

## **INTEGRATED MARTIAL TEAM ~ Strength and Courage**

When you think of Integrated's mixed martial arts fighters most people envision blood, sweat and aggression, combat athletes with a mindset on damaging their opponents.

However not too many people are aware of the caring, giving nature and high social values that we promote as a major requirement of the senior fighters in our team. One of the greatest attributes that makes our team so successful is the emotion and fighting spirit gathered from sharing the pain and helping people less fortunate than ourselves, especially children.

My brother Mick Green the founder of Integrated Martial Arts has started a legacy of caring and making a positive contribution to the community and the lives of sick children. To truly appreciate the gift of life and the personal rewards of selflessness we encourage our senior fighters to use their popularity in the sport of MMA and the resources available to them through sponsorship to make a difference in the community.

With support from our generous sponsors and many thoughtful supporters we have made many personal and monetary contributions towards individuals and fundraising organisations. Some of these include fundraisers for the Make a Wish Foundation, Starlight Foundation, QLD Cancer Fund, Muscular Dystrophy Association, Breast Cancer Foundation and the rehabilitation of a young lady who was hit by a car. With the help of our major sponsor Fairtex and our support from the Australia Zoo Staff we have given seriously ill children and their families the opportunity to share special memories together at the Australia Zoo theme Park.

The brotherhood we have developed in our team isn't just from training together and supporting each other, its having spent the moments talking to each other about how after spending the day with a sick child and their family how you appreciate the gift of life and how precious every healthy day in your life is. It's watching tears fill the eyes of your brother or team-mate as he tells you of his new understanding of the true meaning of our team's motto "STENGTH AND COURAGE". After sharing moments with a person who battles for life you will forever appreciate what STRENGTH AND COURAGE is truly about.

We encourage all MMA teams, supporters and promoters to make a difference! I can speak from experience that the good you create will at some stage only come back to you twofold.

I would like to take the opportunity to thank our sponsors who help our team make a difference by supporting us- FAIRTEX, AUSTRALIA ZOO, REDBAK SUPPLEMENTS, GO FAST, AUSPAC MUAYTHAI, OTTO'S FITNESS WORLD and BODYRIPPED.



~ Tony Green - Integrated Martial Arts