

## Erik Charles - Founder

At age 12, Erik began training in the martial art of his childhood hero Bruce Lee. In order to pay for classes, Erik delivered newspapers around his neighborhood and sold gum at his school.

Now, Erik is one of only two Full Instructors in Bruce Lee's Jun Fan/JKD under Sifu Kevin Seaman and an instructor in Muay Thai under both Kevin Seaman and Ajarn Surachai Sirisute. In addition, he was certified as a Domestic Violence and Rape Crisis counselor in 1998.

As a competitor, Erik won his first National Full Contact Championship at age 15. He went on to win numerous awards and titles since that time including the prestigious 1999 New York State Golden Gloves Heavyweight Boxing Championship. In 2008, Erik was selected from thousands of fighters, from all over the world, to be a contestant on Season 7 of Spike's hit TV show 'The Ultimate Fighter'.

He has experience in working with numerous organizations as a mentor for at risk youth and teaches numerous classes at all three CNY MMA locations. Erik also teaches a Boxing and a Muay Thai class at Cornell University.