

Self-Defense Instructor Bios

Grand Master **John Rine** 9th degree Black Belt in American Martial Arts , which is a combination of taekwondo, karate, kickboxing, and Brazilian Jiu jitsu . Also, a 2nd degree Black Belt in Brazilian jiu jitsu. Started training in martial arts in the early 70s under older brother David Rine, competed in martial arts tournaments nation-wide in the 80s . Moved to Dallas Texas in 1992 to open Sidekicks Martial arts in 1996 and franchised several schools in Carrollton and Little Elm, Texas.

Mike Rine 8th Degree Black Belt in Rine's American Freestyle Karate, a combination of 7 martial arts. Also, a 1st degree Tae Kwon Do Black Belt and a Black Stripe in Krav Maga. Assistant instructor at Rine's American Freestyle Karate in Liberal, KS Started Martial arts in 1984.

Kaylee Velazquez 1st Degree Black Belt in Rine's American Freestyle Karate and a wrestler for Liberal High School.