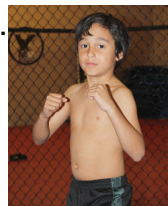


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By EARL WATT

- Leader & Times

Participating in Mixed Martial Arts is not limited to adults.



Youngsters learn the disciplines required to prepare for youth bouts in the cage in Pankration, a controlled version of cage fighting that prevents blows to the face and limits submission moves so that youth fighters can focus on technique.

Two local fighters have been attending classes at Rine's American Freestyle Karate for years along with their dad. Orlando Munoz, 6, and Angel Munoz, 10, have been in the cage for years with their father, Mario, in their corner.

And they have learned to follow their dad's instructions to be successful.

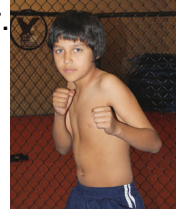
"The flying knee is my favorite move," Orlando said. "This is a fun sport."

The 6-year-old is 5-2.

His older brother Angel is 9-1.

“I like the spinning back fist and the arm bar,” Angel said.

Both agreed that the path to success was simple, listen to Dad in the corner.



Both will fight in the Battle for the Belt at the Seward County Ag Building Saturday. Doors open at 5 p.m., and tickets are available at Rine’s American Freestyle Karate or by calling 626-KICK, or online at cagetix.com.

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