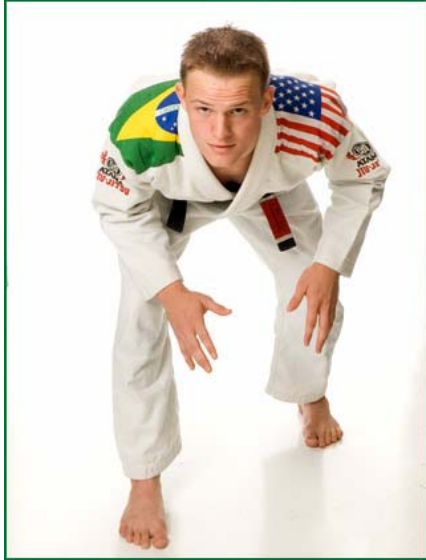


UVSC SUCCESS!

Richard Lundell



Richard Lundell, a junior in recreational management from Orem, has always loved the combat sport known as Jiu Jitsu. Even as a child, he followed the sport and hoped to become a world champion.

With dedication and commitment, Lundell's dream of a championship title soon became reality when he recently won the bronze medal at the Jiu Jitsu World Championships, a competition with no weight class. Currently, he is ranked no. 1 in the world in his weight class.

"People used to look at me like I was just another kid with a dream of becoming a professional athlete," Lundell said. "Over the past five years I have trained a minimum of six hours per day. Through an indomitable spirit, along with perseverance, I have been accomplishing goals faster than anyone (including myself) ever though possible."

In addition to his own personal training, Lundell has now trained Special Forces like the CIA, FBI, Marines, Navy Seals, SWAT teams and local police forces and fire departments.

"At first it was intimidating. To teach such experienced men and women," Lundell said. "But I have received many letters and thank you cards on how the techniques I taught them saved their lives in the line of duty. This gave me a whole new appreciation of the importance of what I was doing for a career."

Lundell also teaches classes for special needs children, emphasizing that learning the skill of Jiu Jitsu helps them develop confidence and coordination skills. Balancing training, coaching and school has not always been easy, but for Lundell, the benefits outweigh the challenges.

"Ever since I was young, I wanted to go to UVSC. I started taking classes at UVSC when I was 15-years-old and was a full-time student by the time I was 16," he said. "UVSC has given me direction in my life and the flexible schedule I needed to continue training. The College has helped me learn to think critically as well as given me priceless experiences I would not trade for anything."

Lundell plans to graduate with his bachelor's degree in recreational management April 2007 and continue advancing his career in coaching and fighting.