

HEADCOACH – MMA

BIO:

"Benkei" Andre Vinicius Aurnheimer Ferreira

- Brazilian and Portuguese passport
- Born and raised in Rio de Janeiro, Brazil. Former Strength & Conditioning Coach for the American Top Team professional athletes. Benkei is a Proud graduate of Gama Filho University, where he received his bachelor's degree in Exercise Science in 1991.
- SPECIAL SKILLS:
 - Strength and Conditioning Coach and Head coach to MMA Teams;
 - Honored by North America Grappling Association in 2005 - The Mixed Martial Arts Conditioning Coach of The Year;
 - Cyb ex Resistance Training Specialist;
 - Sports Nutrition Expert, Rehabilitation Expert;
 - Researcher of Human Performance;
 - Marial Art Background:
 - Kosen Judo Black Belt
 - Luta Livre Black Belt
 - Kyokushin Karate Black Belt

André Benkei – MMA Head Coach

- Training under 4 degree Black Belt Matsuro Megumi Sensei, who called me Benkei because my loyalty and dedication - "Benkei was Japanese old warrior who dead for protect his master honor with his own life"
 - Megumi Sensei taught me: The first thing come to my mind everyday must to be dojo kun; in special: - "Hitotsu, wareware wa, shinshin o renmashi, kakko fubatsu no shingi o kiwameru koto".
 - "We will train our hearts and bodies for a firm unshaken spirit". I guide my life under that principles, my Master was not a big guy, and I am strong but also not taller guy also, that made me work strategically my moves all the time. Megumi Sensei, made me open my eyes an see somtimes the best fighter loose by strategy and hard training. Megumi Sensei always said: Truth stood on one side and Ease on the other; it has often been so!!!
- He training the best MMA athletes in the world at the present time. Coach **ATT** 2005, 2006 , 2007 and 2008 (during that time the team became the best team in the world - "In my opinion, American Top Team is the BEST MMA camp in the country!" - UFC Commentator Joe Rogan in 2007);

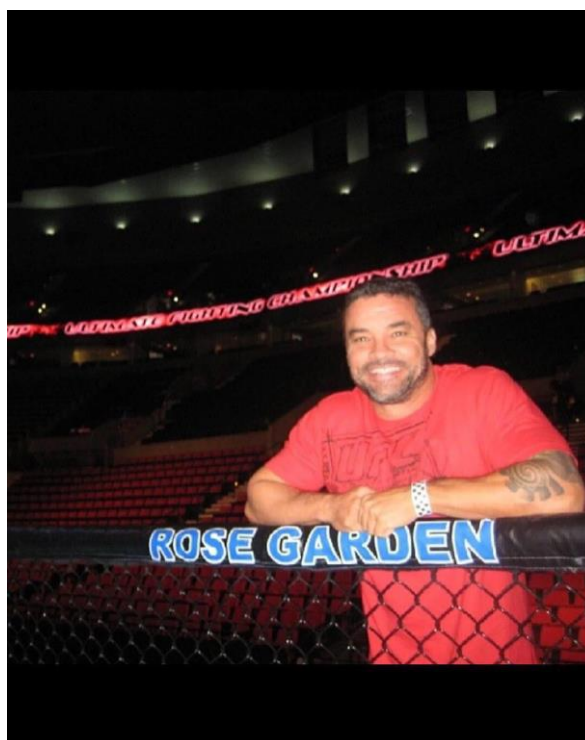
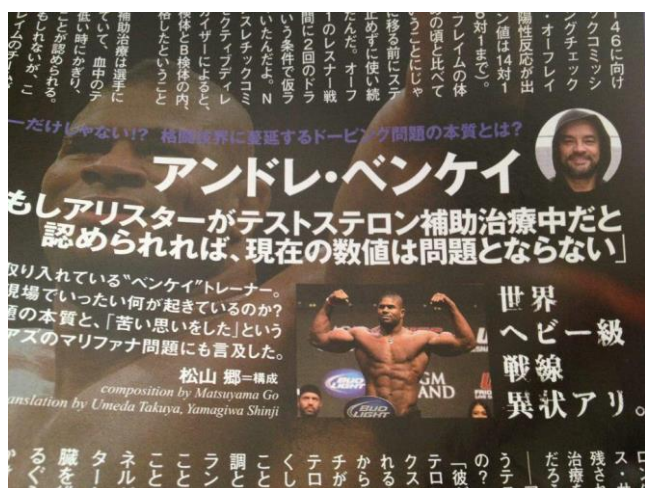
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ATT - 2004 / 2009:



