



**Team Canada**  
Arnis 1996 1998

## **5th DEGREE BLACK BELT**

### **EXPERTISE**

**Kickboxing**

**Boxing**

**Arnis**

**Yoga**

**Fitness**

### **CERTIFICATIONS**

NCCP Boxing Level 1  
Boxing BC Charter Club  
Level 1 Heart Yoga Instructor  
Sport Kickboxing Coach  
Level 1 Personal Protection Coach  
Body Mind Heart Training Coach

**Coach Oneal** Mendoza and his “Mendoza Boxing & Training Academy” offers a unique, holistic approach to fitness and sports performance. Coach Oneal recognizes the importance of a strong mind together with a strong body. Over the past 15 years as a trainer, he has had a revolutionary fitness journey, in which he uses several mediums to create and perfect his style.

### **BLACKBELT JUNIOR**

- **Undefeated** aged 12-14 years old
- 1990 **WON** North Dakota Open
- 1991 **WON** Wisconsin Open

### **ARNIS AMATEUR**

- 1996 **Team Canada Arnis** - World Championship
- 1998 **Team Canada Arnis**
- 1998 **Gold Medal** Arnis Canadian Championship
- 2003 **Gold** - Orlando, Florida
- 2004 **Gold** - Open Weapons, BC

### **KICKBOXING AMATEUR**

- 1995 PAKA Eastern Canadian Kickboxing **Welterweight Champion**
- 2003 - **Gold** MMA Orlando, Florida
- 2006 - **Gold** BC

### **BLACKBELTS**

- 1987 Junior Blackbelt
- 1993 Combat Judo
- 1994 1st degree BB Arnis
- 2000 1st degree Modern Arnis
- 2008 2nd degree BB Arnis
- 2009 Uchi Deshi (training instructor)
- 2010 5th degree Modern Arnis
- 2018 BB Karate