

F.I.L.E.S. FIGHTER UPDATE AND Q AND A: KALIB STARNES

Recently UFC veteran, the Ultimate Fighter Alumnus, local MMA star and all round good guy, Kalib Starnes joined Suitela Fight Club (SFC). F.I.L.E.S. magazine spoke to Kalib Starnes and Andy Suitela about the big move.

f.i.l.e.s.: "What can you tell us about the 2009 competition team at Suitela?"

Starnes: "We are starting an elite competition team at Suitela, to meet the needs of those who are looking to compete in MMA and Jiu Jitsu, with and without the GI. We will be offering advanced martial arts training four days a week, to compliment the Boxing, Muay Thai, Kyokushin Karate, Brazilian Jiu Jitsu and MMA classes already provided."

"I have been fortunate enough to train with Olympic Wrestlers, Olympic Gold Medal winning boxers, and world champions in Thai Boxing, Karate, Jiu Jitsu and MMA, and one thing that they all have in common is a special emphasis on strength and conditioning. At least half of the training these athletes do is focused around increasing their athleticism, through carefully designed strength and conditioning routines. Students of Suitela will now not only have access to three excellent personal trainers, (Adrian Crowe, Sean Reid and Jason Zappone), if they are on the competition team, they will also be able to participate in group fitness classes designed specifically to improve their athletic capabilities for both striking and grappling, rather than your regular bodybuilding training."

f.i.l.e.s.: "What are you doing now?"

Starnes: I am back teaching and training full time, I work out twice a day six days a week, and I teach both group classes and private lessons.

f.i.l.e.s.: "What are you looking to do in the future?"

Starnes: "I'm looking to compete again this year several times, and my last fight was in November of 2008 in Hawaii against Chris Cisneros. I'm looking at Bellator Fighting Championships, which is a new promotion on ESPN as well as Sengoku, Dream and Affliction. I'm also looking into the movie business, and trying to spend more time writing."

f.i.l.e.s.: "What keeps you going?"

Starnes: "My family, my friends and my students. Everything that I am, I owe to other people, most of whom I've never met, from the food that I eat, to the language that I speak. That makes me want to give something back, and gets me up in the morning." Anyone interested in training with me or the other personal trainers can contact me via email at: Kastarnes@gmail.com, or phone me at 778-242-2217.

It's safe to say that Andy Suitela is excited about having a fighter of Starnes' caliber at SFC saying that "it's an honour for us to have Kalib Starnes join the SFC". Suitela notes that having Starnes on the team is yet another opportunity for Team Suitela



F.I.L.E.S. 2008/2009 Martial Arts Goodwill Ambassador of the Year, ANDY SUITELA (left) seen here next to MMA and UFC Veteran KALIB STARNES (right)

to take it to the next level as a prestigious training facility for top ranked competitors. Suitela says that "we've always done well as a fight club prior to Kalib coming on board, the last three years, in particular, have been the most productive in the history

of SFC". But, Suitela is icing on the cake."

It is certainly one of the most successful. Indeed, it is unquestionably a centre of excellence that has competed at the highest level as a club over the years. To their curriculum base has paid off huge for SFC and far from the sure-inception of the program be as fortunate and successful.

Suitela says with open arms and has says "I've seen him (Starnes) a person over the years year ago". Suitela continues about the Nate Quarry reporters still ask Starnes interviewed. Suitela, a competitor himself, says career is a long road with Suitela says he's shocked subjected to, but believe career judged by one fight assessed as a whole. has some spectacular fights Suitela says, "you know mile in a man's shoes,

According to Starnes six days a week, twice with SFC, in Hawaii last submission in the second great things are still to has settled into his new him a member of Team

We at f.i.l.e.s. Starnes continued success updates on both Starnes please check out their