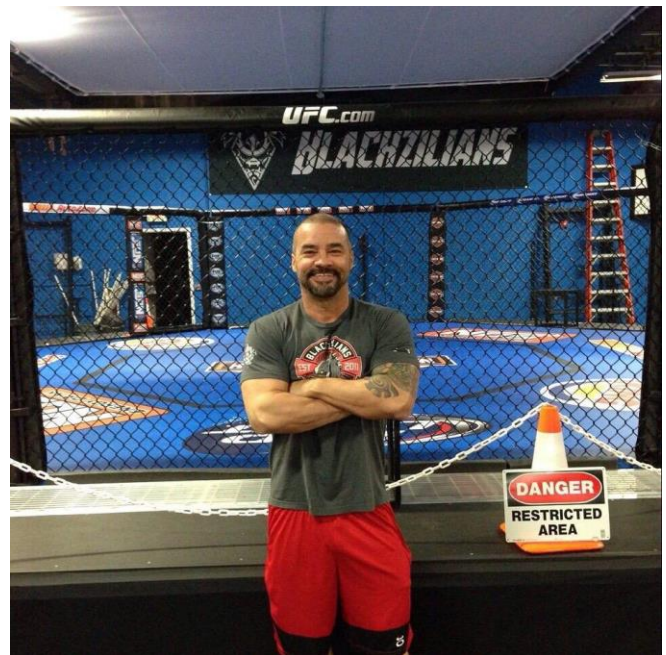
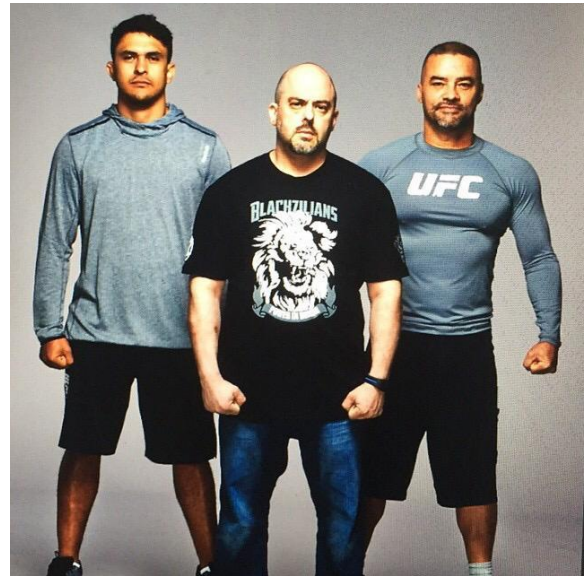
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- Worked 2 years at **HIT SQUAD** www.thehitsquad.com reorganizing the team of UFC Hall of fame Matt Hughes <http://br.ufc.com/fighter/HallOfFame> :



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- Coach at **TUF 21 USA Blackzilians** vs ATT on FOX TV AMERICA:



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- Erick Silva's **Head Coach** – 2016/2017 - UFC Brasília – Fight of the Night;

