



Ken Yasuda, Headcoach

IFL-The Sabres

www.kenyasuda.com

MMA: Q&A on Conditioning & Strengthening & Skill "Learn from the Champions to Become a Champion!"

This seminar will be a Q&A format and the attendees can openly ask any questions they have on conditioning/strengthening/skills/practice directly to the MMA pros! As seen on the Battle Ground on MynetworkTV and FSN, Ken Yasuda, Headcoach of The Sabres of the IFL, is back again! After taking his team to the seminal in the 2007 season, he continues to educate and nurture MMA fighters and other pro athletes. Ken will explain "How the pros train and practice" in detail and how Conditioning & Strengthening must be done correctly by combining with diet/nutrition and observing what is necessary for each individual. You will also learn how to peak out your condition in a fight match, how to recover from fatigue, how to control bodyweight, and much more! Find out how Skills must be effective and useful: kinds of techniques, angles, right positions, and so on. Ask former IFL stars tentatively scheduled to appear: Dave Phillips, George Castro, Jason Palacios & Tom Howard (and take home new knowledge on how to become better in MMA!

Height : 6' Weight : 250 pounds

Nick Name : Samurai Warrior

Status in IFL (International Fight League): 2007 Headcoach of The Sabres
Mynetwork TV, "Battle Ground"

Professional Bodybuilder :

-First Japanese to become Musclemenia Professional Bodybuilder -World Top Ranking Pro Bodybuilder including Mr. World top contender -Former Mr. Japan Bodybuilding Champion -The Largest Bodybuilder in Asia Martial Artist:

-Creator of Choshin-Ken

-2nd Degree Black Belt in Shorinji Kempo, karate Pro-Sports Trainer :

-Trainees : Pride, UFC, K-1, NFL, MLB, LPGA, NFL Japan, Lifesaver

New Japan Pro-Wrestling Federation, and so on Other Sports Background :

-Baseball : All State in high school and college

-Swimming : Qualifier for Junior Olympics, All State in high school

-Water Polo : All State in high School

Language : Japanese and English

Education : University of Southern California (USC)

Ken Yasuda, as the headcoach of The Sabres in the popular TV show called Battle Ground of the IFL on Mynetwork TV channel, has organized and his MMA team to the semi-final in 2007. It was the first season in the IFL and the season just ended in August. His background in extreme sport like

martial arts, powerlifting, baseball, and so on helped him understand MMA fights.

Ken Yasuda is the first Japanese to become Muscemia Pro Bodybuilder, and ranked consistently top 10 in the world. He has also a top contender in Mr. World. He is known as a Japanese Arnold Schwarzenegger in the world of bodybuilding in Japan, and as of today, he is the largest and most successful Japanese bodybuilder. His goods including 9 workout videos, biography(book), shirts, photos, are sold through magazine, Gold's Gyms and numerous martial arts stores in Japan. In addition, he has held over 60 seminars and workshops along with autograph sessions in Japan last 2 years.

He is educated in Japan and the US, and has overcome the cultural barriers to excel in both countries. As his nick name, Samurai Warrior, goes, he carries real samurai blood and spirit which have been inherited by his ancestors over one thousand years. His passion for martial arts also led him to develop the fighting spirit. Ken Yasuda began martial arts at the age of 6, and obtained his first blackbelt at 12. It has been the foundation of his incredible physical coordination, strength and mind strength.

Ken Yasuda has appeared in numerous magazine covers and newspapers, and active in films in the US and Japan. His article series have been also popular in Ironman Magazine Japan, Ultimate Grappling, SAM Magazine and other martial arts magazines and books. In addition, he is a very reputable pro-sports trainer as well. In addition to the world top MMA fighters (Kazuyuki Fujita, Don Frye etc), he has trained Ichiro Suzuki of Seattle Mariners (MLB) and other world top athletes.

Close Window