

JONATHAN BURKE BIOGRAPHY

Jonathan Burke has been training and teaching in the mixed martial arts, self-defense, rape awareness, close quarter and hand-to-hand combat for nearly two decades. Beginning at the age of 18 Jon has dedicated all of his time to the training and teaching of Gracie Jiu-Jitsu and mixed martial arts. Immediately out of college in upstate New York, Jon moved directly to Los Angeles to train and teach full-time at the Gracie Academy with 3time Ultimate Fighting Champion & Hall of Famer, Royce Gracie.

Throughout his career, Jon has been able to work with many different law enforcement, and military organizations, including trips to South Korea to help train U.S. troops. While an instructor at The Gracie Academy in Los Angeles, Jon was offered several notable opportunities; One was to train former star of *Married...with Children*, Ed O'Neill in private classes, another was to travel to Brazil and work with Guns N Roses and their bodyguards, he also trained and worked with the band Sepultura and another was to be a member of Royce Gracie's fight team for Royce's fights in PRIDE, a fight organization out of Japan.

After leaving California, Jon was contracted to the United States Special Operations Command at Fort Bragg in North Carolina. There, Jon taught members of the U.S. Special Forces and 82nd airborne non-compliant assailant and cuffing techniques, weapons retention, and upright and ground self-defense techniques. He also taught rape prevention and street awareness classes for serving females as well as female spouses. Jon's expertise and his student-friendly teaching methodologies have been implemented by Navy S.E.A.L.s, U.S. Special Forces, U.S. Army Rangers and other highly skilled and qualified members of the U.S. Armed Forces as well as U.S. federal and state law enforcement agencies. Also while in North Carolina, Jon served as a Team Leader and Instructor in Close-Quarters-Combat for S.A.I.C., the then holders of an exclusive contract to train Federal Air Marshals following September 11th, 2001. While in North Carolina, Jon was also fortunate enough to train with Jimmy Buffett's bodyguards for defensive measures. During his time there, Jon decided to move to Florida to open his own mixed martial arts training center.

Upon his arrival to Orlando, Florida, Jon's goal of opening his own mixed martial arts facility was put on hold for [1] year when he was contracted by The Home Depot to train their Loss Prevention teams for the entire East Coast in non-aggressive handcuffing and apprehension techniques. As the contract was coming to completion Jon finally opened his training facility. Making the cross over to his academy from Jon's garage were his private clients, most famous is nine-time NBA All-Star and Olympic Gold Medalist, Shaquille O'Neal. Shaq comes to Jon during to assist in his off-season preparation for the upcoming seasons and has been his personal MMA instructor for nearly 10 years. Using mixed martial arts as a training tool, Jon has helped Shaq and many others by improving flexibility and overall conditioning.

Jon has developed a systematic approach to training individuals in mixed martial arts in a very safe, controlled and professional environment that incorporates all the levels of mixed martial arts. He calls his system "The 6 Levels." This is based on the fact that the mixed martial arts is comprised of 6 levels as Jon trains, teaches and sees it; MIND, FITNESS, STRIKING, SELF-DEFENSE, TAKEDOWNS & GROUND. He believes that everyone can benefit from training MMA but understands not everyone wants to fight professionally. Jon's skills and classes have had such an overwhelming impact on the Central Florida area that he has been featured on FOX news, the Orlando Sentinel newspaper, ESPN, as well as on ABC and NBC television. Jon currently resides in Orlando, Florida with his wife and child, where he owns and operates The VI Levels (Six Levels) Orlando MMA facility.