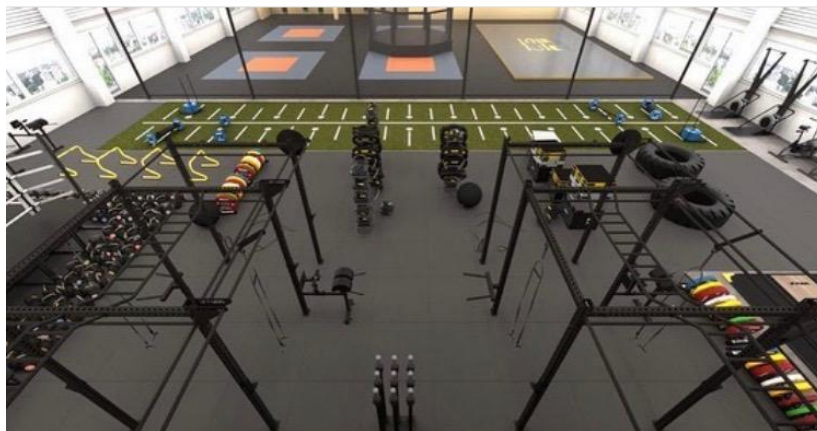


- Organizing the best teams in Germany: **Spirit** in Frankfurt and **UFD** in Dusseldorf – 2018;

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- Build the Project to develop the MMA in Austria – 2018/2019;



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- Head Coach in **Infinity Fight Gym** - Austria – 2018/2019;



➤ LIST OF ATHLETES AND SHOWS WORKED:

UFC:

Raqshad Evans, Thiago 'Pitbull' Alves, Denis Kang, Takanori Gomi, Netto BJJ, Thiago Silva, Cole Miller, Wilson Gouveia, Luis Arthur 'Banha' Cane, Roan 'Jucao' Carneiro, Gleison 'Tibau' Alves, Yves Edwards, Luigi Fioravanti, Mark Bocek, Thiago Tavares, Marcus Aurelio, Danillo 'Indio' Villefort, Todd Duffee, Erick Silva, Alessio Sakara, Steve Bruno, Dan Cramer, Carmelo Marrero, Charles McCarthy, Brian Foster, Dustin Jaccob, Miltinho Vieira, Justin Lwarence, Kamaru (Champion of TUF 21 USA), Vicente Lucke, Guto Inocente, Adam cella e Hermes Franca.

WEC:

185lbs Champion Paulo Filho, 145lbs Champion Mike Brown, Rafael Dias, Micah Miller, Chris Manuel, Rafael Rebello, Emyr 'Shark' Bussade.

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Strike Force/ EliteXC / Bellator Fighting Championships:

Antonio 'Pezao' Silva EliteXC heavyweight champ, Jorge Santiago Middleweight Tournament Champion in STRIKFORCE, Jorge 'Gamebred' Masvidal, Lorenzo Borgomeo, Norman Paraisy.

Japanese Big Shows:

Gesias 'JZ' Cavalcante 2 times K-1 HERO'S Middleweight Tournament Champion, Jorge Santiago SENGOKU Middleweight Champion, Melvin "Marvelous" Manhoef K 1 Light Heavyweight champion, Alexandre "Pequeno" 7 times 145lbs SHOOTO Champion, Luis Firmino Buscape, Milton Vieira, Paulo Filho and Alan Goes.

➤ WINNER HEAD COACH IN HISTORIC FIGHTS:

Shooto Japan - 3/11/2005, Battle to Legacy - Alexandre Pequeno vs Joao Roque (Pequeno became the most dominant champion in the history of MMA);

Pride Bushido 10 - Marcus Aurelio vs Takanori Gomi;

HERO'S Tournament Finals 17.09.07 - Gesias cavalcante "JZ" vs Vitor "shaolin" Ribeiro;

UFC 85 in London - UFC Welterweight Champion Matt Hughes vs Thiago "pitbull" Alves;

Sengoku MW title - Kazuo Misaki vs. Jorge Santiago;

Strikeforce Heavyweight Grand Prix - Antonio "bigfoot" Silva vs Fedor "The Last Emperor" Emelianenko.

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Ps: After the fight, "Gong Magazine" wrote one article called Coach Benkei: "The Champions Maker".



André Vinícius Aurnheimer
"Benkei" - 武蔵坊弁慶

👊 "It's just a job. Grass grows, birds fly, waves pound the sand.
I train people to beat people up" 🤝

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