSTRUCTORS & STAFF

**JOE MULLINGS**  
OWNER

**RAPHAEL CHAVES**  
HEAD INSTRUCTOR

**EDUARDO GUEDES**  
HEAD INSTRUCTOR

**BRICE SMITH**  
HEAD INSTRUCTOR

**RJ GOODRIDGE**  
ASSISTANT INSTRUCTOR

**MARCELO COHEN**  
ASSISTANT INSTRUCTOR

**ERIC JIMENEZ**  
GENERAL MANAGER

**DAVE DE SOUZA**  
VP OF MEMBER SERVICES

### ADRIENNE PAPA CONQUERS LOGGERHEAD TRIATHLON

Adrienne, a student at the Armory for a year and a half, has been an avid runner for over a decade. Coinciding with the start of her training in the morning Fitness and Kickboxing classes she began training for her first triathlon after the influence of her running partners. After her first event she was addicted. Her inspiration and drive comes from her desire to staying fit and healthy. More than 10 triathlons later Adrienne swan, biked, and ran herself



into an amazing 5<sup>th</sup> place finish on August 9<sup>th</sup> in the Loggerhead Triathlon that had more than 600 athletes. A great accomplishment for anyone and even more impressive when you realize she is a mother of three. Adrienne is currently preparing for her next triathlon in the Half Iron Man in Miami. Congratulations to Adrienne on her most recent finish and we extend our support as she gets ready for her next triathlon

**WHO WILL YOU DECIDE TO OUTWORK TODAY ...**

# THE ARMORY

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If you would like to submit photos or articles for consideration in future issues please email:  
kristy@dezinrentrendz.com

Volume 1  
Issue 4

## RESPECT THE MAT YOUR GYM ETIQUETTE

- Listen to your instructors.
- Scan your membership ID when you arrive.
- Personal hygiene: wash your gi & gear frequently, trim your nails.
- No cursing on the mat.
- Bow every time you get on or off the mat.
- No bare chests- please use the lockerroom or bathroom to change.
- Respect upper belts and experienced students.
- Non Gi Class Uniform- Armory t-shirt and shorts you can tie. If you have Armory shorts or a patch on your shorts you can wear a plain black t-shirt.
- Gi Class Uniform- BJJ gi with an Armory patch or Armory t-shirt under your gi.
- Lower belts or less experienced students should NOT try to teach another student. If there is a question you should ask an instructor.
- White belts line up in the back line.
- Fix your gi facing the outside wall.

**Remember: We are here to help each other not to HURT each other.**

## ADULT BELT PROMOTIONS

### JULY

- Nick Verri (Green)

### AUGUST/ SEPTEMBER

- Raphael Concepcion (Blue)
- Kevin (Green)
- Kevin Ritter (Green)
- Mike (Green)
- Richard Currier (Green)

## KIDS BELT PROMOTIONS

### JULY

- Chris Colon (Yellow Stripe)

### AUGUST/ SEPTEMBER

- Alexi (Yellow Stripe)
- Anthony Conley (Yellow Stripe)
- Tyler John (Yellow Stripe)
- Will Vargas (Yellow Stripe)

**Congratulations to all students who received their promotions.**

Check out the Official Armory My Space Page with lots of additional photos and information.

[www.myspace.com/thearmoryjupiter](http://www.myspace.com/thearmoryjupiter)

## THE GRAPPLER'S PRAYER

Now I lay you down to sleep,  
because my choke is sunk so deep.  
Feel the rush, your world goes black,  
all because you gave your back.

Anonymous



## UPCOMING EVENTS



NAGA Tournament: October 25th & 26th  
For more information visit: [nagafighter.com](http://nagafighter.com)



**August 2008 Adult BJJ Class Picture**

## EXCITING ADDITIONS AT THE ARMORY

### \*\* NEW CLASS \*\*

Looking to get a little more detailed instruction on the basics of Brazilian Jiu Jitsu or just looking to brush up your game...

Try the new BJJ FUNDAMENTALS class every Tuesday and Thursday evening starting at 6 pm. This class is open to all levels and will improve everyone's BJJ.

This is an informal drilling class using the aid of instructional videos along with having an instructor on hand to provide additional help.

### COMING SOON

The guys have been working hard to complete the upstairs training room that will hold yoga and conditioning classes along with providing additional space for future classes. Keep your eyes open for the schedule of these new classes.



**All new upstairs training room to open soon**

Don't forget the BJJ Lab on Friday evenings at 5pm. This is the time to bring all your week's questions and get them answered. A truly unique opportunity to focus in on the moves you want to learn.

## NEWSFLASH

### The Armory would like to welcome the newest members to its training family

- |                  |                     |                   |
|------------------|---------------------|-------------------|
| Alex Tallman     | Jim Peterson        | Nico Di Lorenzo   |
| Andrew Washeck   | John Reck           | Paul Donelon      |
| Avery Skinner    | Jonah Klemm-Toole   | Peter Muir        |
| Barbara Brecker  | Joseph Deboskey     | Sara Byldenstien  |
| Bernard Calasans | Joseph Jr. Deboskey | Shands Bussey     |
| Chelsea Cooper   | Joseph Santoemma    | Steele Stockstill |
| Connor McCown    | Josiah Hofmeister   | Storm Stockstill  |
| David Trapanese  | Kevin Jeiven        | Todd Grossman     |
| Jake Deboskey    | Makayla Hooper      | Travis Peterson   |
| James McFadden   | Matthew Huff        | Zach Oliver       |
| Jamie Klingsberg | Matthew Reasoner    |                   |
| Jeff Nasi        | Mickey Planker      |                   |