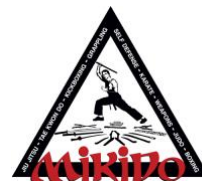


Grand Master Mike Hess



- Founder of **MiKiDo**, an early Pioneer of Mixed Martial Arts, established **MiKiDo** in **1982**.
- Born in Staunton, the Blue Ridge Mountains of Virginia
- U.S. Army Veteran, who joined the army at the early age of 17
- Over 50 years of Martial Arts experience
- Holds an 8th Degree Black Belt
- Formerly ranked #5 in the world in Kickboxing
- Virginia Lightweight Kickboxing Champion
- Competed in Boxing, Karate, Tae Kwon Do, Kickboxing, Judo, Full Contact Stick Fighting

MiKiDo means "My Power Way" and it's a mixture of various Martial Arts from around the world. The benefits of the MiKiDo system are many among those that stand out: trust and self-confidence, self-control, personal development of Body, Mind and Spirit. The Personal Defense techniques in **MiKiDo** are concentrated in the spontaneity and fluency that is advantageous in real circumstances of danger.

During his long career, Master Hess has traveled within the United States and also several countries including Thailand and Indonesia to train with great world-renowned masters. Master Hess has trained with legendary Tae Kwon Do Master- **Jhoon Rhee**, Kali & Arnis Master- **Leo Gaje**, Filipino Martial Arts & Jeet Kune Do- **Dan**



Inosanto, Jiu-Jitsu Grand Master- Helio Gracie. Influenced by incredible Grand Masters and mentors, Grand Master Hess was able to add and complement techniques to his system and continue to develop and strengthening unity between the body, the mind, and the spirit.



Grand Master Helio Gracie & Grand Master Hess



Legendary Master Jhoon Rhee & Grand Master Hess



Master Dan Inosanto Gracie & Grand Master Hess

Grand Master Mike Hess currently holds an 8th Degree Black Belt and also has obtained Black Belts in various martial arts disciplines such as Taekwondo, Judo, Kali/Arnis, Jiu-Jitsu, Karate, Shorin Ryu. In addition, he is an expert in a wide range of martial arts weapons from around the world that are employed in different styles, highlighting the "Arnis/Kali" which is originally from the Philippines. Also, Nunchaku, Bo, Sai, Tonfa and Kama coming from Okinawa and Japan used for training, self-defense, and survival.



Grand Master Mike Hess has been established as one of the best coaches in the World Rankings in Amateur Martial Arts, winning over **136 Titles National** and International and hundreds tournament competitions. He has developed more than 30 National Champions. Including his two children. Brent And Nicole Hess, are both multi-time Champions.

